



Newsletter Week 12



12/14/2019



CARY CHINESE SCHOOL
凯瑞中文学校

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家长义工执勤安排
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家长义工执勤评论

Comments on Parent Duty

非常感谢今天来参加执勤的义工们，他们主要是来自 Mia 老师班级的家长们，谢谢！同时，也给所有的小朋友们以及家长们点个赞，因为今天大家都来得比较早，我9:01am查看的时候，drop off道上以及停车场几乎看不到有小朋友在朝学校大冲刺 希望大家再接再厉！



下学期学费收取

Tuition Collection for Spring Semester

CCS每学年有秋季和春季两个学期, 所有课程的注册以一年为期。这周是本学期最后一周, 也是收取春季学费的最后一周 (12/14), CCS将会在一楼大厅收取下学期的学费。请家长们准备好支票。如需半途退换课程, 请发邮件到 registration@carycs.org 联系教务长。

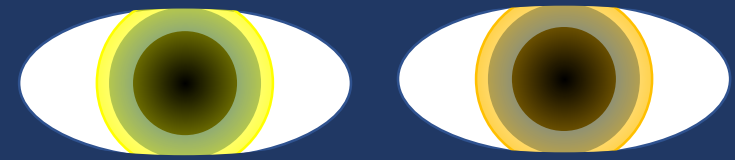
There are two semesters per school year - Fall and Spring. All CCS classes are registered for one year for both Fall and Spring semesters. This is the last week for submitting tuition for next semester (12/14). Please have check prepared. For any changes, please email registration@carycs.org.

Please remember to validate or update your home address within the CCS registration system.



角膜塑形讲座

Seminar on Orthokeratology



地点: 1068 教室, 时间: 早9:30至10:30
9:30am - 10:30am, Room #1608

Dr. Kasper is originally from Cleveland, Ohio. She attended The Ohio State University for her undergraduate studies and stayed to complete her Doctorate of Optometry at The Ohio State University College of Optometry. Following graduation in 2012, Dr. Kasper moved to North Carolina and has practiced optometry in our state ever since.

Dr. Kasper has experience in many areas of optometric patient care including well vision exams, surgical co-management, medical eye exams, contact lens evaluation and care, specialty contact lens fittings, orthokeratology, and myopia control. She sees each patient as an individual and works to satisfy each patient with their visual needs.

On Saturday, she will be speaking about the increasing prevalence of nearsightedness in the world, what risk factors contribute to developing nearsightedness, and how orthokeratology can help slow down the progression of nearsightedness.



购房讲座

Seminar on House Buying



时间：11:00-12:00，地点：1634教室
11:00am - 12:00pm, Room 1634

初来乍到,安居乐业, 理财投资,
华人都喜欢置办房产。我校赞助商
-地产经纪黄美华女士 将举办一次
讲座：新房购买：怎样使你的利益
最大化



下学期新课介绍

New Course Announced



Jeanie Chang

课程：培养亚裔美国青年**101**

教室**1608**， **10:00-11:00am**

收费：**\$100**，共十节课

课程大纲和专家介绍

下学期新课介绍

New Course Announced

Jeanie Y. Chang, LMFT, CCTP
Founder, Your Change Provider, PLLC



Jeanie Chang is a Licensed Marriage and Family Therapist and Founder of Your Change Provider, PLLC, a therapeutic practice centered on authentic self-care and wellness. She is passionate about effectively serving individuals, couples, and families including children and adolescents by promoting a solution-focused and multicultural competency approach in the home, community, and corporate. She received her M.A. in Marriage and Family Therapy from Pfeiffer University.

Ms. Chang has a diverse career background; first starting her career as a broadcast journalist in Washington, D.C. during the Clinton administration. She also attended business school at Johns Hopkins University from which she received an M.S. in Marketing. She has worked in public relations, marketing, and client success management in the corporate sector. Ms. Chang followed a calling to get her license in marriage and family therapy

and has specialized in treating adolescents and families, particularly with anxiety and depression, with a solution-focused and cultural competency approach.

Ms. Chang is a Certified Clinical Trauma Professional (CCTP) with experience in grief, loss, and trauma, and a Certified Facilitator for Prepare/Enrich, a program used for pre-marital, marital counseling, and marriage enrichment. In addition, Ms. Chang holds specialized training in Mindfulness Based Stress Reduction (MBSR). She is currently working on becoming a Certified Mental Health Integrative Medicine Provider (CMHIMP) because she values a holistic approach to self-care and wellness.

Her clinical expertise extends well outside the therapy room. She is an accomplished national speaker; leading workshops in corporate and in the community on mindfulness, resilience, self-care, and wellness. She also facilitates skills groups and provides psychoeducation for adolescents and families through various organizations around the country.

Ms. Chang is an active volunteer in the Asian American community; serving as President of the NC Chapter of the National Association of Asian American Professionals, where she is also spearheading the national Self Care and Wellness program, presented by NAAAP. She also volunteers as VP of Membership on the executive board for the Business and Professional Women of the Triangle and sits on the advisory board of the Western Wake Tennis Association. For her own self-care, Ms. Chang enjoys spending time outdoors and is a proud tennis, soccer, and band mom for her four children. She enjoys going on date nights with her husband of almost 22 years and planning family vacations.

RAISING ASIAN AMERICAN YOUTH 101



Your Change Provider, PLLC

Join Jeanie Y. Chang, LMFT, CCTP, behavioral health clinician and wellness speaker, in an encouraging parenting journey toward feeling **culturally confident** in raising today's Asian American youth. Understand how to embrace your authentic Asian identity and reframe the model minority stereotype. Grasp skills and techniques founded on a solution-focused model that fosters effective family communication and quality connection. Recognize biculturalism as an empowering resource in raising today's Asian American youth.

COURSE SCHEDULE JANUARY – MAY 2020

1. JANUARY 4: "CULTURALY CONNECT"

- A. Are you a Tiger parent or Elephant parent?
 - i. Address Asian cultural norms in reference to family.
 - ii. Identity intergenerational differences.
- B. Know your family core values:
 - i. Create themes and annual mantras/mission/vision statements.
 - ii. Quality not quantity in your family relationships.

2. JANUARY 11: "ENCOURAGE AND EMPOWER"

- A. Define self-efficacy:
 - i. Understand the best way to be motivating and encouraging.
 - ii. Balancing between tiger parenting, helicopter parenting, and elephant parenting.
- B. Make no judgements:
 - i. Find the balance between thinking and feeling.
 - ii. Use descriptions instead of judgements.

下学期新课介绍

New Course Announced

3. FEBRUARY 1: "BE SOLUTION-FOCUSED"

- A. Solution-focused perspective:
 - i. Goal-oriented – focus on present and future.
 - ii. What is already working?
- B. Solution-focused skills and techniques:
 - i. Line of questioning: coping, exceptions, scaling.
 - ii. P.R.I.D.E. acronym.

4. FEBRUARY 8: "DE-STIGMATIZE"

- A. Psychoeducation:
 - i. Anxiety, depression, self-harm: how to recognize signs for it and what to do.
 - ii. 1st and 2nd generation differences on mental health.

5. MARCH 7: "SHARING IS CARING"

- A. Words that matter:
 - i. How expressive are you?
 - ii. Saying three phrases to your child/teen on a consistent basis.
- B. Asking the right questions:
 - i. It's about all about grades/achievements.
 - ii. Focusing on feelings and experiences.

6. MARCH 14: "CULTURALLY CONFIDENT COMMUNICATION 1"

- A. Cultural conflict management:
 - i. What does it look like?
 - ii. Roadblocks to communication.
- B. Activity

7. APRIL 18: "CULTUALLY CONFIDENT COMMUNICATION 2"

- A. Review – cultural conflict management.
- B. The "I" statement
 - i. Own your feelings and thoughts.
 - ii. Four horsemen of the Apocalypse.
- C. Activity.

8. APRIL 25: "CULTURALLY CONFIDENT COMMUNICATION 3"

- A. Engage for change:
 - i. Motivational interviewing techniques to see change happen.
- B. Tackling trendy topics:
 - i. Understand about social media, peer pressure, microaggressions.

9. MAY 2: "CULTURALLY CONFIDENT COMMUNICATION 4:"

- A. School context:
 - i. Know how to maneuver through and when to intervene.
 - ii. Extracurriculars.
 - iii. College prep.
- B. Community context
 - i. Understand greater community influence.
 - ii. Get involved.

10. MAY 30: "FAMILY FINAL EXAM"

- A. Celebration in honor of Asian Pacific American Heritage Month and Mental Health Awareness Month!
- B. Role plays and family sculpting!
 - i. Practice makes perfect.
 - ii. Practice what you preach.
 - iii. Youth survey

PTA赞助商现场活动 PTA Sponsor Live Event



皮包义卖 Bags for Sale

纯牛皮背包，男女通用，可双肩/单肩/斜跨 / 手拎，义卖价为**\$20**一个，黑/红两色可选。圣诞节送礼佳品。





2020 中文之
星比赛章程

2020 Chinese
Star Contests

Each year there are 4 different CCS Star Contests. The purpose of organizing those competitions is to encourage students to write Chinese characters, exercise their Chinese speaking abilities, and draw the most beautiful paintings with the brushes.

Chinese Essay Contest

作文比赛, for all CHL, CSL students)

Drawing Contest

绘画比赛, for all CHL, CSL, ACT students)

Chinese Speaking Contest

说中文比赛, for CHL & CSL students)

Chinese Character Contest

(写字比赛, for all CHL&CSL students)

Deadline: January 04, 2020

More info about the contests at <https://www.carycs.org/ccs-star-contests.html>



家长义工执勤安排 Parent Duty

执勤日期：12月14日，星期六，8:25 – 10:10 AM

Duty Date: Saturday, Dec. 14

执勤班级：CHL马立平三年级 A

Duty Class: CHL Ma Liping 3rd Grade A

执勤班级老师：吴丽萍

Duty Class Teacher: Liping Wu

气温骤降，我们已经步入了大雪的节气。请执勤的
家长义工们注意保暖！

It is getting cold. Please pay attention to keep
warm!