

# Children's Resources

Winter 2018

Volume 12

Issue 1

## After School Anti-Bullying Educational Program Promotes Leadership

Students in the Creative After School Programs at San Bernardino City Unified School District participated in a five-week anti-bullying leadership program. The program, which is facilitated by Shannon O'Brien, co-founder and Chief Executive Officer of Children's Resources, Inc., promotes self-esteem, confidence, courage, compassion, and leadership. "Studies show that there are specific qualities that certain individuals have, and these qualities are referred to as "Bully Proof" qualities," says O'Brien. Children's Resources works with elementary and middle school students to foster these qualities and help students effectively respond to bullies.

The after school program is provided at schools in conjunction with the five-week "Bully Proof" parent educational series. Parents attend the sessions in the mornings or at lunch, and students attend after school. Refreshments and raffle prizes are provided at all of the sessions, which adds a fun social element to the program.

"We enjoyed having the parent and student programs at Paakuma K-8 School," says School Counselor Vasty Garcia.

To inquire about providing the student and parent "Bully Proof" workshops at your school, contact Children's Resources at (909) 278-8063.



Students pictured in the photographs are working in small groups to complete and discuss a questionnaire about their own personal encounters with bullies, and the feelings and reactions that occurred as a result.



# Greek Organizations Make Impact at 2018 Black Expo



Members of the Sigma Gamma Rho Sorority, Inc. Xi Rho Undergraduate Chapter strike a pose before going on stage to perform a "Step and Stroll".



The Annual Black History Super Expo was held downtown San Bernardino on Saturday, February 4, 2018. The theme was Mardi Gras, and vendors decorated their tables and booths with colorful Mardi Gras paraphanelia, such as beads, hats and masks.

The event, which was a family affair, featured a First Five sponsored Kids Zone area with a bounce house, face painting, costumed super heroes and games. There were also dance and dramatic performances by local youth, as well as a Step Show performance by the Xi Rho Undergraduate Chapter of Sigma Gamma Rho Sorority, Inc. "The Black History Expo draws participation from various organizations," said Kimberly Peters, a member of the Expo Planning Committee and Sigma Gamma Rho Sorority. "This year we made an extra effort to solicit greater participation from local Greek fraternities and sororities."

The Super Expo is hosted each year by the Black Chamber of Commerce Inland Empire (BCCIE). The president of the organization is Tammy Martin-Ryles, a business owner and high school teacher. "Because I work with students everyday, I know how important it is to get them thinking about college. . . we saw the Black History Expo as an opportunity to allow young people to speak with various Greek organizations and learn about their history and community service priorities," says Martin-Ryles. "Greek life is a big part of college social life."

BCCIE will host its Annual Youth Business Conference at San Bernardino Valley College on Monday, June 25, 2018. For more information contact [2018BYC@gmail.com](mailto:2018BYC@gmail.com).



Members of the Kappa Alpha Psi Fraternity (left to right) - Jason O'Brien, Sr., Eric Williams, Joseph Paulino and Errol Campbell enjoying the Black History Super Expo.

# Kaiser High Graduate of Fontana Unified School District Named Gate's Scholar



Henry J. Kaiser High School graduate Amandeep Heyer will study computer science at Yale University this fall after receiving a 2018 Gates Scholarship, an all-expense-paid award given to just 300 students across the country.

After college, Heyer, one of Kaiser's four Class of 2018 co-aledictorians, dreams of working for a startup company, where he feels he can make a big difference in a smaller, hands-on work environment.

"We all have the opportunity to change the world, and for me, I think receiving a good education is key to making that happen," Heyer said. "This scholarship makes it possible for me to focus on my dreams, pursue the education I've dreamed of and find ways to do well in the world."

The scholarship was launched in 2017 by the Bill and Melinda Gates Foundation. The Gates Scholarship will be given to 3,000 minority high school seniors over the next decade, funding the full cost of college not already covered by other financial aid and the expected family contribution determined by the Free Application for Federal Student Aid.

To be eligible, students must also be Pell Grant-eligible, maintain at least a cumulative weighted 3.3 GPA, enroll in a four-year college or

university and demonstrate leadership ability and exceptional personal success skills, such as perseverance and service to community.

Heyer, who graduated from Kaiser High School on May 22, balanced a rigorous academic schedule – including 16 AP courses over four years – with tennis, cross country and Pi Club. He was named a National AP Scholar and offered Quest Bridge National College Match and National Merit scholarships, which he turned down in favor of the Gates Scholarship.

"Congratulations to Amandeep Heyer for being named a Gates, QuestBridge and National Merit scholar," Fontana Unified Superintendent Randal S. Bassett said. "We are proud to have students like Aman, who represent the very best of Fontana Unified and inspire their peers to strive for excellence."

We'll tour Morehouse, Clark-Atlanta, Spelman, Tuskegee, & Alabama St. University. Parent/Student Information Meeting Takes Place Sat. June 23rd. Call Today for more information. Space is Limited

**HBCU College Tour for grades 9-12 only. Call (323) 298-4779 for more information.**

**Free Dance, Drama and Poetry Classes for students ages 6-25 years old. Call or text (909) 330-9294**

## New “Lunch and Learn” Parent Workshops Introduced for Parents “On the Go”



Last semester the Family Engagement Center of the San Bernardino City Unified School District launched a brand new series titled “Lunch and Learn” in collaboration with Children’s Resources, Inc. The program consists of three one-hour meetings, where parents stop in for lunch, engage in conversation with other parents, and watch videotaped skits that demonstrate strategies in setting structure at home, assisting children with homework, building confidence, effective communication and discipline.

The parents meet weekly for three consecutive weeks, and then receive certificates of completion at the end of the third session.

“We were trying to find ways to attract more working parents, especially fathers to the

program,” says Aldo Ramirez, Director of Family Engagement. “The parent surveys indicate that the parents find the program to be convenient and helpful.”

The program is facilitated by Shannon O’Brien of Children’s Resources, Inc. “I find that the videotaped skits are especially useful, because you get to see a run through of ‘what not to do’ and then ‘what to do,’” says O’Brien. “Being able to watch a demonstration of positive parenting gives the parents something to reflect back to when at home with their children.”

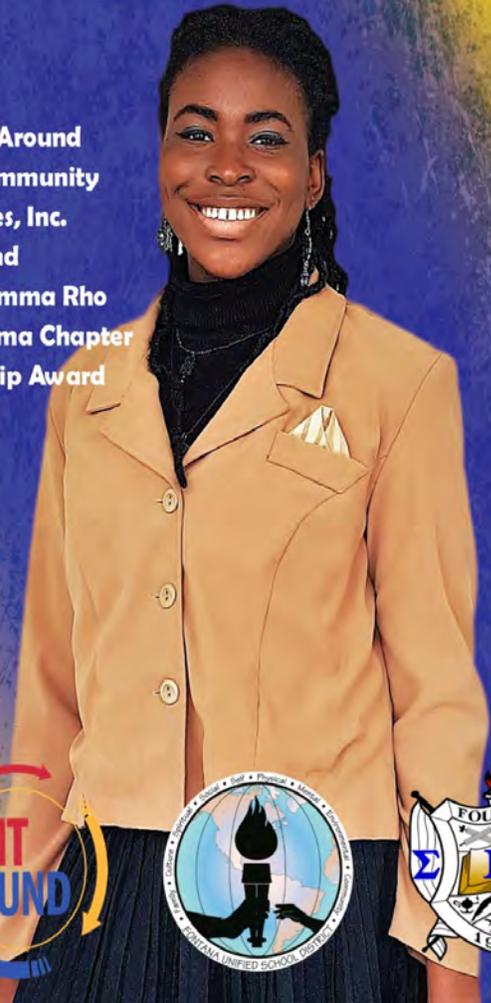
The program is also unique in that it allows a parent, upon prior approval from the school principal, to bring an older child out of class to have lunch and also learn alongside the parent. The purpose of this is to allow working parents a little extra bonus time with the child. Child care for younger children and Spanish interpreting are also provided during the workshops.



# Congrats Chiamaka on your \$1,000 scholarship!

*Congratulations to 2018 Links' Scholar  
Chiamaka Ezeagbor*

Turn It Around  
Multi-Community  
Services, Inc.  
and  
Sigma Gamma Rho  
Theta Pi Sigma Chapter  
Scholarship Award



## Scholarship Essay by Chiamaka Ezeagbor

My career goal is to become a nurse. Although nurses are paid relatively well, my goal is not just based on the monetary value. I want to become a nurse because I want to give back to people, take care of people and have a positive impact on their lives.

The nurse that took care of my mother when she was seriously ill and near death, is not only a nurse to me; she is a savior because she saved my mother's life and protected the lives of me and my brother. My brother and I had no other family member to take care of us. The actions of this nurse have greatly inspired me to embark on the journey of becoming a nurse. The nurse illustrated to me that being a nurse is not only a job that pays well, but it is a career that enables you to assist people, save lives and leave a positive mark on them. I aspire to be similar and work with my heart because if she had not been at my mother's bedside and attended to her every need, I would have been an orphan, and my life would never be the same.

A significant challenge and barrier that I faced was moving to the United States from Nigeria at the tender age of eleven. It was difficult for me to adjust in a new educational system that greatly differed from the system that I was accustomed to in Africa. In addition to this I was enrolled in school during the second semester, so I had to independently learn the topics that were covered during the first semester. Being a motivated and strong individual, I bore the mindset that I came to this country to succeed, and that I did not leave my family behind only to lag behind in my education; therefore, I devised a solution to succeed. My solution was to be more outspoken, participate more in the classroom, and seek help when necessary. This was difficult for me to accomplish because I was not only the new kid in school, but I was the new kid in the Country.

Although I experienced a roller coaster of emotions, while trying to overcome this barrier, it significantly turned my life around. I transformed from being the quiet girl in the corner, who would not even whisper in class, into being a young woman who is not afraid to not only ask questions in class, but keep up a conversation and speak eloquently with confidence inside and outside the classroom. My resilient and strong willed nature has caused me to become motivated to succeed; especially in the medical field.

## Summer Reading Program Starting June 11th

Sign-up Online Now at [sbclib.org](http://sbclib.org)

