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| 00.00 | Laura | Hello everyone. Thank you for being with us. Let’s go straight to our questions. First of all, tell me a little bit about BPAC and your participation. |
| 00.15 | Emily | My name is Emily Orizaba, I am president of the BPAC. I have been the president for three years, but I have been attending the meetings for five years. The BPAC is a group of bilingual parents who work together to learn more about our children’s educations and their wellbeing, how we can improve their lives at home and how we can work together as a community. |
| 00.45 | Laura | Thank you. |
| 00.47 | Erika | Hello, good evening. My name is Erika Galaviz, I am part of the BPAC committee. I am the vice president. I have a daughter in [U/A]. I am part of District 15. I have been with the BPAC for two years. I have stayed because I really like to see what this kind of assistance means to the families and I would like for what we offer, this conversation, to be a blessing for you. That this will let you know that what we need as families, as parents, is advice and above all so that we know that we can find a hand for anything that we need or help, that somebody is there to help us. Thank you. |
| 01.33 | Laura | Thank you. |
| 01.35 | Giselle | Good evening. My name is Giselle Jiménez. I am a parenting consultant and a parent and family coach. First of all, I would like to thank the district for the invitation to participate in this podcast. It is a pleasure to be here again. I am a parent coach, as I said before, and I have also enjoyed working with the parents committee of this school district, specifically in different workshops that we have given for you. |
| 02.00 | Laura | Thank you. And why is what BPAC offers so important for the Marquardt School District 15? |
| 02:09 | Emily | BPAC always offers many necessary resources. It also talks about the resources that our community offers. Together we learn about the school, what is going on in the buildings every day, and it also shows us how we can help our children with everything, including life at home and at school. |
| 02:34 | Laura | Okay.  |
| 02:36 | Erika | It is an opportunity that is very … well, it’s big. It is an opportunity for us, especially every kind of family, whether it is Hispanic, Hispanic or not. The important thing is that here, the advantage that we have is that we have help. For example if you don’t speak Spanish [sic] then there is somebody here to help translate to English. And above all because it is an opportunity for us to really understand how to help our children in ways that perhaps our culture or our way of life often, we don’t realize. And above all because those people who are with us here, help us to know how to help them, to guide us, and especially how we can be closer to our children and help them in a way that is more accessible and especially so they are not always frustrated, and they are not frustrated because of bad things that may happen in their school.  |
| 03.35 | Laura | And in your opinion the BPAC does both, for the parents in the district? |
| 03.39 | Emily | I think that yes, we need to work together. The school wants to know what the parents want and if we do not work together then we will not be heard. So, we need to work, we need to attend the meetings. We need to let the school know what we want.  |
| 04.00 | Laura | Uh-hum.  |
| 04.02 | Erika | Yes. Yes. I agree with the president simply because sometimes we let things go and we let problems become bigger. And the important thing here is that District 15 is coming to an agreement with many families to help, but more than anything so that they understand that they are not alone. And especially Hispanics because we often believe that because we don’t speak English, we have no voice or vote in the schools. I invite you, from the bottom of my heart, to be part of this committee, to be part of BPAC. To really see that it is not a waste of time or doing something that is not worth the effort. Rather it is something that you will learn and above all as parents and as people, because we often lose a value that we aren’t aware of and above all, unfortunately sometimes we have a very negative way of thinking and unfortunately that is what we show our children and they, as a committee, realize how they can truly help us, especially for our children, the children. |
| 05.13 | Laura | Thank you. There is a series of fantastic topics scheduled for our next meetings in the 22-23 school year. Can you tell our listeners what type of information will be presented in the meetings? |
| 05.31 | Giselle | Well, actually there a number of topics that are discussed in each workshop. Each subject is very interesting and cover the parents’ expectations and needs. For example, we have spoken on subjects as complicated as bullying and how it affects the children and the family, and how to handle it from home. We have spoken for example of the danger of the social networks, and how you can keep your children close to the social networks, but safely and under supervision. We have proposed topics such as speaking about how important it is to be close to the school and the family, also speaking about restrictions and strategies that should be established at home to maintain the discipline with the children, and above all also working with emotions, because we often forget how important it is to work with emotions, especially in the first years of life. So there are many really interesting topics that we are going to discuss in each of the parents workshops and I hope, we hope that day by day we will find more of you, participating in the workshops. |
| 06.41 | Laura | Thank you. One thing that we are very proud of is the fact that we have those wonderful translation headsets that can translate words spoken in various different languages. This opens the possibility for many parents and guardians to join us for the BPAC meetings, regardless of the language that they speak. What would you say to a parent who is thinking about attending, but who still has not come to a meeting? |
| 07.16 | Emily | We all want to improve the educational experience of our children. As parents we want to BPAC attendance and we need your help. What would you like to learn? How can we help you? If you want to come, then come! You have nothing to lose. |
| 07.36 | Laura | Thank you. |
| 07.38 | Erika | I also invite you to come. This is an opportunity that we have because often we just close in, we do not see opportunities … That is when we should take advantage of the opportunities offered by the district. Why? Because frequently we let problems grow. They are offering us help, especially because many times, as parents, sometimes we become frustrated by the situations in school. Bullying, because often we do not know how to help our children. But we are here to help you in any way that we can. We also offer help here, if you cannot find any help in the school then they give you information on everything. I invite you to be part of this program which is very important. What we want is for the audience, for all the people to come, for most people to come, and especially for this committee to grow because of the fact that you will see that we are united as Hispanics. It doesn’t matter, right? That they are not Hispanics, but simply the fact of knowing that, seeing that we are interested in our children. They themselves will do more to help the school and especially all of us as parents need a lot of guidance, many areas.  |
| 08.58 | Laura | Thank you. |
| 09.01 | Giselle | Well, I would tell the parents who have not yet decided to come that first of all, in my more than 30 years of experience working with children of all ages, many of the problems that we have at home happen because we do not know how to handle them. These are normal situations that happen at certain ages, but the problem is that since we don’t know how to handle them, then this makes them a real problem. So I would say to come. It’s often been said that when children come into our lives, they don’t come with an instruction manual. But although that is very true, today there is a lot of information, a lot of parents can learn, can learn about and know how to teach their child and also how make this stage of growth and education a happy period with good results. |
| 09.47 | Laura | Thank you. And that is our episode for today. Thank you for the opportunity to talk about the BPAC. |
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