

# GETTING STARTED WITH FAST

Families and Schools Together Work for Children

The goal of the **FAST** program is support family involvement in their children's education, to enhance their academic progress, and to know our members are partners in their children's success.

## How to Start FAST in your local:

- 1** Speak to your local leaders to get approval to start **FAST** in your local. *Bring some basic information with you for the conversation.*
- 2** Create **FAST** committee in your local with at least 2-4 members. *Try to include members from different work sites.*
- 3** Reach out to **NJEA** for training and developing your first proposal – at **[FAST@njea.org](mailto:FAST@njea.org)**
- 4** Prepare your proposal with your committee. *Start small your first year.*
- 5** With approval of local leader, submit proposal to your regional office for approval. *Approval process can take 2-3 weeks, so submit with enough time before your first event.*

## FAST programs

- Welcome children, providing activities or childcare
- Usually provide a light meal
- Focus on family involvement in education to empower parents
- Encourage partnerships with community organizations
- Can provide take home materials or support

## Program Ideas

**Homework help** – Providing parents with strategies to support homework at home – *Can send home a pencil case with supplies for homework at home*

**Math Game Night** – Night of math games with parents and children to support math curriculum – *Can send home a game such as dominos to support playing games at home*

**Healthy Food for the Healthy Mind** – Ideas for easy, healthy and low cost snacks and meals – *Can be hands on preparation or trying samples, can send home a lunch box or water bottle*

**Bilingual Parent Meetings** – host a meeting in languages spoken by parents in the community – *Can send home materials in useful languages and contact for bi-lingual people in schools*

**Mentoring Programs** – working with a community partner organization to provide mentoring to students, setting up on going mentoring for students