

# Community Resources

## Emergency

Carrie Lynn Children's Center  
815-987-3169  
Crusader Community Health  
815-490-1600  
DCFS Child Abuse Hotline  
1-800-25-Abuse  
National Runaway Hotline  
1-800-Runaway  
Prairie Street Legal Services  
815-965-2902  
WAVE  
815-962-6102

## Addiction/Substance

Gateway  
1-877-505-4673  
Remedies  
815-962-0871

## Education

Khan Academy  
www.khanacademy.org  
Regional Learning Academy  
815-227-8495  
North Suburban Library District  
815-633-4247  
Rockford Area Literacy Council  
815-963-7323  
Rock Valley College/Adult Education  
815-921-7821  
Roosevelt Community  
Education Center  
815-966-3251  
Food Pantries  
Grace Lutheran/GPS Faith Mobile Pantry  
815-633-8075  
Life Church  
815-623-7625  
Helping Hands Pantry  
815-633-4255  
Rock River Valley Pantry  
815-965-2466  
Rockford Rescue Mission  
815-965-5332  
St. Bridgets Church  
815-877-1664

## Hotlines

DCFS  
(Dept. of Children and Family Services)  
1-800-252-2873  
Youth Services Network Crisis Hotline  
815-966-1953  
National Suicide Prevention Lifeline  
1-800-273-8255  
Swedish American Hospital Center for Mental  
Health  
815-966-2273  
Remedies Crisis Line  
815-262-6102  
Rockford Sexual Assault Counseling  
815-636-9811  
United Way 211 Hotline  
211

## Housing/Shelter

Carpenter's Place  
815-964-4105  
Rockford Housing Authority  
815-987-3830  
Shelter Care  
815-964-5520  
Winnebago County Housing Services  
815-963-3830

## Parenting/Pregnancy

Catholic Charities  
815-966-5300  
Children's Home and Aid Society of Illinois  
815-962-1043  
Lutheran Social Services  
815-969-8836  
Rockford Area  
Pregnancy Care Centers  
815-914-6933

## Mental Health

Crusader Clinic  
815-490-1600  
Rosecrance Berry Center  
815-332-8003  
U of I Psychiatric Services  
815-395-5870  
Winnebago County Health Dept.  
815-962-5092



## Ralston Elementary

### Parent Academic and Social/Emotional Resource Guide

#### MISSION STATEMENT

The Mission of the Harlem Consolidated School District, as a vital part of the community, is to help diverse learners realize their unlimited potential by providing an educational program dedicated to academic excellence and the development of strong character in a safe and respectful learning environment.

VISIT [HARLEM122.ORG/ASE](http://HARLEM122.ORG/ASE) FOR MORE INFO

### Ralston Elementary

(815) 654-4505 - 710 Ralston Road Machesney Park, IL 61115

## MTSS - MULTI-TIERED SYSTEMS OF SUPPORT

Harlem School District utilizes a Multi-Tiered System of Supports (MTSS) that focuses on helping all children realize their unlimited potential. MTSS provides academic and social/emotional interventions and/or enrichment through tiers of support. MTSS is a structure for continuous improvement that is systematic, prevention-focused, and data-informed. All students receive Core (Tier 1) instruction. When a student needs additional support, they receive supplemental interventions (Tier 2) that increase in intensity (Tier 3) to match a student's needs. At times, students require enrichment to support their learning; this is also supplemental to core instruction.

## What can I do at home to help my student?

Parents and Guardians play a very important role in supporting their children in school. Harlem invites all parents to participate in guiding their children toward academic excellence and the development of strong character.

Things Parents/Guardians can do:

- Talk with your child about their school day.
- Talk with your child's teachers and attend conferences.
- Attend activities and school functions with your child.
- Celebrate your child's successes.
- Create routines at home such as bedtimes, homework times, and helpful chores.
- Monitor your child's grades and attendance.
- Know your child's friends.

### Academic Supports

#### TIER 1

PD Specialist Support  
- Reading  
- Math

Literacy Specialist Support  
90 Minute Reading Block

60 Minute Math Block

iReady

1:1 Technology

Spelling & Phonics  
Program-Words Their Way

Classroom Differentiation

I Read Program (1-3)

#### TIER 2

iReady Intervention Supports

MTSS for reading and math supports

Literacy Specialist Support

Math Navigator

Math Intervention kits

Small Group Instruction (5 or less students)

#### TIER 3

Literacy Specialists

Small Group Instruction  
(3 or less students)

MTSS supports for  
reading and math

### Social Emotional Support

#### TIER 1

Second Step

PBIS school wide expectations  
posted in all areas of the building

Morning Meeting

Quarterly Celebrations

#### TIER 2

CICO  
(Check-In Check-Out)

SAIG  
(Social Academic Instructional  
Groups)

Modified CICO

#### TIER 3

Brief FBA/BIP  
(Functional  
Behavior Assessment)  
(Behavior Intervention Plan)

Modified CICO

Individual Counseling

Parent Meetings

Referral to Outside Services/  
Resources

Truancy Program

## For More Information Contact

Christy Brown- Principal

(815) 654-4505 - 710 Ralston Road Machesney Park, IL 61115

Shari Tucker – SAF-T Program Coordinator

(815) 654-4511