



Parents & Guardians of K-1 Students Frequently Asked Questions

Families and Schools Together[®] — FAST[®]

Families and Schools Together (FAST) in your school is sponsored by the Investing in Innovation (i3) project, funded by the U.S. Department of Education. On Facebook and the web, this project is called *PhillyFAST-i3*. It is working in 30 Philadelphia elementary schools.

What is FAST?

- FAST is an 8-week program that builds children's confidence, gives family leaders new tools, and builds stronger bridges between home and school.

What is the goal of FAST?

- To empower each child to be successful at home, school and in the community.

What will I gain from FAST as a parent/guardian?

- FAST will give you new, powerful ways to build up your child and support his/her learning.
- You will have time to meet other parents and guardians. You will find new resources, ideas, and contacts.

Why would my entire family want to go to FAST?

- Everyone gains.
- All the activities are fun and nurturing.
- You will share a free meal together.
- Activities are set up in ways that remind children you are the family leader(s), even as you enjoy special time together.
- **Families like FAST.** Once a family goes to FAST, over 80 percent graduate from the 8-week program. Many go on to FASTWORKS[®].
- By doing fun and rewarding activities with people from school, your child will become more comfortable and gain confidence to succeed.



Philly FAST – i3 partners include Turning Points for Children, The School District of Philadelphia, nonprofit Families and Schools Together, Inc., the American Institutes for Research, and the Wisconsin Center for Education Research. This FAQ was produced through the i3, Investing in Innovation Project, funded through the U.S. Department of Education, grant no. U411B120009.

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Does FAST have good results?

- Yes. FAST was developed 25 years ago by Dr. Lynn McDonald, who knew that the most important thing to children are the people closest to them. To increase the chances of each child succeeding, children need positive support in their family. FAST gives parents new tools for this to happen. Many research studies have shown that children who attend FAST make more positive choices and do better in school. Parents have also told stories of how FAST has changed their family life, their personal goals and career choices.

What usually happens at the 8 weekly (2.5 hour) FAST sessions?

- Meet and Greet
- Free Meal (hosted by a family after the first night; funds are provided to host the meal through a “Lottery drawing”)
- Fun, confidence-building activities
- Parent Support Meeting (while children have kids’ time, including homework support)
- One-to-One Quality Time
- Lottery/Winning as a family (the winning basket includes family activities and games, plus money to supply one meal for your FAST community. In this way, everyone gives and receives and builds up the community.)

Where can I learn more about FAST for my school?

Turning Points for Children, the nonprofit agency helping to lead FAST

FastForKindergarten@tp4c.org, 267/236-1540, www.TurningPointsForChildren.org

The School District of Philadelphia, Office of Early Childhood Education

Juanita Rodrigues Romu, Program Coordinator, jromu@philasd.org, 215/400-6716, <http://webgui.phila.k12.pa.us/offices/e/earlychild/>

Project website

PhillyFASTi3.com

