

Workshop #15

Location: Putnam Middle School Room #146

Presenters: Lisa Canney, Erika Ponciano, and Roland Dunham

Title: *Financial Aid 101 and FAFSA Completion*

Description: Presenters will review how to navigate the financial process, how to complete the FAFSA form, learn about federal aid grants, loans, and work study programs. We will also review how to research scholarships and what the PACT program is through our CT Community College system.

Grades: Grade 9 to Grade 12



Workshop #16

Location: Putnam Middle School Room #152

Presenter: Jenelle Provincher

Title: *Promoting Literacy and SEL through Song Lyrics!*

Description: This workshop is part entertainment, learning, personal reflection, and goal setting! We will use lyrics as Shared Readings, meaning rereading text for a different purpose every time. The focus for younger students will primarily be on phonics and literal comprehension. You will even learn a few “teacher jargon” terms and strategies that are familiar to your child! The focus for older students will be on more complex concepts related to real-life connections such as the mood, experiences, and points of view being conveyed. We will explore how lyrics can be used as an SEL tool to process and express feelings. The take-away? You will get a chance to reflect and decide WHEN and HOW to incorporate music as opportunities for learning based on your child’s age, needs, interests, and goals.

Grades: Elementary



Please scan this QR code at the end of the Expo to provide feedback.



Regional Parent Expo

Putnam Schools



Brooklyn Schools



Killingly Schools



Thompson Schools



January 11, 2023

Snow Date: January 12th

Putnam Middle School
35 Wicker Street, Putnam, CT

5:00pm – 7:00pm

Free Childcare (ages 3 and up)

Free Dinner Served

Community Organization Resources

Welcome to the first regional Parent Expo hosted by Putnam, Brooklyn, Killingly, and Thompson school districts.

Two workshop sessions are planned for this event. Parents and guardians may select the sessions of your choice. Please review the many great options in this brochure.

We have scheduled activities for children, so families do not need to worry about childcare. There is also a break between Session 1 and Session 2 for families to receive a free dinner.

At the end of Session 2, please scan the QR code on the back of the brochure to provide us with valuable feedback.

It is our goal to make this an annual event for our region.

Thank you for joining us!

Kenneth Di Pietro
Putnam Superintendent

Robert J. Angeli
Killingly Superintendent

Patricia L. Buell
Brooklyn Superintendent

Melinda A. Smith
Thompson Superintendent

Workshop #12

Location: Putnam Middle School Room #144

Presenters: Cindy Ouillette, Michael Joyce
TMHS Leadership Students

Title: *Straight Talk from High School Students*

Description: Come hear from the source about how parents can support and encourage their children throughout high school. There will be a panel of students from Tourtellotte Memorial High School who will candidly answer questions and share some of their experiences to help parents guide their children towards a smooth transition from middle school to any high school and beyond.

Grades: Grade 7 to Grade 12



Workshop #13

Location: Putnam Middle School Room #147

Presenter: Adele Winter – parentguidance.org

Title: *Exploring Parent Guidance Online Resources to Support Children with Mental Health and Social Emotional Issues*

Description: Adele Winter will zoom in to show parents the many resources that are available to them free of charge to access in the privacy of their own home. Adele will share videos with a wide range of topics, monthly mental health parent sessions, and workshops families can access.

Grades: Preschool to Grade 12



Workshop #14

Location: Putnam Middle School Room #154

Presenter: Shannon Haney

Title: *Raising Readers*

Description: Literacy at home is an important predictor in a child's academic performance. Parents will develop a clear understanding of literacy, how to use books to make story time fun and engaging and how to find literacy opportunities in daily activities. Participants will take part in hands-on projects designed to support young readers.

Grades: Preschool to Grade 2



Session 2

6:15pm to 7:00pm

Workshop #9

Location: Putnam Middle School Auditorium

Presenter: Dr. Kristen Xeller, MD

Title: *Health, Nutrition, Wellness, and the search for the Holy Grail*

Description: Dr. Xeller will discuss strategies for healthy shopping, incorporating exercise, and stress relief.

Grades: Preschool to Grade 12



Workshop #10

Location: Putnam Middle School Room #142

Presenters: Arminda Hudon and Rachelle Mauer

Title: *Executive Function Strategies at Home: Tips to Make Your Parenting Life Easier*

Description: Objectives: Define executive function skills and how they impact your child's brain; Describe how executive function skills impact your daily life; Identify one strategy to make your routine easier.

Grades: Preschool to Grade 12



Workshop #11

Location: Putnam Middle School Room #143

Presenter: Keely Macalister

Title: *Take the Fight Out of Your Night (and Day)*

Description: In this workshop, we will discuss executive functioning skills that can be frustrating for parents, such as struggling to get ready for school, refusing to do homework, and insisting on keeping every singer paper that comes from school. We will discuss the importance of routines and take a positive, proactive approach to solving these problems while teaching children life-long skills. Participants will come away with several tips to help children tackle tasks one step at a time, and self-made tools customized to meet the needs of family.

Grades: Preschool to Grade 12



Session 1

5:00pm to 5:45pm

Workshop #1

Location: Putnam Middle School Auditorium

Presenter: Dr. Ravit Stein

Title: *Supporting Children and Teens Through Routines and Meaningful Habit Plans*

Description: In this session, families will learn strategies to support their children, developing and sticking with tiny habits and routines that maximize independence and success while minimizing potential conflict at home.

Grades: Preschool to Grade 12



Workshop #2

Location: Putnam Middle School Room #154

Presenter: Cathy Case

Title: *Helping Students Succeed in Reading*

Description: Parents will receive information and strategies to assist their children to learn to read successfully.

Grades: Kindergarten to Grade 4



Workshop #3

Location: Putnam Middle School Room #146

Presenters: Lisa Canney, Erika Ponciano, and Roland Dunham

Title: *Financial Aid 101 and FAFSA Completion*

Description: Presenters will review how to navigate the financial process, how to complete the FAFSA form, learn about federal aid grants, loans, and work study programs. We will also review how to research scholarships and what the PACT program is through our CT Community College system.

Grades: Grade 9 to Grade 12



Workshop #4

Location: Putnam Middle School Room #144

Presenter: Eileen D. Baker

Title: *Successfully Integrating Deaf and Hard of Hearing Students in the Mainstream: Challenges and Opportunities*

Description: Parents will learn helpful strategies to help support their children in a mainstream classroom.

Grades: Preschool to Grade 12



Workshop #5

Location: Putnam Middle School Room #143

Presenters: Kim Granato and Rebecca Polacek

Title: *Transitioning to Middle School*

Description: Two experienced principals with many years of leading middle schools will discuss ways parents can support their child as they transition from elementary school into middle school.

Grades: Elementary – Middle



Workshop #6

Location: Putnam Middle School Room #142

Presenter: Michael Morrill

Title: *Helping Your Child Using SEL Tools at Home – the Mood Meter*

Description: This workshop will introduce parents to the Mood Meter, a tool that is part of Yale Universities RULER program. Whether your district is using RULER or not for its Social and Emotional Learning (SEL) program, the Mood Meter can be used by any family to help children identify and discuss their everyday feelings. Feeling identification is the first step toward self-regulation and increasing one's level of emotional intelligence.

Grades: Middle



Workshop #7

Location: Putnam Middle School Room #147

Presenter: Lindsey-Anne Calarco

Title: *Target the Problem! How to Help my Struggling Reader*

Description: This parent workshop will provide information to help parents understand the specific problems a child may be having with reading. You will find practical suggestions on what you (and kids) can do to help students overcome or deal with their reading difficulties. You will leave this workshop with an understanding of the different components required for proficient reading and specific ways how to help your child develop each area required for successful reading.

Grades: Grade 2 to Grade 6



Workshop #8

Location: Putnam Middle School Room #152

Presenter: Kelsey Hust, LMSW

Title: *What Parents Need to Know About Vaping*

Description: Parents will be provided with important information regarding vaping including what are vapes/END, how youth get access to vape, why youth use vapes, what to look for to find out if your child is vaping.

Grades: Grade 5 to Grade 12



Dinner Break And Community Resources

5:45pm to 6:15pm

FREE DINNER SERVED
For Parents and Children
Putnam Middle School Cafeteria

**Please visit or Community Organizations for
Valuable Resources**

