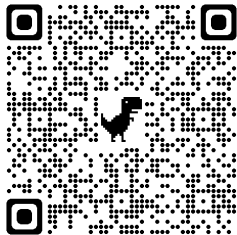


Pelham City School
Virtual Parent Academy - Reading & Managing Stress
Agenda, 3/01/22, at 6:30 p.m.

1. Welcome & Introductions
2. Ms. Alicia, PCS Literacy Coach,
[Reading Rocks- Why is reading so important to students?](#)
[Valuable Tips](#)
[Reading & Student Success](#)
<https://tinyurl.com/ReadingMattersPCSCS22>

3. Managing Stress
 - a. Recognizing stressors
 - Pandemic
 - family/relationships
 - work
 - finances
 - b. Where can we find help?
 - 3 Tips for managing stress- American Heart Assoc.
 - Positive self-talk
 - Emergency stress stoppers
 - stress -busting activities

4. Input Needed- Parent Chat Lunch
Friday March 4, 2022 at noon, in the PCS Board of Ed.



Web MD- Ways to Manage Stress

<https://www.webmd.com/balance/stress-management/stress-management>

Heart Assoc. 3 Tips to Managing Stress

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

Input Form!

<https://rb.gy/dcvk2w>

