2024 Parent Prep

WORKSHOP SERIES

MARCH 9 WESTERVILLE CENTRAL HIGH SCHOOL

EVENT GUIDE

ORGANIZED BY

WESTERVILLE CITY SCHOOL DISTRICT
STUDENT WELL-BEING & MENTAL HEALTH TEAM

SPONSORED BY

WESTERVILLE EDUCATION CHALLENGE, whose mission is to help create school cultures where every student feels safe, supported and celebrated. This is done by raising awareness and funds for Social-Emotional Learning Initiatives in Westerville Schools.

www.westervilleeducationchallenge.org

WITH SUPPORT FROM

WESTERVILLE PARENT COUNCIL, a group of Westerville City School District parent organizations unifying student support organizations which include PTAs, PTOs, Booster and Community Groups. Together they support and share district-wide information to help engage and connect families within the schools. WEC also advocates for parent/caregiver/community representation on many district-wide committees and serve as a liaison between their members and district administration.

westervilleparentcouncil.memberhub.com

SCAN ME
FOR ONLINE EVENT PORTAL

Sessions are for adults only due to topics addressed and content shared; no students or other children, please.

SESSION 1 (9:00-10:00am)

TECHNOLOGY USED IN MY CHILD'S CLASSROOM

Location: 1320 *Target level: Grades 6-12*

Hands on session to help participants see, use, and understand what programs and applications are being used in the classroom and at home (i.e., Schoology, Google, Remind). Computers to be provided.

CULTIVATING RESILIENCE IN OUR CHILDREN

Location: 1306 *Target level: Grades KG-12*

This interactive session will provide participants with an overview of the hopeful concept of resilience and its importance in our children's ability to face adversity and toxic stress. We will discuss strategies to uncover the resilience already there in our children and strategies to cultivate brand new characteristics of resilience that ultimately shape a child's view of self, others and the world around them. Participants will leave with 3-5 strategies to foster resilience in their child.

LITERACY FOR ALL

Location: 1323 *Target level: Grades KG-5*

This session shares information about Ohio's Plan to Raise Literacy Achievement, Ohio's Dyslexia Legislation, and how Westerville has responded to the state initiatives in order to make sure our students have an equitable literacy learning experience and success in the literacy classroom. We will also share what families can do at home to support their learners.

INTRODUCTION TO SCHOOLLINKS

Location: 1325 *Target level: Grades 6-12*

Come learn about the powerful tool our district uses for career and college exploration! Parents will learn features of the platform, tips for monitoring student progress, and more!

SUPPORTING SELF-REGULATION AND SENSORY NEEDS IN THE HOME

Location: 1304 *Target level: Grades PreK-3*

By the end of the season, families will have an understanding of the four Zones of Regulation and how they can be useful when helping teach children to learn and manage their emotions. Families will also learn about different sensory strategies and how they can be useful when helping their children regulate.

HARMONY AT HOME RESTORATIVE STRATEGIES TO REDUCE CONFLICT AND PROMOTE PEACE

Location: 1313 *Target level: Grades KG-12*

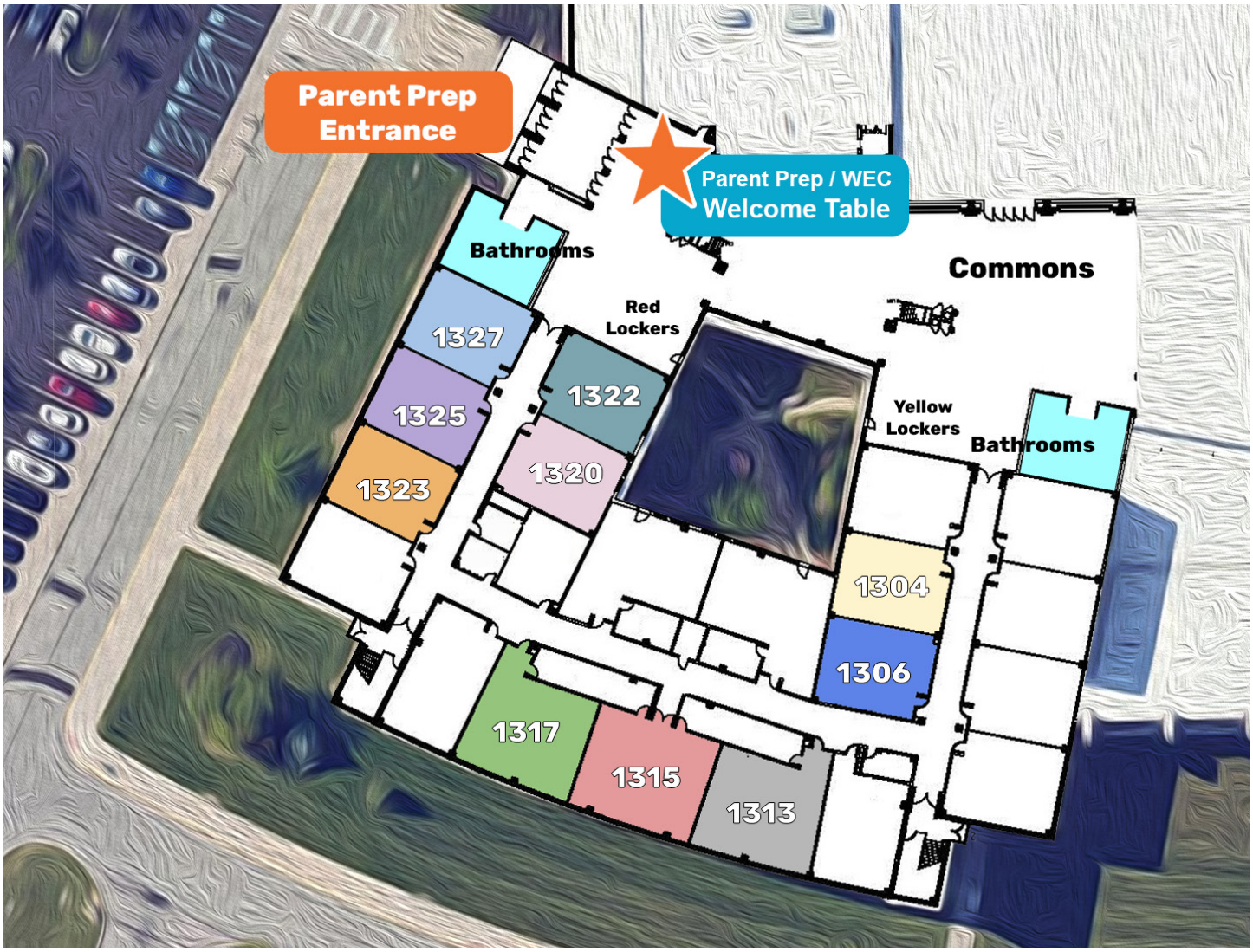
Are you tired of arguing with your children about chores, homework, and daily responsibilities? Are you looking for ways to promote more harmony in your home? Join Wellity (Well-Being + Equity) Education for a session on restorative practices – a set of strategies that help us to build relationships and manage conflict in ways that prioritize connection and respect. Families will also gain practical strategies for how they can translate the language and strategies of restorative practices into the home environment. You will leave this session with more tools in your toolbelt for how to respond to your child from a restorative lens.

QUESTION, PERSUADE, REFER (QPR)

Location: 1327 *Target level: Grades K-12*

QPR stands for Question, Persuade, and Refer: the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

ROOM LOCATION MAP



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SESSION 2 (10:00-11:00am)

CULTIVATING AN AFFIRMING HOME ENVIRONMENT (LGBTQIA+ YOUTH)

Location: 1320 *Target level: KG-12*

In this session we talk about coming out to extended family, facilitating difficult conversations, faith and queerness, LGBTQIA+ sexual health topics, and some quick tips for cultivating affirmation. We always reserve time for Q&A at the end of the session. This session is designed for the parents and caregivers of LGBTQIA+ youth

CULTIVATING RESILIENCE IN OUR CHILDREN

Location: 1306 *Target level: Grades KG-12*

This interactive session will provide participants with an overview of the hopeful concept of resilience and its importance in our children's ability to face adversity and toxic stress. We will discuss strategies to uncover the resilience already there in our children and strategies to cultivate brand new characteristics of resilience that ultimately shape a child's view of self, others and the world around them. Participants will leave with 3-5 strategies to foster resilience in their child.

STAYING SAFE IN A DIGITAL WORLD

Location: 1322 *Target level: Grades KG-5*

YouTube. Fortnite. Roblox. This interactive session will explore friendship and media for kids in today's digital culture. Participants will get tips and resources about communicating and setting appropriate digital boundaries for kids, including a family media agreement.

SUPPORTING SELF-REGULATION AND SENSORY NEEDS IN THE HOME

Location: 1304 *Target level: Grades PreK-3*

By the end of the season, families will have an understanding of the four Zones of Regulation and how they can be useful when helping teach children to learn and manage their emotions. Families will also learn about different sensory strategies and how they can be useful when helping their children regulate.

SUPPORT FOR ORGANIZATION AND WORK COMPLETION AND MORE

Location: 1313 *Target level: Grades elementary, KG-5*

This session will provide participants with an understanding of executive functioning. We will discuss planning, initiation, organization, time management, and metacognition as it relates to young children. You will leave with a better foundation for supporting your child through daily homework and long term projects.

STRESS AND REGULATION

Location: 1327 *Target level: Grades elementary, 6-12*

Interactive session discussing various levels of stress along with techniques and strategies aimed at gaining better control over stress levels. Participants will be able to recognize signs of stress along with 3-5 strategies to manage/decrease stress levels.

OPERATION STREET SMART (DOUBLE SESSION)

Location: 1317 *Target level: Grades KG-12*

Franklin County Sheriff's Office will provide a hands-on session about current and up-to-date narcotics information on trends, terminology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis.

ELL TRANSLATED SESSION: EMOTION REGULATION

Location: 1315 *Target level: Grades elementary, KG-8*

Participants will learn why students need regulation to best perform at school and home. Additionally, techniques and strategies will be given to help students identify need for break/regulation and ways to adjust, manage and balance their emotions and energy. Some of these strategies will include resources from our Wellity partners. The district is working to secure translators for the following languages: Somali, Spanish, Portuguese, Nepali and French.

SESSION 3 (11:00-12:00pm)

HEALTHY TEEN RELATIONSHIPS

Location: 1320 *Target level: 6-12*

This session will explore the fundamentals of healthy relationships with a focus on how caring adults can engage in important conversations around topics such as: boundaries; consent; green and red relationship flags; technology; and other practical, supportive fundamentals. We'll chat through strategies to empower you.

A PEACEABLE PLACE

Location: 1306 *Target level: Grades KG-5*

Adolescent development, their brains and the challenges and opportunities in middle school. Participants will discuss strategies to utilize in their home to help their child(ren) and them navigate these years.

SOCIAL MEDIA / DIGITAL WORLD / RELATIONSHIPS

Location: 1322 *Target level: Grades 6-12*

Instagram. Snapchat. TikTok. This interactive session will explore teen relationships in today's digital culture. Participants will get tips and resources about communicating and setting appropriate digital boundaries with teens, including a family media agreement.

NAVIGATING THE MATHEMATICAL LANDSCAPE (GRADE KG-1)

Location: 1323 *Target level: Grades KG-1*

This presentation is designed to explore the visual models and most commonly used strategies to help our k-5 students build a conceptual understanding of mathematics. Using the Bridges in Mathematics curriculum, students are immersed in conceptual learning as they work to build their foundation of mathematical understanding. This is very different from the way most parents and guardians were taught, causing confusion, frustration, and a distrust of "this new math." Sessions will be taught in grade bands to address models and strategies specific to K-1; 2-3; and 4-5. Please attend the grade level in which your child is currently enrolled.

BASICS OF ASSISTANCE TECHNOLOGY

Location: 1325 *Target level: Grades KG-12*

Learn more about the role of our Assistive Technology Specialist. Discover what assistive technology is and how devices and/or services help students with disabilities. Check out assistive technology tools and accessibility features that can assist students with disabilities; including some that are available district wide.

STUDENTS WITH DISABILITIES UNDER SECTION 504

Location: 1304 *Target level: Grades KG-12*

This session will provide participants with a basic understanding of eligibility and accommodations for students with disabilities under Section 504.

SUPPORT FOR ORGANIZATION AND WORK COMPLETION AND MORE

Location: 1313 *Target level: Grades 6-12*

This session will provide participants with an understanding of executive functioning. We will discuss planning, initiation, organization, time management, and metacognition as it relates to adolescents. You will leave with a better foundation for supporting your child through daily homework and long term projects.

OPERATION STREET SMART (DOUBLE SESSION)

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Franklin County Sheriff's Office will provide a hands-on session about current and up-to-date narcotics information on trends, terminology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis.

ELL TRANSLATED SESSION: CULTIVATING RESILIENCE IN OUR CHILDREN

Location: 1315 *Target level: Grades KG-12*

This interactive session will provide participants with an overview of the hopeful concept of resilience and its importance in our children's ability to children about chores, homework, and daily responsibilities? Are you looking for ways to promote more harmony in your home? Join Wellity (Well-Being + Equity) Education for a session on restorative practices – a set of strategies that help us to build relationships and manage conflict in ways that prioritize connection and respect. Families will also gain practical strategies for how they can translate the language and strategies of restorative practices into the home environment. You will leave this session with more tools in your toolbelt for how to respond to your child from a restorative lens. The district is working to secure translators for the following languages: Somali, Spanish, Portuguese, Nepali and French.

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SESSION 4 (12:00-1:00pm)

CONFLICT RESOLUTION
Location: 1306 *Target level: Grades 6-8*

Adolescent development, their brains and the challenges and opportunities in middle school. Participants will discuss strategies to utilize in their home to help their child(ren) and them navigate these years.

EMOTION REGULATION
Location: 1322 *Target level: Grades KG-8*

Participants will learn why students need regulation to best perform at school and home. Additionally, techniques and strategies will be given to help students identify need for break/regulation and ways to adjust, manage and balance their emotions and energy. Some of these strategies will include resources from our Wellity partners.

NAVIGATING THE MATHEMATICAL LANDSCAPE (GRADE 2-3)
Location: 1323 *Target level: Grades 2-3*

This presentation is designed to explore the visual models and most commonly used strategies to help our k-5 students build a conceptual understanding of mathematics. Using the Bridges in Mathematics curriculum, students are immersed in conceptual learning as they work to build their foundation of mathematical understanding. This is very different from the way most parents and guardians were taught, causing confusion, frustration, and a distrust of "this new math." Sessions will be taught in grade bands to address models and strategies specific to K-1; 2-3; and 4-5. Please attend the grade level in which your child is currently enrolled.

COLLEGE CREDIT PLUS
Location: 1325 *Target level: Grades 9-12*

College Credit Plus is a FREE program for students to earn college credits and high school credits for graduation simultaneously. This session will provide parents an overview of the program, the benefits for students and families, potential risks, and next steps. Parents and families will leave with an understanding of this awesome opportunities available to students starting in grade 7.

WHAT SOCIAL EMOTIONAL SKILLS ARE ELEMENTARY STUDENTS LEARNING?
Location: 1313 *Target level: Grades KG-5*

Social Emotional Learning (SEL) is an essential part of child development. Come hear which skills are being taught: managing emotions, developing positive relationships, problem solving, and learning how to be part of a community. This session will be taught by some of our elementary school counselors.

LET'S TALK ABOUT MENTAL HEALTH
Location: 1327 *Target level: KG-12*

Session to discuss warning signs and stats surrounding anxiety, depression (suicide included) and other common mental health diagnoses. Participants will be able to identify signs and symptoms along with strategies and resources if/ when needed.

SESSION 5 (1:00-2:00pm)

THE ROX EXPERIENCE
Location: 1320 *Target level: Grades 5-12*

Come learn about our evidence-based girls program called ROX! During this session, you will learn more about the unique challenges that young girls are facing and ways to empower them through topics like self-confidence, body image, and personal safety. You will learn about the ways that our school district and community are working to meet these needs. This session will include ways that we can foster confidence in our girls and empower them to take control of their own relationships, decisions, and futures.

THE IMPORTANCE OF LITERACY AND HOW TO HELP AT HOME
Location: 1306 *Target level: Grades KG-5*

This session will focus on reading strategies to assist students with reading practice and development at home.

EMOTION REGULATION
Location: 1322 *Target level: Grades KG-8*

Participants will learn why students need regulation to best perform at school and home. Additionally, techniques and strategies will be given to help students identify need for break/regulation and ways to adjust, manage and balance their emotions and energy. Some of these strategies will include resources from our Wellity partners.

NAVIGATING THE MATHEMATICAL LANDSCAPE (GRADE 4-5)
Location: 1323 *Target level: Grades 4-5*

This presentation is designed to explore the visual models and most commonly used strategies to help our k-5 students build a conceptual understanding of mathematics. Using the Bridges in Mathematics curriculum, students are immersed in conceptual learning as they work to build their foundation of mathematical understanding. This is very different from the way most parents and guardians were taught, causing confusion, frustration, and a distrust of "this new math." Sessions will be taught in grade bands to address models and strategies specific to K-1; 2-3; and 4-5. Please attend the grade level in which your child is currently enrolled.

EARN WHILE YOU LEARN
Location: 1325 *Target level: 9-12*

Come learn about the variety of work-based learning opportunities for students! Many of these opportunities allow students to earn money while also earning high school credits. Did we mention these also provide a pathway to graduation?

SPECIAL EDUCATION/PARENT MENTOR SESSION
Location: 1304 *Target level: Grades KG-12*

Learn more about the role of our Parent Mentor. She will explain the role, share her experiences and pass along common resources shared with families. There will be plenty of time for your questions at the end of this session.

SET UP FOR SUCCESS
Location: 1313 *Target level: Grades KG-5*

Setting Up Your Elementary Student for Success is about understanding how young students K-5 learn the best and as a parent understand how to support and foster the best environment for their child to learn. We will provide parents with different coping skills and tips for emotional support both inside and outside the classroom when academic success seems difficult.

LET'S TALK ABOUT MENTAL HEALTH
Location: 1327 *Target level: KG-12*

Session to discuss warning signs and stats surrounding anxiety, depression (suicide included) and other common mental health diagnoses. Participants will be able to identify signs and symptoms along with strategies and resources if/ when needed.

SCAN to provide
SESSION FEEDBACK

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