



HEALTH AND WELLNESS

Middle School Timely Talks 2025-26

The majority of sessions are scheduled during the lunch hour.
Parents are invited on campus to grab lunch in our dining hall and join us in the Spivey-Schenk Room. You can also join [via Zoom](#) Passcode: SSTXparent

Thursday, Sept. 25, 11 a.m. – Noon

(Middle School parents of new students)

Helping Your New Spartan Adjust to SSES

We want to help you support your children in having a successful start at St. Stephen's. We will address topics such as organization, how much help is the right amount and study skills. Bring your questions and concerns as 6th Grade Team Leader Octavia Sadler, Librarian Michelle Andrews, and Counselor Tania Gil guide the conversation.

Thursday, Oct. 16, 11 a.m. – Noon

(All parents)

Tech Tips 2.0

Dr. Michelle Natinsky, a child psychologist and parenting consultant, will share updated research and new frameworks for how to mentor our kids' tech management skill development! Explore conversation starters, balanced boundaries and ways to reflect on our own tech habits. Then, blend these ideas with your family's individual goals and values, and...Voilà! You have a plan!

Thursday, Nov. 6, 11 a.m. – Noon

(All parents)

Wellness for Teenage Boys

As parents and educators let's talk about how to connect and enhance our relationship with our teenage boys. During this talk, our focus will be to guide and coach parents on how to support their sons during this unique time of development.

Thursday, Nov. 13, 11 a.m. – Noon

(All parents)

Deciphering Girls' Friendships

Guest speaker Barb Steinberg will guide a timely conversation about the social world of teenage girls. Barb provides strategies to help your daughter navigate tricky and ever-changing friendships in order to build relationships that feel good.

Thursday, Dec. 11, 11 a.m. – Noon

(All parents)

Restorative Practices at SSES: Responsive Strategies to Strengthen Relationships, Restore Trust and Build Communities

St. Stephen's and The Institute for Social and Emotional Learning (IFSEL) are collaborating to bring a restorative practice to our school as we help youth learn and grow from challenge. Join Librarian Michelle Andrews, MS Counselor Tania Gil, and Co-Director of Health Services John Dugan as we share highlights of the work we are doing, and take practical strategies you can explore.

Thursday, Jan. 22, 6:30 – 7:30 p.m.**

(Evening Conversation), Becker Library Upper Floor

(8th grade parents only)

The Transition to Upper School

Meet the 9th-grade team of administrators as they share information about Upper School academics, student life, athletics, the arts and more. We hope to answer your initial questions and give an overview of the 9th-grade experience.

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St. Stephen's
EPISCOPAL SCHOOL

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Thursday, Jan. 29 **

(All parents)

2026 Winter Wellness Series

St. Stephen's believes our wellness allows us to reach our maximum potential. Join us for our annual Winter Wellness programming! More information will be shared as we get closer.

Friday, Feb. 13, 7:30 – 8:25 a.m.**

(Breakfast Conversation), Buddy Temple Dining Hall

(8th graders and parents/special friends)

8th Grade Valentine Breakfast

Please join us for this Middle School tradition, as we honor the special relationship between child and parent. During this meaningful breakfast gathering, we will celebrate your 8th grader's journey and your caring and supportive presence during their Middle School years.

Thursday, Feb. 19, 11 a.m. – Noon

(All Middle School parents)

Puberty and Sex Education at St. Stephen's Middle School

In this Timely Talk, MS Science Instructor Russ Glenn, MS Counselor Tania Gil, and Health Coordinator Nicole Turner will present the Middle School's Puberty and Sex Education Program. The team will cover how to facilitate family conversations on puberty, sex and sexuality based on a developmental perspective while honoring your family's beliefs and values.

Thursday, March 26, 11 a.m. – Noon

(All Parents)

Let's Book Talk– “How To Raise An Adult” by Julie Lythcott-Haims

Please join as we explore ways in which we can support our teens in the process of “Adulthood.” Middle School Counselor Tania Gil and Upper School Counselor Jennie Kim will discuss practical strategies so we can allow our children to make their own mistakes and develop resilience and problem-solving skills as they grow and become independent.

Thursday, April 30, 11 a.m. – Noon

(8th grade parents)

Before We Say Goodbye – Just One More Thing!

Join us for a dialogue regarding the Middle School experience. What worked? What could we be doing better? This is a wonderful opportunity to reminisce and look forward to Upper School for your soon-to-be 9th grader.

**Please note that the time and location are different.



St. Stephen's
EPISCOPAL SCHOOL

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Upper School Timely Talks 2025-26

The first talk will be on Zoom. Sessions thereafter are hybrid discussions and parents can choose to join in-person or on Zoom.

Wednesday, Sep. 24, 9 a.m. – 10 a.m.

(Upper School parents of new students)

School Counseling: An Introduction and Q&A for New Upper School Parents

This gathering, geared toward new Upper School parents, will introduce you to our school counselors. St. Stephen's understands that wellness and life-balance are an increasingly important part of a student's educational experience. Our counselors work to help students explore, practice and master their personal best in class, extracurriculars and social lives. Join us and ask questions about how to set up your child for their best school year yet!

Thursday, Oct. 16, 11 a.m. – Noon

(All parents)

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