



Invite to Parent University 2025: The Power of Pause, Creating Balance for our Children

October 1, 2025

Dear POB School Community,

It's hard to believe the first month of the 2025–26 school year is already behind us! I'm excited to invite you to Parent University 2025 on Thursday, October 16, at 6:30 PM at Plainview-Old Bethpage Middle School.

This special evening, hosted by our District's Mental Health and Wellness Committee in partnership with the POB PTA, is designed to support families in finding balance. Our keynote speaker, Katherine Martinko, author of *Childhood Unplugged*, will share practical strategies for reducing screen time and helping children thrive.

The program will also include a panel of school administrators sharing real stories about the impact of social media, along with breakout sessions on a variety of topics.

Childcare will be provided by our high school students.

Please click the link below to RSVP.

https://docs.google.com/forms/d/e/1FAIpQLSdW0Zq8TTck1E_bIzor8fNAa3IvyjAKoyj7ARGIvnjXMQHnag/viewform

We hope you'll join us for this meaningful night of learning and connection!
POB Mental Health and Wellness Committee

Plainview-Old Bethpage
Central School District School

Mental Health Committee
presents

PARENT UNIVERSITY

*The Power of Pause:
Creating Balance for our Children*

Worried about Social Media?
Join parents and POB school
leaders for a conversation about
social media and ways to support
kids' real-world connections.

- ✓ Keynote: Katherine Martinko, Anxious Generation
Speaker and author of Childhood Unplugged
- ✓ Panel of school principals
- ✓ Parent breakout discussions with
administrators & staff

REGISTRATION LINK
OR
SCAN TO REGISTER



Questions: Laurie Lynn, Director of Guidance
llynn@pobschools.org



OCT. 16
6:30PM
POBMS
121 CENTRAL
PARK ROAD



OPEN TO ALL K-12 FAMILIES
CHILDCARE PROVIDED
FOR AGES 5+