Healthy Minds, Healthy Families

THURSDAY, DECEMBER 11, 2025
6-7:30 PM
Star Lake Elementary (or Zoom)
(26812 40th Ave S, Bldg B, Kent, WA 98032)

Health and wellness are crucial for a child's academic success. Join us for the second Family Academy installment to discover ways to support your child's overall well-being.

EVENT PERKS!

- 👧 **Free childcare** for ages 5 and older and **Learning Lab** for older children
- 🍱 **Free hot dinner**
- 💬 Interpreters available

CHOOSE TWO WORKSHOPS:

SESSION 1 (6:15-6:50 pm)

- Community Voices, Civic Choices: Civics Curriculum Adoption •
- Growing Math Minds: Building Confidence Through Family Connections •
- Healthy Habits: Device-Free Moments •
- Every Day Matters, Every Future Counts: Partnering with Families for Student Success
- Empower & Elevate: Supporting Mental Health for Scholars with Disabilities
- The A-B-C's of Raising Resilient Kids: Your Simple Guide to Emotional, Social & Digital Wellness

SESSION 2 (6:55-7:30 pm)

- Growing Math Minds: Building Confidence Through Family Connections •
- Healthy Habits: The Health Effects of Screen Time •
- Life on the Other Side: Breaking Cycles by Becoming the Parent YOU Needed
- Heart to Heart: Nurturing Mental Health for Our Scholars
- Window to Wellness: Growing Fresh Food at Home for Healthier Families

• *(best for elementary families)*
• *(best for middle and high school families)*

✨***Bonus full-event workshop:*** *Financial aid and college application support for seniors!*

REGISTER

www.fwps.org/familyacademy/register

FAMILY ACADEMY