

Parent University

Pop-up Sessions

PARTNERS FOR STUDENT
MENTAL WELLNESS

PARENT EDUCATION SERIES

OPRF HIGH SCHOOL SOUTH CAFETERIA

These free, in-person sessions for parents and caregivers take place immediately before the Freshman Parent/Guardian Huskie Kick-off Night and Senior College Planning Night. All parents/caregivers are welcome to all presentations regardless of your student's grade. No need to pre-register — just show up, grab some snacks, and learn how you can support your teen!

High School Success: What's the Secret Sauce?

August 24 (Monday)
5:30PM-6:15PM

**right before Freshman Parent/Guardian Huskie Kick-off night*



Cindy Wong

Mentor Study Teacher
OPRF High School

As your student transitions into high school (or to a more advanced grade), join us to learn what you can do at home to support them in developing "executive function" skills. This session will cover big-idea strategies and targeted steps you can take that will help your freshman get and stay organized, manage their time better, and experience success in school.

Launching Your Senior: Navigating the Bumpy Ride

September 2 (Wednesday)
5:30PM-6:15PM

**right before Senior College Planning night*



Nabiha Calcuttawala

Social Worker
OPRF High School



Carolyn Ojikutu

Counselor
OPRF High School

**NEW
DATE!**

With graduation on the horizon, this session will provide practical tips and strategies for parenting your senior — who often does not want that help. Join us as we normalize what can be a bumpy ride and provide insight and information on how to navigate this time of transition for not only your senior, but also for you.

Partners for Student Mental Wellness is a collaboration between schools, community non-profits, and local government dedicated to educating and empowering parents and caregivers to support teen mental health and well-being. Our free educational events give parents practical strategies, resources, and encouragement to understand the common challenges teens face — such as academic stress, managing relationships, and growing independence — and how to respond with care and support. Together, we're building a community where every teen can thrive. Questions? Contact Lauren Olson, OPRF Assistant Principal for Student Services: laolson@oprfs.org.