

2011 CPSD Parent Institute Workshop Descriptions

BIRTH TO 5 SESSIONS

GETTING READY FOR KINDERGARTEN (TWO-HOUR SESSION)

CPSD Early Learning and Kindergarten Teachers

9 – 10:50 am and 1 – 2:50 pm

Learn what to expect when your child enters kindergarten, and get tips and strategies to help your child be successful.

HEALTHY EATING FOR PRE-SCHOOLERS

9 – 9:50 am

Do you have a picky eater at home? Try out some healthy, affordable snacks and meals that will help young children get the nutrition they need to thrive.

GUIDING YOUR YOUNG CHILD'S BEHAVIOR

Kim Meade, Parent Educator

11 – 11:50 am

Do the terrible twos visit your home sometimes? Join us to talk about how to shape our children's behavior and raise them to be the children and adults we want in our family.

READING STRATEGIES FOR PRE-K CHILDREN

Kay Lancaster, Puget Sound Educational Service District

10 – 10:50 am and 11 – 11:50 am

It's never too early to start reading with your children! Learn how you can help your child become a lifelong reader.

WIGGLES, TICKLES AND RHYMES: LITERACY GAMES FOR BABIES AND TODDLERS

Susan Anderson-Newham, Pierce County Library

1 – 1:50 pm

Playing with language is an awesome tool for brain development and school readiness. This entertaining workshop will explain the importance of wiggling and rhyming and provide resources for hours of learning fun.

ELEMENTARY SCHOOL SESSIONS

ELEMENTARY MATH STRATEGIES

9 – 9:50 am and 10 – 10:50 am

Does your child's math homework seem like a foreign language? Get tips from a district math teacher about how you can support math at home.

ELEMENTARY READING STRATEGIES

11- 11:50 am and 2 – 2:50 pm

Strong reading skills are crucial for success in school. Join us to learn how your child can continue to grow as a reader throughout elementary school.

ENCOURAGING YOUR CHILD TO WRITE

Ann Hamilton, Oakwood Elementary School

10 – 10:50 am

Writing is an important form of expression, and becomes more and more important as students go through school. Learn how you can make writing exciting for your child!

HELPING YOUR CHILD WITH HOMEWORK

Amy Hamilton, Southgate Elementary School

11- 11:50 am and 1 – 1:50 pm

Do you face nightly battles with your children over their homework? Are you unsure of how to help, or even if you *should* help, when they come to you with questions? This workshop is for you!

KEEPING KIDS HEALTHY AND ACTIVE

1 – 1:50 pm and 2 – 2:50 pm

Research has shown that healthy, active children are better able to focus in school. Join this session to get tips and strategies to get your children away from the TV, and excited about nutrition and exercise.

TRANSITIONING TO MIDDLE SCHOOL

Rachel Hyde, Mann Middle School

Stacy Hurlow, Lochburn Middle School

9 – 9:50 am

Making the leap from elementary to middle school can be exciting and scary for students and their parents. Learn from our middle school counselors what to expect during this time, and how you can help your child transition smoothly.

MIDDLE/HIGH SCHOOL SESSIONS

ALTERNATIVES TO COLLEGE

11 – 11:50 am

Has your child expressed interest in a different path after high school? Learn about the post-high school options that exist for students who might not be interested in the traditional route to college.

COLLEGE 101

University of Washington, Tacoma

9 – 9:50 am and 1 – 1:50 pm

Are college searches and applications looming for your child? Don't be intimidated! Hear from a local university representative how you can support your child through this process.

EFFECTIVE COMMUNICATION WITH TEENS (TWO-HOUR SESSION)

Tami Johnson, Lakes High School

1 – 2:50 pm

Have normal conversations with your teenagers suddenly become battles? Talk with other teachers and parents about how to maintain effective, loving communication with your children, even as they go through the often turbulent years of adolescence.

HEALTHY DATING RELATIONSHIPS

Christina Fajardo and Adriana Tellez, Centro Latino

11 – 11:50 am and 2 – 2:50 pm

Develop strategies and confidence to talk to your kids about respect in a relationship, teen dating and domestic violence. Explore how to listen and support teens through these sometimes difficult conversations.

PLANNING FOR LIFE AFTER HIGH SCHOOL

10 – 10:50 am

No matter your child's age, now is the time to start talking about life after high school. Get tips about how to help your children plan for their futures, and ask questions about how you can support this process.

SCHOLARSHIPS AND FINANCIAL AID

Jennifer Dixon, Clover Park High School

10 – 10:50 am

Overwhelmed by the thought of trying to pay for college? Come to this workshop to learn how to tackle the financial aid process.

SECONDARY READING STRATEGIES

9 – 9:50 am

Strong reading skills are an important predictor of a student's success, but many students face reading struggles even in middle and high school. Learn how you can support your child's reading skills throughout secondary school.

GENERAL SESSIONS

ADVOCATE FOR YOUR CHILD'S EDUCATION

Sarah Fairweather, Clover Park School District

1 – 1:50 pm

Family involvement is key to a student's academic achievement. Being an advocate for your child's success in school is an essential part of being involved. Join this discussion to develop the tools you need to effectively advocate for your child.

INTERNET SAFETY

Travis Campbell, Clover Park High School

9 – 9:50 am

Facebook. Twitter. Cyber bullying. What does it all mean? And how do you know if your child is staying safe? Learn about current trends in internet use, and how you can effectively and respectfully monitor your child's use of these tools.

LOVE AND LOGIC (THREE-HOUR SESSION)

9 – 11:50 am

Join this interactive three-hour session to learn how you can lovingly raise your children to be responsible and respectful.

RECOGNIZING AND PREVENTING BULLYING (TWO-HOUR SESSION)

Penni Maple, Sexual Assault Center of Pierce County

1 – 2:50 pm

What is bullying? How do we know if our child is being bullied or bullying someone else? Take part in this two-hour workshop to learn about behavioral signs of bullying, how to talk with your children about these situations and how to intervene when bullying is taking place.

SAVING FOR COLLEGE

Hollieann White, Harborstone Credit Union

11 – 11:50 am

It's never too early to begin saving for college! Learn how to start preparing now, no matter how old your child is.

VOLUNTEERING 101

10 – 10:50 am

Volunteering for your child's school is a great way to be involved and support your child's education. Get tips and tools for effectively serving with schools, and learn how to make the most of your volunteer experience.