



2016 CLASSES

DESCRIPTION & SCHEDULE

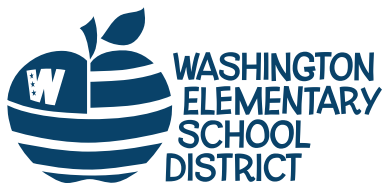
PARENT UNIVERSITY



SATURDAY, JANUARY 23, 2016

— *on the Campus of* —

CHOLLA MIDDLE SCHOOL
3120 W. CHOLLA STREET



4650 W. Sweetwater Ave.
Glendale, AZ 85304
602-347-2600
www.wesdschools.org



WESD PARENT UNIVERSITY 2016

7:45-8:45	Registration and Breakfast	Cafeteria and Courtyard
8:00-8:45	Student Performances	Cafeteria
8:00-12:05	Community Resource Area	Cafeteria
8:45-9:15	Opening Session: Welcome and Keynote	Gymnasium
	<i>Welcome</i>	<i>Joe Negrón, WESD Parent Outreach Coordinator</i>
	<i>Welcome</i>	<i>Paul Stanton, Ed.D WESD Superintendent</i>
	<i>Remarks</i>	<i>Larry Herrera, WESD Governing Board</i>
9:25-10:10	Breakout Sessions	Classrooms
10:15-11:00	Breakout Sessions	Classrooms
11:05-11:50	Breakout Sessions	Classrooms
11:50-12:00	Door Prize Giveaway	Classrooms
12:10	Lunch	Cafeteria and Courtyard



BREAKOUT SESSION DESCRIPTIONS

Sessions are divided into the following strands: Student Safety, Academic Success, Family Education. Within those strands, you will find classes that are intended for:

- **all parents**
- **parents of early childhood and primary grade children (birth to 4th grade)**
- **parents of intermediate and upper grade children (5th grade to high school)**

The following sessions focus on

STUDENT SAFETY

21st Century's Stranger Danger: Child Sex Trafficking Prevention

Age group: Intermediate and Upper

Presented by Breanna Vales, Brandon Vales and Jennifer Rodems
Red Light Rebellion

Red Light Rebellion educates and empowers both parents and students to fight the injustice of child sex slavery. This interactive presentation provides parents with training about what sex trafficking is, the signs of a trafficker and victim, available resources for proper response, safety measures to teach their child, and how to address their student's potential vulnerabilities. Parents will walk away equipped to continue spreading awareness and with tools to keep their own children safe from predators.

* * *

Digital Solutions/Digital Evolution

(Presented twice)

Age group: all parents

Presented by Katey McPherson
MASK (Mothers' Awareness on School-Age Kids)

This workshop introduces parents to the ways that their children are using technology, including social media, chat rooms, cell phones, etc. and guides parents through a discussion of how to monitor technology use to keep children safe in the virtual world. It presents real solutions for parents raising children in a digital world and examines the insta-problems of Instagram, Snapchat and Vine. The presenter addresses two questions: "Are you up-to-date on what your child is doing online?" and "Does your child know the consequences of a digital imprint?"

* * *

AZ Parents Connect: Trends in Youth Substance Abuse

(Presented once in English and once in Spanish)

Age group: all parents

Presented by Theresa Londoño
DrugFreeAZKids.org

This workshop offers evidence-informed information about trends in substance abuse among youth in Arizona

communities, common reasons why children choose to use drugs, special vulnerabilities some children have, and protective factors adults can maximize in order to improve prevention outcomes. In addition, the presenters will provide digital and print resources, as well as information on six-session, evidence-based "Active Parenting" workshops offered at no cost by DrugFreeAZKids.org in various locations throughout the community, thanks to a grant from the Arizona Parents Commission.

* * *

Bully Prevention

Age group: all parents

Presented by Abigail Parent
WESD Social Services Department (Palo Verde)

A WESD middle school social worker will provide an overview and definition of bullying. Prevention programs and strategies currently being utilized in Washington Elementary School District will be discussed and previewed. A review of District policies and processes will be provided. Strategies and tools will also be discussed and shared with parents and guardians to assist in identifying bullying behaviors or assisting their student if he or she has been bullied.

* * *

Safe Children, Healthy Children

Age group: all parents

Presented by: James Reeves
Arizona PTA

In this interactive presentation, the health and safety chairperson for the Arizona PTA shares information about healthy lifestyles for families, as well as ways to keep children safe in the virtual and interactive world.

* * *

Girl World: Understanding Relational Aggression and How We Can Model Healthy Friendships and Communication for our Girls

Age group: Intermediate and Upper

Presented by Cristy Filloon
Round Earth Solutions, LLC

This workshop takes parents on a journey into their daughters' lives in "Girl World." It examines how girls can "bully" by using friendships as their "weapons," and the devastating effects that this type of bullying can have on their feelings of value, safety and self-esteem. The presenter will lead parents in a discussion of how to support their daughters as they

navigate their way through this all-too-common experience. Parents will receive helpful communication strategies that they can share with their child and explore how to use their own self-awareness to create an environment where healthy and effective communication and friendships are modeled for their daughters.

* * *

Power of Parents

Age group: Intermediate and Upper

Presented by Beverly Mason Biggers and Sonya Brinton
Mothers Against Drunk Driving (MADD)

This workshop examines why talking with your teen or middle school child is an important part of helping keep your family safe. MADD's *Power of Parents* program can give you the tools you need to handle hard situations. Parenting gets more challenging when children reach adolescence. Teens naturally push their limits, test boundaries, and make choices that baffle and worry parents. They begin to look more mature and grown-up, so it's easy to be fooled into thinking that they will behave like adults. But they don't, especially when it comes to alcohol. Of all the dangers your teen faces, underage drinking is among the worst. Whether teens are experimenting with beer, wine or other liquor, alcohol presents a serious, and potentially deadly, threat. Compared with nondrinking classmates, teens who drink are more likely to die in a car crash, flunk school and become an alcoholic later in life.

The following sessions focus on

ACADEMIC SUCCESS

Strategies for Young Readers

Age Group: early childhood and primary grades

Presented by Dr. Sheryl Schauer and Mary Brandt
WESD Academic Services/Professional Development

This workshop will give parents an understanding of how reading and writing develop in young minds. Parents will receive ideas, resources and strategies to help their young children at home to enjoy reading and to be strong, successful readers and writers.

* * *

Supporting Math Instruction at Home

(Presented twice)

Age group: all parents

Presented by Ben Metcalf
WESD Academic Services/Professional Development

This workshop provides parents with an explanation of the shifts in expectations for students, teachers and schools in the area of math teaching and learning. The presenter will provide attendees with ideas and resources for parents to engage and support learners at home.

* * *

Arts Education and Student Achievement:

A Powerful Connection

Age group: all parents

Presented by: Samantha Chariker and Michelle Miller
WESD Professional Development; Music Teacher at
Washington Elementary

Educators agree that reading, writing, math, science and history are valuable subjects that should be taught to all students. These subjects are recognized as the core subjects. The rest of the programs are worked into the schools' schedules, with limited time or sometimes not at all. This presentation will provide an opportunity for parents to gain information regarding the benefits of arts education and the impact it can have on student achievement as well as the natural connections that exist between the arts and other academic subjects. Research-based findings will be presented that identify the specific thought processes utilized in the various arts classes. There will also be one or two "hands on" activities that will allow the parents to relieve some stress through the arts while drawing conclusions about the academic benefits that the arts provide.

* * *

Be a Learning Hero:

Understanding State Assessments

Age group: all parents

Presented by Anne Gabriellini
Arizona PTA

During this highly interactive presentation, the vice president of Arizona PTA will help families understand the Arizona statewide assessments and how to help their children actively prepare for annual statewide testing without test anxiety or fears.

* * *

Mom! Dad! I Need Help With my Homework!

(Presented twice)

Age group: all parents

Presented by Principal Deborah Menendez and
Principal Kaylene Ashbridge
WESD – Sahuaro and Cactus Wren

These two WESD principals will provide parents with resources, tools and strategies they need to effectively set up a plan that children can follow at home in order to complete all of their homework.

* * *

Your Child's Academic Success

(Conducted in English only)

Age group: all parents

Presented by Ramon Maldonado
Maria Luisa Ramos State Farm Agency

This workshop will address the relationship among the school, the parent and the community and show parents

how to create a positive learning environment at home. The presenter will discuss how the partnership of the three supports and contributes to a child's long-term academic success, while recognizing that parents are their children's first and most important teacher. The presenter will also examine ways to reduce the risks of everyday life in order to guarantee their child's academic success.

* * *

Ready, Set, Kindergarten!

Age Group: early childhood and primary grades

Presented by Anna White and Laura Hager
Phoenix Public Library

This is an interactive presentation that will introduce parents to what it takes to be ready for kindergarten. It's much more than just knowing the ABCs. This workshop examines in-depth what it means to be ready for kindergarten in the state of Arizona and provides strategies that parents can use to prepare their three- to five-year-old children.

* * *

El Éxito Académico de su Niño

(Conducted in Spanish only)

Age group: all parents

Presented by Maria Luisa Ramos
Maria Luisa Ramos State Farm Agency

This workshop will address the relationship among the school, the parent, and the community and show parents how to create a positive learning environment at home. The presenter will discuss how the partnership of the three supports and contributes to a child's long-term academic success, while recognizing that parents are their children's first and most important teacher. The presenter will also examine ways to reduce the risks of everyday life in order to guarantee their child's academic success.

* * *

The Importance of STEM Education

(Presented twice)

Age Group: all parents,

with a focus on Intermediate and Upper

Presented by Jonathan Perrone and Mariano Guerra
WESD – Mountain Sky Junior High School

"Leadership tomorrow depends on how we educate our students today – especially in science, technology, engineering and math (STEM)." It is critical for parents and stakeholders to understand what STEM is and why it is so important for their students to have opportunities to explore STEM topics. This workshop will present and define the core ideas that make up STEM education. It will highlight some of the STEM programs currently being offered in our District and how these opportunities are preparing students for the future. Ideas will be shared for parents to provide STEM-related opportunities to their children outside of school as well.

* * *

Seven Habits of Leadership for School and Home

Age group: all parents

Presented by Principal Luanne Herman and Angela Clipper
WESD – Sweetwater School

The amazing Seven Habits of Success Leadership Program is making such a world of difference at Sweetwater School for students, teachers and families alike! The presenters will introduce the habits and teach them in an easy-to-remember and easy-to-understand manner. They will motivate parents and students to want to implement the habits and show them how they can impact every facet of their lives. The presenters will provide a wealth of resources in student- and family-friendly terminology – set up a family leadership notebook, provide posters that will help the attendees implement the program at home, worksheets to complete as a family, leadership games and activities and more! This program has helped countless Fortune 500 companies, billionaires and entrepreneurs, and now it is time for the young leaders of tomorrow to start implementing it today!

* * *

Every Child Ready to Read

Age Group: early childhood and primary grades

Presented by Anna White and Laura Hager
Phoenix Public Library

You are your child's first teacher! Research shows that children who develop essential language and other early literacy skills before they start kindergarten become better readers. This workshop will demonstrate the importance of early literacy and how to develop early literacy skills in children, ages birth through age 5, including hands-on activities and tips.

* * *

Family Fun Math Games

Age Group: early childhood and primary grades

Presented by Elizabeth Robertson
WESD Academic Services/Professional Development

This workshop will show parents how, with a deck of cards and some dice, they can have lots of family fun while practicing important math facts! In this session, parents will learn about and play math games for ages 8 and up. Practicing your basic math facts does not have to be boring!

* * *

Games That Will Engage Your Gifted Child

Age group: all parents

Presented by Barbara Post
WESD Gifted Services

Your child has been identified as gifted! Are you wondering what you can do to support your child's giftedness at home? In this workshop, you will learn hands-on games and activities that you can play or do with your gifted child that

will support his or her giftedness. You will also be provided with ideas and strategies to support your gifted children, as well as resources and information about local and national gifted support organizations.

* * *

Grammar – The Key to Unlocking English

Age group: all parents

Presented by Alice Pickel
WESD Academic Services

In this workshop, parents will explore English learning by using our colorful “Grammar Wall,” which makes writing sentences fun and easy. Parents will receive their very own personal grammar wall to help their children with their homework. Parents will also learn about how the eight different types of words work together to make sentences.

* * *

Tips to Help Your Teen Transition into High School

Age group: Intermediate and Upper

Presented by Principals Walter Sampson, Nathan Kleve, and Edward Barnes
Cortez, Moon Valley and Greenway High Schools – GUHSD

In the next few months, thousands of children will take one more step toward a significant rite of passage: they will transition from being middle school or junior high students to becoming full-fledged high schoolers. Often this transition for children, and parents, is scary – the fear of anonymity, unfamiliar surroundings and higher expectations all play a central role in the anxiety leading up to the start of one’s high school career. There are things, however, that parents can do to assist with this transition.

In this workshop, parents will learn how, within Glendale Union High School District, parents, teachers, counselors, administrators and students work collaboratively to help promote a favorable school adjustment. Learn more about Glendale’s award-winning district, how you can make your child’s transition into high school smoother and why GUHSD is the right choice for your high school student.

* * *

The following sessions focus on

FAMILY EDUCATION

Educación Financiera: Tomando las Riendas de Sus Finanzas

(Presented in Spanish)

Age group: all parents

Presented by Maria Luisa Ramos
Maria Luisa Ramos State Farm Agency

Conducted in Spanish, this workshop is intended to help

families become financially educated, build good credit, and make sound financial choices. The presenter will focus on the basic elements of creating a budget, fixing a poor credit rating, and/or investing in a 401(k) plan, in order to have the opportunities that improve the odds for financial stability and success. Topics covered will be creating a budget, managing debt, buying a home, saving money, getting a loan, planning for emergencies, and planning for the future. Participants will leave with tools and information that they can use to improve their financial health and wellbeing.

* * *

How Can I Get Involved in Parent Advocacy?

Age group: all parents

Presented by Dr. Jennifer Johnson
Support Our SchoolsAZ (SOSAZ)

This interactive discussion will provide strategies to parents describing how to get involved in advocacy – whether it is with a teacher, the school, the district and on state-level issues. The power of parents’ voices is essential in building and maintaining strong educational options for all students.

Parents will be asked to identify issues they want to advocate for, and several scenarios will be presented for practice! Several statewide issues needing parental input, including funding for education and the need for high quality teachers in every classroom, will be discussed, and parents will learn how they can get involved in communicating with legislators and other policy makers.

* * *

The Brain Gym: Building a Better Brain for Your Child

Age group: all parents; Special Needs

Presented by Victoria Bonavito
WESD – Physical Education teacher at Desert View

In this very interactive workshop, parents will learn some key exercises and activities they can do with their children to help build them a better brain. Parents will also learn why some of the things we do as a society impacts a child’s brain in a negative way and what they can do as a parent to prevent this. They will also learn what things they can do as adults do help themselves build a better brain.

* * *

Parenting With Love and Logic

(Presented Twice)

**Age Group: all parents,
with a focus on Intermediate and Upper**

Presented by Michele Royan
Michele Royan Consulting, LLC

Parenting with Love and Logic helps to reduce parental stress and family conflict by providing a simple, logical set of practices for setting boundaries, encouraging children to make mistakes, and to learn from the natural consequences

of their choices while the price is small. It allows parents to hand problem solving back to children so they can learn how to make good choices and shows parents how to use “enforceable statements,” saying “yes” to things they are comfortable with, instead of always saying “no.” Love allows children to grow with their mistakes. Logic happens when we allow them to live with the consequences of their choices.

* * *

How to Talk to your Children about Money

(Presented Twice)

Age group: all parents

Presented by Emily Schwartz
MidFirst Bank

Do your children think you’re made of money? Come learn strategies to have a family money conversation that teaches your student how to balance needs and wants, plan for big expenses, make smart money decisions, and build strong financial habits that will stick with them into high school and beyond.

* * *

The Be Kind People Project: Youth Development Lasts a Lifetime

(Presented Twice)

Age group: all parents

Presented by Lyn Geake
The Be Kind People Project

BKPP would like to share with parents how their character education programs facilitate social-emotional learning and thereby inspire academic success. BKPP programs significantly ameliorate unwanted behavior issues – often manifested as bullying – helping create a more positive learning environment and providing students with a comprehensive and culturally relevant framework for enduring youth development.

BKPP has many ways for parents to get involved, and they would like to share how their character education program extends to the home and community. The Be Kind People Project equips students with tools that help them understand, link and apply strong personal character values with academic achievement, teacher appreciation, civic responsibility, creative expression, and exercise. Students are provided with an experience-based learning approach that directs the development of solutions and skills so they will understand what TO do instead of what NOT to do and learn how to form healthy and responsible relationships, to accept accountability for decisions, words and actions, and to form respectful and considerate interaction and communication with other people.

* * *

Financial Literacy: Taking the Reins of Your Finances

(Presented in English)

Age group: all parents

Presented by Ramon Mercado
Maria Luisa Ramos State Farm Agency

Conducted in English, this workshop is intended to help families become financially educated, build good credit, and make sound financial choices. The presenter will focus on the basic elements of creating a budget, fixing a poor credit rating, and/or investing in a 401(k) plan, in order to have the opportunities that improve the odds for financial stability and success. Topics covered will be creating a budget, managing debt, buying a home, saving money, getting a loan, planning for emergencies, and planning for the future. Participants will leave with tools and information that they can use to improve their financial health and wellbeing.

* * *

Parenting With Love and Logic

(Presented Twice)

Age Group: early childhood and primary grades

Presented by Enriqueta DiSanto and Haidi Chacón
WESD/Washington Information & Resource Center (WRIC)

Parenting with Love and Logic helps to reduce parental stress and family conflict by providing a simple, logical set of practices for setting boundaries, encouraging children to make mistakes, and to learn from the natural consequences of their choices while the price is small. It allows parents to hand problem solving back to children so they can learn how to make good choices and shows parents how to use “enforceable statements,” saying “yes” to things they are comfortable with, instead of always saying “no.” Love allows children to grow with their mistakes. Logic happens when we allow them to live with the consequences of their choices.

* * *

Come Coupon with Me

Age group: all parents

Presented by Michelle McCormick
WESD – Washington School

Parents who attend this presentation will walk away with the confidence to start couponing and saving money for their family immediately! This workshop will examine the best methods for getting coupons, how to organize coupons, how to find the best deals, and reviewing stores’ coupon policies. Parents will receive tools, materials and strategies to make them successful at couponing from day one and begin saving lots of money! For parents with computer and Internet access, links to several Web sites and apps will be provided. This presentation has been conducted at a number of WESD schools with great success!

* * *

How to Qualify for AHCCCS, SNAP and the Market Place

Age group: all parents

Presented by, Lonnie Jones, Brenda Cervantes and Lydia Hernandez
Women's Health Coalition of Arizona

This presentation provides information, resources and materials on qualifications and eligibility for AHCCCS, SNAP (food stamps) and the Market Place (the Affordable Health Care Act). Referral information to local enrollment sites, including one located within the WESD at Washington School, will also be provided.

* * *

One Heart, Two Homes

Age group: all parents with a focus on divorced parents and parents with blended families

Presented by Joan Sarin and Judy Graybill
Emotionally Intelligent Training

This highly interactive presentation provides parents with strategies to protect children from the negative outcomes often associated with divorce; and strategies for raising whole, happy children through good parenting, communication and understanding, so children from divorced homes can grow up happy and resilient. **“Emotional Intelligence 101 for Parents” – six-week online course – Free to all who attend this presentation.**

* * *

The Power of Parent and Family Engagement in Schools

Age group: all parents

Presented by Beth Simek
Arizona PTA

Presented by the president elect of Arizona PTA, this dynamic and interactive presentation helps parents and families understand the who, what, when, where and why of meaningful parent and family engagement with their local schools to support and promote student achievement.

* * *

Synergy ParentVUE: Tracking Student Progress Online

(Presented in the Computer Lab)

Age group: all parents

Presented by Mike Cannon
WESD Technology Training

Parents, did you know that you can have access to your child's grades, test scores, attendance and other academic information online, 24 hours a day? Synergy ParentVUE helps parents stay informed and connected by providing day-to-day insight into their child's academic experience. ParentVUE works with the Synergy™ student information system, allowing parents to access near real-time information on assignments and scores, attendance and demographic

information. ParentVUE offers parents a single sign-on to view all of their children's information regardless of school. During this workshop, parents will go into detail on how to obtain activation keys from the school and how to sign in to the Web portal for the first time. Parents will then learn how to navigate through the ParentVUE Web site to find all the information about their student. Parents will also have an opportunity to examine the ParentVUE smartphone apps that allow you access to your student's information anywhere they go.