



**Raffle!**

## **Family University Conference**

Saturday, October 18, 2014

Hamden Middle School

2623 Dixwell Avenue Hamden, Connecticut

**Free Lunch!**

Family University is a full day of interactive seminars that aim to give parents the tools they need to help their children succeed. For children there are multiple activities for them to do during the day when you register your child (3-12) for free babysitting.

### **Saturday October 18, 2014 Agenda:**

8:30-9:00-Registration

9:00- Welcome

9:15-10:15- Keynote Speaker

10:30-11:30- Session 1

11:30-12:30- Lunch

12:45-1:45-Session 2

2:00- Raffle

**Please return completed registration forms to your children's school by:**

**Wednesday, October 8, 2014**

## Workshop Selections:

---

**SL**-Supporting Learning and Navigating the System, **HW**-Family Health & Wellness, **GD**-Parent's Personal Growth & Development, **P**- Parenting

---

**\*\*When completing the registration form please use the letter and number code for workshop selections.**  
For example, if you want to register for Hamden Libraries: More Than Just Books use code **SL1**.

**SL1. Hamden Libraries: More Than Just Books:** How to access free resources through HPS information system and Hamden Public Libraries.

**SL2. Becoming Your Child's Best Advocate: Tips & Tools for Advocating for Your Child with Special Needs:** Learn how to effectively communicate with your child's school and advocate for your child's appropriate education - and how to foster positive relationships with your child's teachers.

**SL3. 9th Grade: Building a Foundation for Success in High School:** Middle school is over. Now what? A review of the 9th grade program at HHS - Freshmen teams – structure and expectations; Focus on literacy, research and independence.

**SL4. "But...I didn't learn math that way!":** Help parents navigate through the parent math books and demonstrate the ways students are learning the ways to add, subtract, multiply and divide through the Common Core

**SL5. English Language Learners & School:** Increase awareness of needs, expected progress, exiting standards, CCSS, what teachers are looking for in the classroom. **(Afternoon Session will be offered in Spanish)**

**SL6. Understanding Special Education within the School System:** Are you concerned about your child's progress in school? This presentation will explore the different supports and interventions that are in place to help our students. Learn about how to recognize when your child may need additional supports, and learn about the teams that are in place to help you navigate this process. Topics will include various tiered intervention programs, and a brief overview of some of our special education models.

**SL7. Parents SEE: Partnering with Schools for Student Success:** Discussion of barriers to parent involvement, overview of Parents SEE training, SEE graduates sharing highlights from past experience this year.

**SL8. Journaling: A Motivational Pathway to Writing with Stamina and Voice:** Learn how the practice of journaling at home sparks your children's motivation to write and helps them find their own unique writers' voice. Through this simple technique, writing fluency and stamina will also increase. There are also great emotional benefits to this wonderful practice.

**HW1. Health Begins at Home:** Presentation on establishing a safe and healthy home environment.

**HW2. Weight Bias & Bullying:** Workshop developed specifically geared to parents and child advocates focused on school nutrition, food marketing, and weight-based bullying in schools.

**HW3. Concussion 101:** Understanding concussions – identifying symptoms, managing care of and the effects on schooling/sports.

**HW4. Stress Management for Families:** Provide stress management tools/skills for parents & caregivers; understand the effects of stress on the body and mind; learn fun easy activities to do with children to relieve stress.

**HW5. Hamden's Lunch Program:** Review breakfast and lunch program offered to all students.

**HW6. Launching Hamden's Healthy Habits:** During this session parents will take part in activities that educate them in maintaining and promoting a healthy lifestyle in their homes. This includes nutritional guidance, mental wellness strategies, and resources for students and student athletes to make healthy choices and better their performance in and out of the classroom.

**HW7. MADD Power of Parents:** Highlights how parents can get through to their children about the dangers of underage drinking.

**GD1. How Money Works/Retirement/Debt/Complimentary Financial Planning:** Financial wellness workshop covering debt resolution, preparing for retirement, how money works.

**GD2. Programs Offered by Hamden Adult Education:** Outline the courses offered to adults through the program.

**GD3. Financial Literacy—10 tips for a Brighter Financial Future:** Insight on financial security with tips on how you can achieve a brighter financial future. Topics will include the key to your financial success, budgeting, retirement and identity fraud.

**P1. Adolescent Behaviors-What Does it Mean?:** We will be discussing typical adolescent development, as well as common mental health issues seen in adolescence. We will identify school and community resources, and offer strategies on how parents can support their child through adolescence.

**P2. El Comportamiento de Nuestros Niños: Estrategias Proactivas y Buenas Respuestas a Mal Comportamiento (The Behavior of Our Children: Proactive Strategies and Good Responses to Bad Behavior):** En esta clase, vamos a revisar estrategias proactivas del comportamiento de niños. Hablaré sobre las maneras en que el comportamiento de nuestros niños es su forma de comunicación y hablaré sobre las mejores respuestas a mal comportamiento. **(Both sessions will be in Spanish)**

**P3. Why Emotions Matter for Families:** Discussion of why emotions matter. Focus on RULER approach and strategies for parents to use.

**P4. Applying for & Preparing for College:** This presentation is geared toward helping parents with the college application/admissions processes.

**P5. Behavior Toolkit for Pre-teen & Teenagers:** Workshop will focus on restorative justice and how to use behavioral strategies and consequences effectively with children.

**P6. How to Pay Less for College:** Helping parents through a dizzying admissions process. Educating families on how to save, and ultimately the best way to pay for college.

**P7. Internet Safety:** This presentation is geared toward keeping your children safe on the internet.