

# Child Care Registration

- Available for children aged 3 to 8
- Registration is first-come, first-serve

Child's First Name      Last Name      Age

_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list any allergies: \_\_\_\_\_

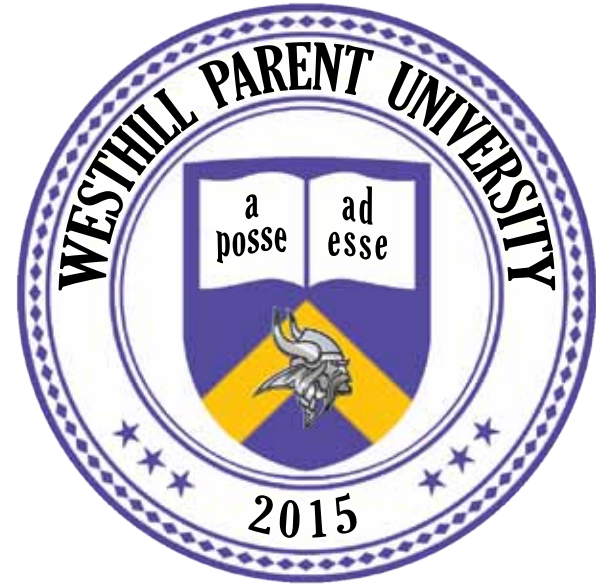
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\_\_\_\_\_

**Walk-ins accepted for courses and childcare based on availability.**

Westhill's Parent University is based on Community High School District 155's 7<sup>th</sup> Annual Parent University



# Parent University 2015

Location:  
125 Roxbury Road  
Stamford, CT 06902

Saturday, October 24<sup>th</sup>  
8:00 a.m. - 12:30 p.m.

# Westhill's Parent University

High school presents a unique set of challenges to students and parents alike. Westhill's Parent University is a premier event for current and future parents to help guide parents through these exciting and challenging years. School and community experts will present practical and crucial information to support parents and guardians. Most panels include an expert parent to provide insights into actual experiences. All sessions include a time for parents and guardians to ask the panel questions.

## Schedule

Registration/Schedule Pick up	8:00-8:30
Keynote Address	8:30-9:30
Breakout Session A	9:40-10:30
Breakout Session B	10:40-11:30
Breakout Session C	11:40-12:30

**Registration Deadline:  
Friday, October 16th**

# Westhill's Parent University

Saturday, Oct 24, 2015  
8:00 – 12:30

125 Roxbury Road  
Stamford, CT 06902

Last Name: \_\_\_\_\_

Parent/Guardian First name(s):  
\_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Child's Grade: \_\_\_\_\_

Email: \_\_\_\_\_

## Course Selection

Write course **Letter and Number** for top two choices for each session. Every effort will be made to accommodate top choices. Parents are welcome to take separate courses.

Parent Name: \_\_\_\_\_ / \_\_\_\_\_

Session A \_\_\_\_\_/\_\_\_\_\_ \_\_\_\_\_/\_\_\_\_\_

Session B \_\_\_\_\_/\_\_\_\_\_ \_\_\_\_\_/\_\_\_\_\_

Session C \_\_\_\_\_/\_\_\_\_\_ \_\_\_\_\_/\_\_\_\_\_

Mail, email, fax or drop off this form by  
**OCTOBER 16<sup>TH</sup>** to:  
Chase Dunlap  
Westhill High School  
125 Roxbury Road  
Stamford, CT 06902

*Child Care Registration on Back*

# Course Offerings

## Session A

- A Day in the Life: Understanding the 21<sup>st</sup> Century Classroom (A.1)
  - Immigration and Trauma in Spanish (A.2.SP)*
  - Surfing safely & Other Internet Issues (A.3)
- How to Manage Your Anger While Defusing Your Teen's (A.4)
  - Signs & Symptoms of Drug & Alcohol Use (A.5)
  - Building Resilient Teens (A.6)
- Special Education – Freshmen and Sophomore (A.7)
  - Healthy Relationships and Teen Sexuality (A.8)

## Session B

- A Day in the Life: Understanding the 21<sup>st</sup> Century Classroom (B.1)
  - Immigration and Trauma (B.2)
- How to Manage Your Anger While Defusing Your Teen's (B.4)
  - Signs & Symptoms of Drug & Alcohol Use (B.5)
- Special Education – Freshmen and Sophomore (B.7)
  - Healthy Relationships and Teen Sexuality in Spanish (B.8.SP)*
  - Mental Health – 211 (B.9)
- Overcoming the Rigors of High School w/ Good Study Skills (B.10)

## Session C

- Surfing safely & Other Internet Issues (C.3)
  - Bullying and Healthy Coping Behaviors
- Signs & Symptoms of Drug & Alcohol Use (C.5)
  - Building Resilient Teens (C.6)
- Special Education–Juniors, Seniors and Transition (C.7)
  - Healthy Relationships and Teen Sexuality (C.8)
  - Mental Health – 211 – in Spanish (C.9.SP)*
- Overcoming the Rigors of High School w/ Good Study Skills (C.10)

Westhill's Parent University is based on Community High School  
District 155's 7<sup>th</sup> Annual Parent University

# Keynote Speaker

## *Ginger Katz*

**Ginger Katz** is a nationally recognized figure in the world of youth drug prevention education. She is CEO and Founder of The Courage To Speak® Foundation, and Author of *Sunny's Story*, a drug prevention book. The Courage To Speak Foundation was founded after the death of her 20 year- old son Ian from a drug overdose. Ginger along with her husband Larry has shared Ian's Story with hundreds of thousands of people in over 1000 presentations across the nation. With teams of experts in the substance abuse field, Ms. Katz led the development of the Courage to Speak Drug Prevention Education Curricula, which includes distinctive programs for elementary, middle and high schools and Courage to Speak - Courageous Parenting 101® to educate parents on how to keep their children safe. In 2008 the Foundation was awarded over \$1 million in grants from the US Dept. of Justice to conduct evaluations and expand these programs and the Courage to Speak Foundation multi-component prevention model was evaluated and recommended by Yale University School of Medicine. Ms. Katz has received numerous awards for her work including the prestigious *Connecticut Association of Schools, Distinguished Friend of Education Award* and the *Prevention Works Award* from the US Substance Abuse & Mental Health Services Administration. She was Honorary Chair of the *National Parent Vigil* in Washington DC and a *Presidential Points of Light* honoree. Visit [www.couragetospeak.org](http://www.couragetospeak.org)



## Course Descriptions

### **Building Resilient Teens (Sessions A, C)**

As teenagers develop their own identity, life can become complicated. First loves, bullies, friends, increased responsibilities and peer pressure are just some of the challenges that teenagers face daily. This session discusses bullying and how to get help, anger management, how to identify and choose healthy coping behaviors.

### **Overcoming Rigors of High School w/ Good Study Skills**

**(Sessions B, C)** As workloads and expectations increase, students can become overwhelmed. This panel will discuss organizational and study skills that will empower students and help parents and guardians help their child. Identifying and choosing healthy coping strategies will also be discussed.

### **Special Education – Freshman & Sophomore (Session A, B)**

This session is specifically designed for parents and guardians of freshman and sophomore special education students. Learn about the transition to high school, the supports that are available in the school and resources that are available in the community.

### **Special Education–Juniors, Seniors & Transition (Session C)**

This session is specifically designed for parents and guardians of junior and senior special education students. Begin preparing for the transition out of high school. An overview of the PPT transition process will be given along with information on school and community resources.

### **Healthy Relationships and Teen Sexuality (Sessions A, B, C)**

An expert will provide valuable pointers on how to communicate with your child about sex and setting healthy boundaries in relationships. *This session is recommended to ALL parents, but parents of seniors are highly encouraged to attend.*

## Course Descriptions

**A Day in the Life: Understanding the 21<sup>st</sup> Century Connected Classroom (Sessions A, B)** From blackboards to whiteboards to smartboards to BYD to 1:1, there is no doubt that technology has changed the classroom and methods used by teachers to engage students. Presenters will discuss new learning software, hardware, apps and learning management system used by highly effective teachers, students and parents to meet the new expectations of a well-educated 21<sup>st</sup> century citizen.

**Mental Health – 211 (Sessions B, C)** Teens face many new pressures in high school. Learn how to identify and cope with teenage anxiety and depression. Signs, symptoms and treatments will be discussed. *Suicide education and prevention will be addressed.*

### **Immigration and Trauma (Sessions A, B)**

Immigration can be a traumatic experience for children and families. This session deals with post-traumatic stress disorder associated with traumatic immigration and the behaviors that may develop.

### **Surfing safely & Other Internet Issues (Sessions A, C)**

The influence of technology can be a catalyst for negative behavior at home and in school. As teens become more and more connected to the internet and cellphones, new issues emerge. A panel of experts will discuss safety issues including safe-surfing, cyber-bullying, cyber-stalking, and appropriate postings.

**How to Manage Your Anger Effectively While Defusing your Teen (Sessions A, B)** Teens can present themselves as adults, yet developmentally, teenagers still cannot foresee or predict future consequences which impacts their ability to make rational decisions. This session will provide strategies and skills to help parents control their temper and disarm their child's aggression while encouraging fairness and consistency in parenting the most challenging of teenage behaviors.

### **Signs & Symptoms of Drug & Alcohol Use (Sessions A, B, C)**

Learn how to identify the signs and symptoms of drug and alcohol use. Examples of how to communicate and talk to your child will be shared along with information on rehabilitation and community