

# PARENT SEMINARS



This new program features activities, workshops, and group discussions designed to provide more information about educational topics and issues that affect your children.

Register at the links provided in the Superintendent's monthly newsletter; registration ends one day prior to the seminar. Parent Seminars will be held in the library.

See below for the jam-packed Fall 2019-20 Schedule! Contact Dr. Bonita Cobb (Bonita.Cobb@eku.edu) for more information.

## SEPTEMBER

### Your College-Bound Senior

Thursday, Sept. 5 at 6 p.m.

KHEEA Representative Joplin Rice will be covering college applications, financial aid, filling out the FAFSA, award letters, student loans, and more! Perfect information for parents of college-bound seniors.

### Game Night! featuring Everyday Math

Monday, Sept. 23 at 6 p.m.

Presented by Charlotte Smith and Theresa Viohl, discover the engaging games, resources, and activities provided by Everyday Math to support your child's mathematic success at home!

## OCTOBER

### Fun Family Fitness

Monday, Oct. 7 at 6 p.m.

These fitness and wellness ideas get the whole family involved. Join Candace Wells, an exercise expert, to learn about how developing habits of physical fitness is worth incorporating into your family's daily routines.

### Empowering Your Children Through Meditation

Monday, October 21 at 6 p.m.

Attend this session to understand the foundations of social-emotional learning, and how implementing meditation and mindful moments can help your child feel happier and healthier.

### Navigating Adolescent Friendships

Monday, October 28 at 6 p.m.

School psychologist and counselor Tammy Frazier explains how to identify bullying and other complex issues in adolescent friendships. Also, learn how to help your child develop emotional resilience!

## NOVEMBER

### Family-Focused Interventions for Children with Anxiety & Autism

Monday, November 4 at 6 p.m.

Presented by Dr. Myrna Bundy and her team of ECU doctoral students in clinical psychology, this session provides the behavioral and cognitive basics of anxiety as well as strategies to help people with autism cope with anxiety to live well.

### #TechSafety

Monday, November 11 at 6 p.m.

From social media to apps and online games, the digital world is frequented by your children everyday. Learn how to guide them and keep them safe in the online world with #TechSafety strategies presented by Library and Media Specialist LaKeitha Brooks.

### Understanding Iowa Assessment Scores

Monday, November 25 at 6 p.m.

For parents of children in grades 1-9, the Iowa Assessment Reports can predict a good deal of information about your child's academic success. Join Dr. Christopher Budano as he equips you with helpful information to clarify the Iowa Assessment Report.