



## School District 105

CountrySide • Hodgkins • La Grange

701 S. Seventh Ave.

La Grange IL 60525-2798

Glenn T. Schlichting Ph. D.

Superintendent of Schools

Phone: (708) 482-2700

Fax: (708) 482-2727

Email: [gschlichting@d105.net](mailto:gschlichting@d105.net)

Website: [www.d105.net](http://www.d105.net)

January, 2017

Dear District 105 Parents and Guardians,

### *Introduction*

District 105 has conducted parent surveys for the past ten years. Over the years, survey responses from our parents have helped us improve our:

- Communication about student progress
- The rigor and personalization of our instructional program
- Identification of new programs and services, including Full Day Kindergarten
- Use of technology in the classroom, including our fifth through eighth grade 1:1 initiatives
- Timely communication on our district, school, and classroom websites
- Consistency in expectations for the time students devote to homework
- Support for students in developing positive and respectful relationships

Every other year, we administer a state parent survey entitled, **5Essentials: Organizing Schools for Improvement**. This short survey focuses on five areas that affect school success: leadership, collaboration, family involvement, school environment, and instruction. I strongly encourage you to complete the survey as your feedback will provide us with critical information to assess how well we are serving our students and progressing toward our school and district goals. Your participation will also help us benchmark our survey responses with similar districts throughout the state. **A minimum of 20 percent of our parents must complete this survey for the state to release our school results.**

### *Completing the Survey*

The deadline for completing the 5Essentials parent surveys is January 30, 2017. The survey is designed to take approximately 10 minutes to complete and can only be completed online. Parents without home access to the Internet can visit our schools to complete a survey. Parents who have children enrolled in more than one school will be asked to complete a survey for each school.

To complete the survey:

- Click on the 5Essentials link, <https://survey.5-essentials.org/illinois/survey/parent/> on the home page of our district or school websites. You will be prompted to select your county and the name of your school.
- The survey is available in English and Spanish.

### *Results*

School-level reports will be generated if at least 20 percent of parents respond to the survey. Results from the parent survey, along with results from the teacher and student surveys, will be presented to the School Board and posted on the school and district websites after they have been received from the State. The results will also be included in school report cards released by the State of Illinois.

Thank you very much for taking the time and effort to provide us with information that will help us continually improve our work with students and parents. Please do not hesitate to contact me with any questions.

Sincerely,

Glenn Schlichting  
School District 105 Superintendent



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Enero, 2017

Estimado Padres y Guardines del Distrito 105,

### *Introducción*

El Distrito 105 ha llevado a cabo encuestas de los padres durante los últimos diez años. A través de los años, las respuestas de nuestros padres en la encuestas nos han ayudado a mejorar nuestra:

- Comunicación sobre el progreso de los estudiantes
- El rigor personalizado de nuestro Programa de Instrucción,
- Identificación de nuevos programas y servicios, incluyendo día completa del Jardín de Niños
- El uso de la tecnología en el salón de clase, incluyendo iniciativas de 1:1 en los de quinto al octavo grado
- La comunicación oportuna en nuestro sitios web del distrito, escuela, y salón de clase
- Consistencia en las expectativas del tiempo que los estudiantes le dedican a las tareas
- Apoyo para los estudiantes en el desarrollo de relaciones positivas y respetuosas

Estamos administrando una encuesta requerida por el estado para los padres titulada, **5Essenciales: Organización para el Mejoramiento de las Escuelas**. Esta breve encuesta se enfoca en cinco áreas que afectan el éxito escolar: el liderazgo, la colaboración, la participación de la familia, el medio ambiente escolar y la instrucción. Le recomiendo encarecidamente que complete la encuesta, ya que su opinión nos da información crítica para evaluar qué tan bien estamos sirviendo a nuestros estudiantes y progresando hacia las metas de nuestra escuela y del distrito. Su participación también nos ayudará a tener un punto de referencia de nuestras respuestas con distritos similares en todo el estado. **El mínimo de participación deberá de ser el 20 por ciento de nuestros padres para que el estado haga saber los resultados de la escuela.**

### *Completar la Encuesta*

La fecha para completar la encuesta de padres 5Essenciales es el 30 de Enero del 2017. La encuesta está diseñada para terminarla en aproximadamente 10 minutos y sólo se puede completar en línea. Padres sin acceso al internet en casa puede visitar nuestra escuela y completar la encuesta. Los padres que tienen hijos inscritos en más de una escuela se les pedirán que completen una encuesta para cada escuela.

### *Para completar la encuesta:*

- Haga clic en el enlace 5Essentials <https://survey.5-essentials.org/illinois/survey/parent/> en la página principal de nuestro distrito o en el sitio web de la escuela.
- La encuesta está disponible en Inglés y Español.

### *Resultados*

Reportes serán generados al Nivel Escolar si al menos del 20 por ciento de los padres responden a la encuesta. Los resultados de la encuesta de los padres, junto con los resultados de las encuestas de estudiantes y profesores, serán presentados a la Junta Directiva y se publicarán en los sitios web de la escuela y del distrito después de que hayan sido recibidos del Estado. Los resultados también se incluirán con los reportes de calificaciones publicados por el Estado de Illinois.

Muchas gracias por tomar tiempo y el esfuerzo para darnos información que nos ayudará a mejorar continuamente nuestro trabajo con los estudiantes y padres. Por favor, no dude en ponerse en contacto conmigo con cualquier pregunta.

Atentamente,

Glenn Schlichting

Superintendente del Distrito Escolar 105

*Special Notice*  
*Parent / Teacher Conferences*

Conferences will be scheduled during the evenings of  
Tuesday, January 31<sup>st</sup> & Thursday, February 2<sup>nd</sup>

In order to make scheduling easier, please pick two convenient choices.

Please mark a 1 (first choice), or 2 (second choice).

Teachers will try to arrange your child's conference keeping these preferences in mind,

but please remember we set up these appointments on a first-come, first-serve basis.

Also, please note siblings and their teachers so that we can try to co-ordinate conference times.

**Please return this sheet by FRIDAY, January 20<sup>th</sup>**

**You will receive a notice with your scheduled time.**

**TUESDAY, JANUARY 31<sup>ST</sup>**

- ( ) 5:00 P.M. – 6:00 P.M.
- ( ) 6:00 P.M. – 7:00 P.M.
- ( ) 7:00 P.M. – 8:00 P.M.

**THURSDAY, FEBRUARY 2<sup>ND</sup>**

- ( ) 5:00 P.M. – 6:00 P.M.
- ( ) 6:00 P.M. – 7:00 P.M.
- ( ) 7:00 P.M. – 8:00 P.M.



*Bridging Home and School*

**Please Note:**

On conference days, will have early dismissal. School will be dismissed at 2:00.

Child's Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sibling \_\_\_\_\_ Teacher \_\_\_\_\_

Sibling \_\_\_\_\_ Teacher \_\_\_\_\_

Sibling \_\_\_\_\_ Teacher \_\_\_\_\_



# Fun Lunch

Wednesday, January 18th, 2017

**Orders Due FRIDAY, January 13th  
By the end of the school day !!!!**

**Please circle preferred meal: ALL MEALS COST \$4.00**

**Chicken Tenders (2 large tenders)**

**Hamburger**

**Corn Dog**

**Note: All Students (even those that do not participate in FUN LUNCH) will receive a scoop of vanilla custard as a treat in class on that day. SASPTO provided.**

**Meal Includes: Chips, Carrots, and Water**

**Available Payment Methods (please check one)**

Cash *Note – exact amount only. \*\*No Change Given\*\**

Check made payable to **SASPTO**

**Student** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

**Interested in volunteering at Fun Lunch on January 18th ?**

**Name:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**I am available for: 1<sup>st</sup> Lunch 11:30am-12:05pm 2<sup>nd</sup> Lunch 12:15pm-12:50pm  
Both Lunches**

**\*\*Food Allergies: Please be advised ordering is at your own risk\*\***



# Fun Lunch

Wednesday, January 18th, 2017

**Kindly return form by FRIDAY, January 13th  
By the end of the school day !!!!**

The Seventh Ave. School PTO will be providing to all students (even those that do not participate in FUN LUNCH) one child size scoop of vanilla custard on 1/18/17. The custard will be served as an afternoon treat in the classrooms and not at the lunch meal. If you DO NOT want your child to receive the custard please return this form to the school. Thank you!

Student \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

*\*\*Food Allergies: Please be advised ordering is at your own risk\*\**



# Seventh Avenue School Fun Night for Grades K-6 Friday, January 20, 2017 5:30-8:30pm

## Fun Night at The Max

4750 S. Vernon Avenue, McCook

### COST:

Pre-register and pay\* by Jan 18, 2017: \$10 per student  
After Jan 18, 2017, including at the door: \$15 per student

*K-3rd and 4th-6th grades will have separate activity areas*

#### Available activities include:

- Bounce Houses
- Basketball Court (for basketball, floor hockey, scooter races)
- Field (for soccer, kickball, dodge ball, steal the bacon, capture the flag)

Parents can enjoy food and drinks on-site at The Pub

### PARENT VOLUNTEERS NEEDED

The Max requires parent volunteers to help supervise the event.  
Please consider volunteering for a 30 minute shift (2 volunteers per shift).

**SIGN UP\* AT** <http://signup.com/go/i3y9Tg>

\*SASPTO will reimburse the participation cost for 1 student (\$10) for every confirmed 30 minute volunteer shift.

**TO PRE-REGISTER BY WEDNESDAY, JANUARY 18, 2017:  
RETURN THIS FORM AND MAX WAIVER WITH PAYMENT TO THE OFFICE**

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Student: \_\_\_\_\_ Grade: \_\_\_\_\_

#### Available Pre-Payment Methods (please check one)

- Cash exact amount only. \*\*No Change Given\*\*
- Check made payable to **SASPTO**
- Credit Card at the SASPTO store <https://squareup.com/market/saspto>



Village of McCook  
 McCook Athletic & Exposition Center  
 4750 Vernon Avenue, McCook, IL 60525  
 (708) 485-9900

As consideration for being allowed to enter the McCook Athletic & Exposition Center (MAX) and/or participate in any party and/or program at the MAX, the undersigned, on his or her behalf, and on the behalf of the Participant(s) identified below, acknowledges, appreciates, understands, and agrees to the following:

1. I represent that I am the parent or legal guardian of the Participant(s) named below:

Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

2. I acknowledge and understand that there are risks associated with participation in MAX activities and the use of the facility and inflatable equipment including but not limited to: contusions, fractures, scrapes, cuts, bumps, paralysis, or death.
3. I, for myself and the Participant(s) named, willingly assume the risks associated with participation and accept that there are also risks that may arise due to OTHER PARTICIPANTS, which I also willingly assume.
4. I agree that the Participant(s) named and I shall comply with all stated and customary terms, posted safety signs, rules, and verbal instructions as conditions for participation in any activity at the MAX.
5. I, for myself and the Participant(s) named, our heirs, assigns, representatives, and next of kin agree to hold harmless and indemnify the Village of McCook, MAX Operators, MAX Producers, MAX Beneficiaries, Indoor Sports Management Group, their predecessors, parent, subsidiaries and affiliates, officers, and employees from any and all injuries, liabilities, or damages from participation.
6. I additionally agree to indemnify the Village of McCook, MAX Operators, MAX Producers, MAX Beneficiaries, Indoor Sports Management Group, their predecessors, parent, subsidiaries and affiliates, officers, and employees for any defense cost or expense arising from any and all claims, injuries, liabilities, or damages arising from participation.
7. In exchange for my use of the MAX's facilities, I further consent to a pat down and/or "wand" search of my person and my personal belongings that accompany me onto the MAX's property upon entrance to the MAX or upon reasonable suspicion of illegal contraband while on the MAX's property.
8. I am of physical ability to participate and legally competent to understand and complete this agreement. I hereby execute this agreement without coercion.

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian/Participant signature: \_\_\_\_\_

Emergency Contact Number: (\_\_\_\_\_) \_\_\_\_\_ or (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

# CODING CLUB

Did you love “Hour of Code” activities? Are you interested in computer programming/coding? Do you like robotics and would like to program robots what to do? If so, please join us after school on: **Mondays from 3:00-4:00.**

Thanks to the District 105 teacher association, we have received a grant allowing us to purchase 2 Ozobots<sup>1</sup> and 2 Lego Wedo<sup>2</sup> sets. We will also have “unplugged” (non-electronic) coding activities. ( 1. For more info on Ozobots, go to: <https://goo.gl/zdeFk4>. 2. For more info on Lego Wedo, go to: <https://goo.gl/g0yF3s> . )

The first meeting will be Monday, January 30th. This club will allow a maximum of 18 students and students in all grades are invited. If more than 18 students are interested, 4 week sessions will be created to allow everyone an opportunity and then students would then be notified of their session. If you have any questions, please ask either Ms. Bobysud or Ms. Nestlinger at 708-482-2730 x1316 or [cnestlinger@d105.net](mailto:cnestlinger@d105.net).

Please complete the bottom of this page and return to Ms. Nestlinger or Ms. Bobysud in the LLC if you are interested in joining.

-----Cut Here -----

Student Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

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

Parent/Guardian Signature: \_\_\_\_\_

Best contact phone #: \_\_\_\_\_ and email: \_\_\_\_\_

Usual method of transportation home: (after-care, walking, or being picked up)

\_\_\_\_\_



# 7<sup>th</sup> Avenue **BIG** Book Swap

Do you have any books at home you would like to donate or swap?  
Do you want a "new to you" book?

Bring in gently used books to build up our 7<sup>th</sup> Avenue Big Book Swap (BBS) collection! Last year we had such a fun time allowing students to come and pick out a book or two that was new to them!

**We would love to continue this event, but we are in need of more books!!**

As a reminder, students will have access to the BBS during their lunch/recess. As adult readers, it is fun to share favorite books with friends and family. We want to create that same swap opportunity for our students.

To ensure students do not donate books with sentimental value or without permission, parents should fill out a permission slip for each book or group of books donated.

Donated books should meet the following criteria:

- Hardcover or soft cover books
- Chapter or picture books
- Appropriate reading for K-6 students
- Books must be in good condition: no smelly books, books with stains, rips, missing pages or writing in them

So clean out your bookshelves and bring your books to the 7<sup>th</sup> Avenue Big Book Swap!

**7<sup>th</sup> Avenue Big Book Swap Permission Form** (To be turned in with book donations)

I, \_\_\_\_\_, the parent/guardian of  
\_\_\_\_\_ give my permission for  
(Qty) \_\_\_\_\_ books to be donated to the 7<sup>th</sup> Avenue BBS.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# ***Seventh Avenue Super Readers:***

## ***New Training Dates!***

I am sure we would all agree how important it is for our children to develop a love of books and reading, without which it would be much more difficult to access many areas of life.

As a school we are always looking for ways to:

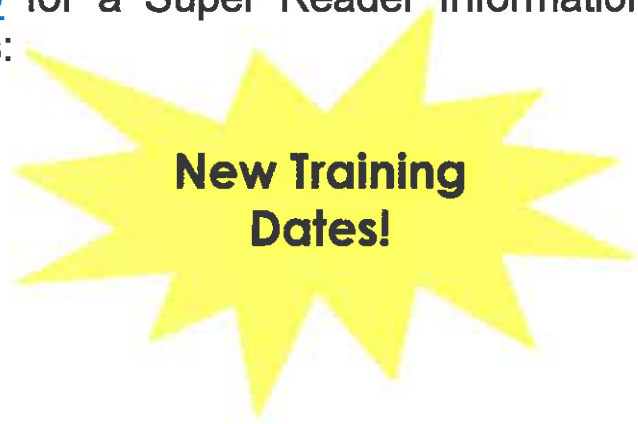
- Help all children to become better readers
- Increase children's interest and enjoyment in books
- Create a sense of community through reading

To this end, we launched a 'Reading Buddy' initiative within the school two years ago. The results have been amazing over the past two years and all of our student participants have made growth!

Because of our wonderful data and the success of this program, we are aiming to recruit parents to be *Seventh Avenue Super Readers* for the 2016-17 school year. Those of you who are interested in the program would be required to attend a 20 minute reading buddy workshop at the school. From there, our schedules and times are set up via the Volunteer Spot website, so you can sign up for as little or as many time slots as you can based on your schedule! **Grandparents and other relatives are very welcome to take part. We are particularly keen to recruit male reading buddies;** boys are often reluctant readers and therefore it would be great to have some male reading buddies on board to act as positive role models.

If you are interested in becoming a *Seventh Avenue Super Reader*, please sign up at <http://signup.com/go/w9kAND> for a Super Reader Information Session on any one of the following dates:

- Friday, January 13<sup>th</sup> at 8:00am
- Friday, January 13<sup>th</sup> at 3:00pm
- Wednesday, January 18<sup>th</sup> at 8:00am



Sincerely,

Ellen Pape, Reading Specialist

# District 105 SOCK HOP!

Do you...

...like  
music?

...like to dance?

...like hanging out with  
friends?

...like planning your  
Friday evenings months  
in advance?

Attention D105  
5th & 6th  
Graders



Join us for the first  
**D105 Sock Hop!**

WHO: D105 5<sup>th</sup> & 6<sup>th</sup> grade students from  
all 4 elementary schools

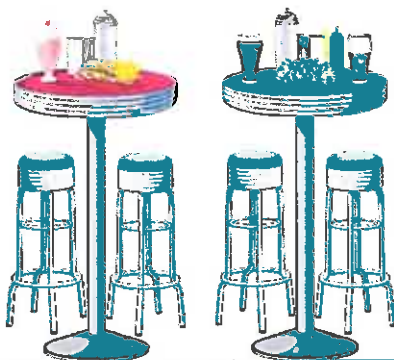
WHEN: Friday, March 3<sup>rd</sup> from 7-9 PM

WHERE: Gurrie Gym

DRESS: Casual & aligned to D105 dress  
code policy

## **FEATURING:**

- DJ for 2 hours
- Light snack
- Tons of fun!



Supervision will be provided by parent volunteers and  
District 105 staff, including Principals.

**Save the date!**

Permission slips will come home in February.

**Keynote Speakers**  
Cathy Cassani Adams and  
Todd Adams



*Zen Parenting: Practicing  
Mindfulness, Self-Awareness, and  
Empathy with Your Kids*

*Cathy Cassani Adams, LCSW, CPC, and Todd Adams, CLC, host Zen Parenting Radio, a top-ten kids and family podcast on iTunes. They are the founders of the annual Let's Get Real Zen Parenting Conference in Chicago. Cathy and Todd are the parents of three daughters, ages 9, 11, and 13.*

*For Program and Registration Information, please visit [www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)*

*Childcare available on site. Must register in advance.*



**PARENT COMMUNITY NETWORK'S  
20<sup>TH</sup> ANNUAL**



**Saturday, February 4, 2017**

**8:00 a.m. – 12:35 p.m.**

**Lyons Township High School – South Campus  
4900 S. Willow Springs Road, Western Springs**

**\$20 early registration until February 1st**

**\$25 after February 1st and at the door**

Parent University is an educational forum for parents and educators of children from toddler-age through young adulthood. The event begins with a keynote address, followed by two breakout sessions of your choosing from among 16 topics. Attendees will have an opportunity to visit community organization tables and network in the break/resource room. Coffee, tea and light refreshments will be available.

Breakout session topics include:

- *Bringing Out Their Best*
- *Bumper Sticker Baloney: The Name of the College Doesn't Determine the Value of the Student or His/Her Education*
- *Digital Media and Relationships*
- *Eight Biggest Parenting Traps*
- *Happy Marriage, Happy Kids: Stress in Parenting and Impact on Relationships*
- *Holding the Line Without Losing Your Cool*
- *Improvisation and Available Parenting*
- *Resilience and the Value of Taking Healthy Risks*

Stop by the La Grange Business Association (LGBA) Health & Wellness Expo after Parent University, also at LTHS, which will feature:

- 35+ Health and Wellness Experts
- Yoga, Zumba, Soccer Clinics, Vertical Jumps and more
- FREE Samples and Goodie Bags while supplies last

Visit [www.lgba.com](http://www.lgba.com) for more information.

20<sup>th</sup> Annual



Saturday, February 4, 2017

8:00 am - 12:35 pm

Lyons Township High School – South Campus  
4900 S. Willow Springs Rd, Western Springs

**What is Parent University?**

*An annual morning of learning where parents, educators and community organizations connect and support each other so that our kids can grow up healthy and well-adjusted, free of violence, and free of substance abuse, through all stages of childhood.*

Registration \$20 by 2/1 or \$25 at the door or if rec'd after 2/1  
This event is for adults.

Childcare available \$7 per child – must register ahead

[www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)



**Cathy Cassani Adams, LCSW, CPC**  
**Todd Adams, CLC**

**Zen Parenting**

**Practicing Mindfulness, Self-Awareness, and Empathy  
With Your Kids**

The core of Zen Parenting is introspection, mindfulness, and outrospection. These are the essential elements to simplify and find more peace in your parenting. Learn practical ways to strengthen relationships and avoid becoming overwhelmed by difficult emotions or setbacks.

Gain insights, stories and humor from this mom & dad team, hosts of the podcast Zen Parenting Radio - recommended as "audio inspiration" for stressed-out parents by Parents Magazine!

**Cathy Cassani Adams** is a self-awareness expert focused on parenting and the personal empowerment of women and young girls. She's a Licensed Clinical Social Worker, Certified Parent Coach, Certified Elementary School Teacher, Certified Yoga Teacher, and a professor in the Sociology Department at **Dominican University**. She authored an award-winning book, *Living What You Want Your Kids to Learn: The Power of Self-Aware Parenting*. She was also a Child and Family Therapist/Clinical Educator at **Lurie Children's Hospital of Chicago**.

**Todd Adams** is a coach and advocate for men supporting them in embracing healthy masculinity and conscious relationships. He co-founded **The Tribe Men's Group**, is a member of **The Mankind Project**, a staff member for the **New Warrior Training Adventure**, and is a blogger for **The Good Men Project**. He's a Certified Life Coach Coach through the **Tony Robbins Core 100 Life Coaching Program** and a certified instructor for the **Institute of Heartmath** where he was trained in stress reduction and relaxation.

**Attend Zen Parenting keynote + Choose 2 more topics on teens, tweens, toddlers+**

See next page for schedule of topics. Speaker bios & more at [www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

Presented by



**Continental breakfast and beverages included!**

## Session 1 Topics: Indicate your first and second choice - Register early for best selection

### All Ages

**1A. Bringing Out Their Best - Maureen O'Hara, MA in Counseling and Human Services**

Learn how to build your child's self-esteem by avoiding the traps of labeling, over-criticizing and enabling. Help your child become lovable and capable by providing opportunities to contribute and belong by practicing the language of encouragement, and by building assets for success.

**1B. Resilience and the Value of Taking Healthy Risks - Michael Maniacci, PsyD**

Resilience is the ability to stay strong in the face of adversity. This workshop will explore stress inoculation and how to prepare ourselves for future stress.

### Early Childhood: Ages 2- 8

**1C. Avoiding Ecophobia: Launching Curious, Confident, Nature-Loving Kids - Katie Slivovsky, BS in Fish and Wildlife Biology with emphasis in Environmental Education, Exhibit Development Director at Chicago Children's Museum** NEW

In this interactive session, investigate "what not to do" when it comes to nature play and conservation for kids, explore the pros and cons of helicopter vs. helipad parenting, and walk away with lots of easy-peasy ways to connect young children with nature—no expertise required!

**1D. Taking the Bite Out of Challenging Behaviors in Young Children - Angela Searcy, Doctorate in Education, MS in Early Childhood Development from Erikson Institute** NEW

Behaviors such as hitting, biting, hair pulling, short attention spans, high activity levels, and tantrums are common among young children. These behaviors can have a negative impact on their social emotional development and family functioning. This workshop explores simple solutions for parents of young children.

### Ages 5-12

**1E. The 8 Biggest Parenting Traps - Karen Jacobson, MA in Counseling Psychology, LMFT, LCPC and Lauren Bondy, MSW, LCSW. Co-founders of Parenting Perspectives**

Many well-meaning parents unknowingly fall into parenting traps that interfere with raising responsible, resilient and confident children. This entertaining workshop exposes parents to these traps and shows how to nurture children in ways that promote healthy development and foster unique potential. Parents will appreciate the necessity of giving children their time,

attention, values, and limits. Learn why accepting their children's feelings impacts healthy development. Parents will be given new ideas for deepening their own self-awareness that will ripple into gifts for the entire family.

### Ages 10 and Up

**1F. Keeping Grounded While Plugged In: Digital Media and Relationships for Middle Schoolers - Julie Carbray, PhD, FPMHNP, PMHCNS, APN-BC, Clinical Professor of Psychiatry and Nursing & Administrative Director, Pediatric Mood Disorder Program at UIC** NEW

Learn how to work with your children in staying grounded in their character while navigating social media, gaming, and the digital world. Learn how growing middle school brains respond to digital media and gaming with their children, how to navigate this world as a family, and review the current science on addictions vs usefulness of digital media in the middle school years. Practical tips along with science based solutions will be shared in examples and discussion.

**1G. The Importance of Parents in the Prevention, Recognition, and Treatment of Depression and Anxiety in Their Adolescents - Beth Plachetka, EdD, MSW, MAEL, LCSW, Owner of Safe Harbor Counseling** NEW

Nothing is more important than our children. Each child demonstrates unique strengths and challenges which delight, exasperate, and concern us. Parents need to know how to distinguish typical behaviors from behaviors that can indicate depression or anxiety in their adolescent. Learn the signs and symptoms of depression and anxiety, typical causes, and effective responses and interventions. The presentation includes time for questions and answers.

### Ages 12 and Up

**1H. Bumper Sticker Baloney: The Name of the College Does Not Determine the Value of the Student or His/Her Education - Lianne Musser, MA in Counseling, MA in Administration, College Coordinator, LTHS**

This session is based on the opinions put forth by Frank Bruni in his book "Where You Go Is Not Who You'll Be". The presentation will explain why there are many colleges, public and private, large and small, that will provide an outstanding education while also providing the student with skills and a sense of self that might have been lost in another setting.

## Session 2 Topics: Indicate your first and second choice - Register early for best selection

### All Ages

- 2A. Holding the Line Without Losing Your Cool -** Maureen O'Hara, MA, Counseling and Human Services  
Learn how to deal with problem behavior without damaging relationships. You'll practice setting limits, constructing "I" messages, employing natural and logical consequences. You'll also learn how to avoid nagging and power traps.
- 2B. Emotional Intelligence: Teaching Empathy and Compassion -** Michael Maniacci, Psy.D  
Children's ability to read other people's emotions is closely tied to understanding their own emotions. This workshop will describe why emotions are important and how to teach children to be Emotionally Intelligent.
- 2C. Improvisation and Available Parenting-** Karen Holbert, BFA in Theatre Arts, Graduate of the Second City Training Center's Conservatory Program  
If there is one rule of improv, it is to be present in the moment. This is just as essential to good parenting as it is to good improv! Come to this interactive session to discuss parenting in the present moment. Parents will get to try out some listening exercises and play other improv games that are both fun and helpful. No prior experience needed and participation in the games is voluntary. Come and play or just watch and learn!

### Early Childhood: Birth-Age 8

- 2D. Happy Marriage, Happy Kids: Stress in Parenting and Impact on Relationships –** Jessica Heimark, MS in Marriage and Family Therapy, LMFT, The Self-Care Path **NEW**  
"First comes love, then comes marriage, then comes the baby in the baby carriage!"... But then what? Learn how to not only survive parenting when your children are most dependent, but also how to enrich your marriage. Marriage tends to take a backseat with new parents due to the high demands from young children. This can take a toll on the connection between partners, and many can fall into the trap of feeling like "roommates". Walk away from this interactive session with tools to help connect you and your partner and use your marriage as the ultimate parenting tool.

### Ages 5-12

- 2E. All I Want is a Little Respect –** Karen Jacobson, MA in Counseling Psychology, LMFT, LCPC and Lauren Bondy, MSW, LCSW. Co-founders of Parenting Perspectives  
Many parents find themselves demanding respect from their children and feeling they are falling short. Do you feel kids are more disrespectful today? Find out why true respect cannot be commanded and how respect begins with parents. In this fun and interactive workshop parents will learn the necessary ingredients for raising respectful children. Learn how to:
- Set clear limits that work
  - Interact with children in ways that foster respect
  - Effectively deal with disrespectful behavior
  - Raise children who are responsible and resilient

### Ages 12 and up

- 2F. Preparing Your Child for Resiliency in High School-** Bradley Anderson, MA, in Curriculum and Instruction, MA in Organizational Leadership **NEW**  
Today's world places enormous demands on high school students, including educational, extracurricular, and social pursuits. To prepare students to thrive, parents need to help their children build resiliency. This workshop discusses the intricacies of the current high school environment and tools parents need to develop resiliency in their children before freshman year begins.
- 2G. Healthy Teen Relationships -** Lauren Pagan, ICDVP, Coordinator of Domestic Violence Advocacy, Pillars & Ann Kostyk, Outreach Coordinator, Pillars **NEW**  
Teen dating violence affects 1 in 4 high school students. With information from Pillars' Teen Dating Violence 101 presentation, parents will explore patterns of unhealthy relationships, warning signs, local resources, and tips for starting a difficult conversation. A survivor will also share a personal testimony. Questions and discussion at the conclusion.
- 2H. Protective Factors Against Substance Use Disorders –** Matthew Quinn, Masters in Clinical Psychology, LCPC, CADC, Community Relations Coordinator at Rosecrance **NEW**  
We all want our kids to make healthy decisions. Parenting choices that we make CAN influence them. For example, something as simple as eating dinner together can make kids much less likely to use substances. This workshop will present some evidence-based strategies that parents can use to help prevent teen experimentation with drugs and alcohol.

# Parent University Registration Form - Saturday, February 4

To register online go to <http://www.parentcommunitynetwork.com>

To volunteer visit <http://signup.com/go/8BJHbM>

**Register early - sessions fill quickly! Mark first & second choices for each session.**

Please print clearly - one person per form.  First-time attendee  Educator

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Email address \_\_\_\_\_ (Email will be added to PCN news updates)

Please check here if you do not want your email added to our mailing list.

School(s) child(ren) attend \_\_\_\_\_ Age(s) of child(ren) \_\_\_\_\_



Presented by



## KEYNOTE (8:30 am - 9:45 am)

**X Zen Parenting: Practicing Mindfulness, Self-Awareness, and Empathy With Your Kids**- Cathy Cassani Adams and Todd Adams -All ages

## SESSION 1 (9:55 am - 11:00 am) Mark #1 and #2 choice

- 1A **Bringing Out Their Best** - Maureen O'Hara - All ages
- 1B **Resilience and the Value of Taking Healthy Risks** - Dr. Michael Maniacci - All ages
- 1C **Avoiding Ecophobia: Launching Curious, Confident, Nature-Loving Kids** - Katie Slivovsky - Ages 2-8
- 1D **Taking the Bite Out of Challenging Behaviors in Young Children** - Dr. Angela Searcy - Ages 2-8
- 1E **The 8 Biggest Parenting Traps** - Karen Jacobson and Lauren Bondy - Ages 5-12
- 1F **Keeping Grounded While Plugged In: Digital Media and Relationships for Middle Schoolers** - Dr. Julie Carbray - Ages 10 and up
- 1G **The Importance of Parents in the Prevention, Recognition, and Treatment of Depression and Anxiety in Their Adolescents** - Dr. Beth Plachetka - Ages 10 and up
- 1H **Bumper Sticker Baloney: The Name of the College Does Not Determine the Value of the Student or His/Her Education** - Lianne Musser - Ages 12 and up

## SESSION 2 (11:30 am - 12:35 pm) Mark #1 and #2 choice

- 2A **Holding the Line Without Losing Your Cool** - Maureen O'Hara - All ages
- 2B **Emotional Intelligence: Teaching Empathy and Compassion** - Dr. Michael Maniacci - All ages
- 2C **Improvisation and Available Parenting** - Karen Holbert - All ages
- 2D **Happy Marriage, Happy Kids: Stress in Parenting and Impact on Relationships** - Jessica Heimark - Early Childhood: Birth - Age 8
- 2E **All I Want is a Little Respect** - Karen Jacobsen and Lauren Bondy - Ages 5-12
- 2F **Preparing Your Child for Resiliency in High School** - Bradley Anderson - Ages 12 and up
- 2G **Healthy Teen Relationships** - Lauren Pagan and Ann Kostyk - Ages 12 and up
- 2H **Protective Factors Against Substance Use Disorders** - Matthew Quinn - Ages 12 and up

### Go online to register

[www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

**VIEW full brochure with full session descriptions and speaker bios**

or

### Mail completed registration form with payment

(make checks payable to Parent University)

LTHS - South Campus  
ATTN: Jeanne Widing  
4900 S. Willow Springs Rd.  
Western Springs, IL 60558

Any questions? Call Jeanne 708.579.6507 or email [jwiding@lths.net](mailto:jwiding@lths.net) or [pcn4it@yahoo.com](mailto:pcn4it@yahoo.com)

### PARENT UNIVERSITY

\$20.00/ person pre-registered by 2/1 **OR**  
\$25.00/ person at the door or if rec'd after 2/1  
(includes sessions, snacks & beverage)....\$ \_\_\_\_\_  
Optional additional donation ..... \$ \_\_\_\_\_

*Thanks! PCN is a 501c3 organization.*

**Child Care (Age 3-10) pre-registration required**  
\$7.00 / child.....\$ \_\_\_\_\_  
**TOTAL ENCLOSED** .....\$ \_\_\_\_\_

*Sorry refunds cannot be processed*

### Child Care provided by Grand Avenue Preschool Children ages 3 to 10 (MUST be potty-trained)

Please bring marked sack lunch for each child.  
Healthy morning snack & beverage provided.

Check-in your registered child at Parent Univ. table.

Name \_\_\_\_\_ sex \_\_\_\_\_ age \_\_\_\_\_

Name \_\_\_\_\_ sex \_\_\_\_\_ age \_\_\_\_\_

Name \_\_\_\_\_ sex \_\_\_\_\_ age \_\_\_\_\_

**\*\*Please indicate food allergies if applicable\* \***



Lyons Township High School  
100 S. Brainard  
La Grange, IL 60525

20<sup>th</sup> Annual



Presented by:



<http://www.parentcommunitynetwork.com>

<http://www.facebook.com/ParentCommunityNetwork>



Presented by:



Register  
early –  
sessions fill  
quickly

Re-energize your batteries at Parent University!  
Connect with parents, educators and community organizations  
Featuring outstanding speakers and topics designed just for you  
16 topics to choose from, 8 NEW speakers

Enter by  
Main door/  
circle drive/  
flagpole

### Schedule

8:00 am - 8:30 am Check-in  
8:30 am - 9:45 am Keynote  
9:55 am - 11:00 am Session 1  
11:00 am - 11:25 am Resource Room  
11:30 am - 12:35 am Session 2

then...

Stay for LGBA's Health & Wellness Fair  
following Parent University!

Visit <http://www.parentcommunitynetwork.com>

to get involved or to donate!

PCN is a 501c3 organization.

\$20 Registration ends 2/1/17

[www.parentcommunitynetwork.com](http://www.parentcommunitynetwork.com)

or by mail

\$25 at the door or if rec'd after 2/1

### Childcare Reminders:

1. Must register early for childcare
2. \$7 per child
3. Bring a marked sack lunch for each child
4. Childcare provided by Grand Ave Preschool