

FAMILY LEARNING SERIES - FALL SESSIONS

Presented by The Family & Educator Resource Center/
Department of Family & Community Engagement



To Register:

Parents/Teachers, please email tktalbott@henrico.k12.va.us or call (804) 652-3787 to sign up to attend one (or more) of the workshops. Recertification points will be awarded to teachers who attend.

Tuesday, September 18, 2018 • 6:00 -7:30 p.m.

New Bridge Learning Center - 5915 Nine Mile Road, Henrico, VA 23223

Middle School & Beyond

Joan Ozolins, School Counseling Director, Pocahontas Middle School – Henrico County Public Schools

The transition from middle to high school can be a lot of information to understand. Our presentation will provide information and guidance on classes, requirements and paths to graduation.

Tuesday, September 25, 2018 • 6:00 -7:30 p.m.

Varina Public Library – 1875 New Market Road, Henrico, VA 23231

Are You Smarter than Your Child's Smart Phone? - Social Media tips, tricks and secrets

Catava Burton, Educational Specialist, Professional Development & School Improvement- Henrico County Public Schools

You will learn the latest texting slang, secret apps and social media tricks. Information will also be provided on bully-ing/ cyberbullying, human trafficking, internet safety and the psychological impact of these issues. Strategies will also address what you as parents can do to keep your children safe. Bring your smart phone!

Wednesday, September 26, 2018 • 12:00 -1:30 p.m.

Varina Public Library – 1875 New Market Road, Henrico, VA 23231

Anxiety and Stress in Elementary Students - Building "Worry Warriors"

Jentae Mayo, M.Ed., School Counselor, Dumbarton Elementary School – Henrico County Public Schools

Anxiety and stress can interfere with a student's success. Through management and coping skills, parents can become a critical part of their child/ adolescent's support system. Come to this session to acquire a better understanding and hear about creative, meaningful and effective techniques to turn those "Worry Warts" into "Worry WARRIORS! Walk away with practical strategies, tips/ techniques and handouts to use right away to support your child!

Tuesday, October 2, 2018 • 6:00 – 7:30 p.m.

Tuckahoe Public Library – 1901 Starling Dr., Henrico, VA 23229

Homework and Study Strategies

Pam Bell, Director, Family & Community Engagement – Henrico County Public Schools

This session will focus on a variety of ways to help your child jumpstart their school year with key strategies that they can use to realize success throughout the school year. It is true that when people "Begin With the End In Mind" they are typically more successful. You will receive tools to help navigate the VA Department of Education website, see the curriculum guide for your child's grade level, see real examples of SOL questions, receive over 30 ways to help your child to study material, and discuss various organizational strategies so that your student starts and ends on top! Get Ready! Get Set! Go!

Wednesday, October 3, 2018 • 12:00 -1:30 p.m.

Tuckahoe Public Library – 1901 Starling Dr., Henrico, VA 23229

Building a Better Budget

Tara Heckstall, Membership Development Representative – Virginia Credit Union

Two-thirds of Americans struggle to scrounge up \$1,000 in an emergency, according to the Associate Press-NORC Center for Public Affairs Research. Without a budget, you have no idea how much you could be saving. Let's face it, raising a family can be a financial burden, but having a plan for managing your money will help you and your family avoid getting into debt. This session will provide practical advice for creating and sticking to a budget with tools to track spending and establish savings goals.



The right to achieve.
The support to succeed.

Tuesday, October 9, 2018 • 6:00 – 7:30 p.m.

North Park Library - 508 Franconia Rd, Richmond, VA 23227

DRUG AWARENESS FOR PARENTS: A Henrico County Adolescent Substance Abuse Needs Assessment

Pat Hill, PhD, LCSW, Henrico County Prevention Services Manager and Steve Hixon, BSW, MBA, Prevention Services Coordinator

This presentation will share the results of a recent comprehensive needs assessment done in Henrico County regarding adolescent drug use. The presentation will provide information regarding specific drugs of choice, risks and protective factors, and strategies of how parents can be more involved in individual and community efforts of prevention.

Wednesday, October 10, 2018 • 12:00 – 1:30 p.m.

Glen Allen Library – 10501 Staples Mill Road, Glen Allen, VA 23060

DRUG AWARENESS FOR PARENTS: A Henrico County Adolescent Substance Abuse Needs Assessment

Pat Hill, PhD, LCSW, Henrico County Prevention Services Manager and Steve Hixon, BSW, MBA, Prevention Services Coordinator

This presentation will share the results of a recent comprehensive needs assessment done in Henrico County regarding adolescent drug use. The presentation will provide information regarding specific drugs of choice, risks and protective factors, and strategies of how parents can be more involved in individual and community efforts of prevention.

Tuesday, October 16, 2018 • 6:00 – 7:30 p.m.

Twin Hickory Library – 5001 Twin Hickory Rd., Glen Allen, VA 23059

Raising a Confident Child-What's Your Parenting Style?

Vivian Stith-Williams, PhD, Parent Resource Center Social Worker-Family & Community Engagement, Henrico County Public Schools

Confidence is one of the greatest gifts a parent can instill in their child. A kid who lacks confidence will be reluctant to try new or challenging things because they're afraid of failing or disappointing others. This can end up holding them back ...so parents must encourage and support children as they attempt to tackle difficult tasks. Parents want to raise children with a healthy self-esteem and confidence, but how do you avoid creating an inflated ego and feelings of entitlement? What's Your Parenting Style? Parenting style is "the emotional climate in which parents raise their children". Your parenting style can affect everything from how much your child weighs to how he/she feels about himself/herself. Do you believe in lots of discipline or are you more permissive? Find out about the different types of parenting and learn about which will work best for you.

Wednesday October 17, 2018 • 12:00 – 1:30 p.m.

Twin Hickory Library – 5001 Twin Hickory Rd., Glen Allen, VA 23059

School Accreditation and SOL Testing: What is it and why?

Tiffany S. Hinton, Ph.D. Director, Department of Assessment, Research, and Evaluation - HCPS

Have you ever wondered what it actually means when a school is "Accredited"? Why do school divisions have to give SOL tests? This session will answer these questions and more! Using resources from the Virginia Department of Education website, families will learn about the criteria used to determine school accreditation and gain a better understanding for why SOL tests are given. Tips and resources will also be shared to help families support their children in preparing for SOL tests.

Tuesday, October 23, 2018 • 6:00 – 7:30 p.m.

Brookland Middle School - 9200 Lydell Dr. Richmond, VA 23228

Assistive Technology and Students with Disabilities

Joyce Downs, M.S., CCC-SLP, Henrico County Public Schools-Exceptional Education AT/AAC Coordinator; Kristina Coates, AT Coordinator - Assistive Technology

In this presentation, we will discuss what is Assistive Technology (AT) and how it can support student outcomes. You will learn how Assistive Technology is defined and be given examples that are used at HCPS to improve the functional capabilities of a child with a disability.

