

The South Brunswick Municipal Alliance and the South Brunswick School District have partnered to offer a series of workshops under the umbrella of the South Brunswick Parent Academy (SBPA). The Academy was founded on the concept of "Solving the Puzzle of Parenting ... One Piece at a Time." In its twelfth year, SBPA continues to offer parenting workshops, as well as District workshops on curriculum, instruction and safe and caring schools. This year's Academy provides a wealth of information on timely and relevant issues facing families today.

## PROGRAM OFFERINGS

### **Welcome to the Neighborhood! Navigating the SB School District** **Tuesday, September 26, 2017, 7 PM, Crossroads North Middle School**

Are you new to our South Brunswick public school system or in need of a refresher on policies and procedures? A positive home-school connection is one of the keys to success for any student. Come and learn about the developmental norms of our children and how you can help keep your child on track and pointed in the right direction. Discover a wealth of information about the District, from how to navigate the website, to where to learn more about the curriculum at each grade level, to how best to communicate with your child's teacher and even how to utilize new systems, like Genesis! Bring your questions for our panel of 'experts' and learn more about our school system.

### **Curriculum Showcase: A New Approach to the Next Generation Science Standards for Grades K-5**

**Tuesday, October 24, 2017, 7 PM, Crossroads North Middle School**

"The world no longer cares about what you know, the world only cares about *what you can do* with what you know." This quote, by Dr. Tony Wagner, Harvard University Innovation Lab, embodies the shifts in our science curriculum. This year, our elementary students (Grades K-5) will be experiencing a new approach, with lessons aligned to the Next Generation Science framework. In this presentation, you will learn how our young scientists will deepen their understanding of scientific ideas, through engaging in hands-on three-dimensional learning. You will get a glimpse into science classrooms in South Brunswick, through viewing videos of our students in action and by discussing our curriculum. Come join us for a "phenomenal" evening!

Companion Reading: *TIME For Kids Big Book of Science Experiments: A step-by-step guide* by The Editors of TIME for Kids

### **Saturday Special: Social Media & Tech Symposium II** **Saturday, December 9, 2017, 9 AM, Crossroads North Middle School**

Back by popular demand! Do you need support managing social media in your home? Are you fully aware of what's going on in the cyber world? In your child's world? Is your child attached to his/her device? Would you like some guidance on setting controls on technology devices? Join us and learn what you need to know to keep your children safe in the cyberworld.

Companion Reading: *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked* by Adam Alter

### **Dyslexia: What It Means and How You Can Help Your Child to Succeed** **Tuesday, January 23, 2018, 7 PM, Crossroads North Middle School**

Does your young child struggle to remember names, have trouble rhyming or following multi-step directions? Does your school-age child have difficulty remembering simple sequences or the names of people and places; does he or she confuse words, letters or right and left? Does your middle school child take a long time to read, have trouble note-taking or avoid reading and writing? If so, your child may have some signs of Dyslexia. Come find out more about Dyslexia, what it may mean for your child (there are positives!) what our District is doing to help our students affected by it, and what resources are available to you and your child, to help harness and maximize their innate strengths.

### **Mindfulness: Change Your Mindset; Change Your Life** **Thursday, February 1, 2018, 7 PM, Crossroads North Middle School**

Following up on last year's successful Heartfulness workshop, this workshop will continue the focus on strategies you and your children can employ, to not only increase mindfulness, but also reduce stress in your daily lives. Working in small groups, this workshop will offer hands-on strategies that will help participants to develop skills and practices that will lead to clarity of mind, increased focus, self-confidence, empathy and awareness; not only beneficial to our students' growth and success, but to our own, as well. Parents are encouraged to attend with their children.

Companion Reading: *Unselfie* by Michele Borba

**Responsive Classroom: Using Rules and Logical Consequences at Home**  
**Tuesday, February 27, 2018, 7 PM, Crossroads North Middle School**

Setting and *maintaining* rules for your child is hard work! We all share the desire of wanting our children to be disciplined and self-reliant, however, how to achieve that, without turning our homes into battlefields, is difficult! You're not alone! Come to this informative workshop and receive helpful, hands-on experience in setting rules and consequences for your children which actually work! You will receive valuable information and leave the workshop with practical strategies on how to positively affect your child's behavior in a manner that fosters responsibility and self-control.

Companion Reading: *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish

**Proms, Parties & Pitfalls – Hidden in Plain Sight**

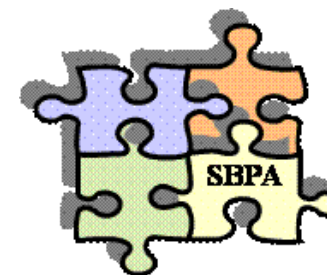
**Monday, April 16, 2018, 7 PM, Crossroads North Middle School**

Are you being told you're the only parent not willing to let your tween or teen attend unsupervised parties? Does your teenager believe alcohol is a rite of passage and that "everyone is doing it?" More importantly, *do you?* Alcohol and other drug research has shown that **positive parental involvement is an important factor that decreases risk of drug abuse and underage drinking.** Yet parents are often conflicted about what they realistically can and should do to help their teens make wise choices and keep them safe. The good news is: you're not the only parent facing this; we're all in this together! Come to this timely and useful workshop and find out what you can do to help keep your children safe from the risks of underage drinking and substance abuse.

# SBPA

## SOUTH BRUNSWICK PARENT ACADEMY

### *Workshop Offerings & Descriptions* 2017-2018



*“Solving the puzzle of parenting ... one piece at a time.”*

All SBPA Workshops will be held from 7:00-8:30 PM at  
Crossroads North Middle School  
(unless otherwise noted)

Childcare will be provided.

Please register online at [www.sbschools.org](http://www.sbschools.org)  
or e-mail [SBPA@sbparents.org](mailto:SBPA@sbparents.org)  
to request a reservation.



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