



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 eleventh 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

Film Study: "Race to Nowhere" Parts 1 & 2

Thursday, October 6 & Thursday, October 27, 2016, 7 PM, SBHS

A two-part film study & discussion to be presented at South Brunswick High School

"Race to Nowhere" is a film that calls us to challenge current thinking about how we prepare our children for success. The film features accounts of students across the country who report being subjected to over-scheduling, over-testing and the relentless pressure to achieve. Through the testimony of educators, parents and education experts, it brings focus to an opinion that our education system has become one in which cheating has become commonplace; students have become disengaged; depression and burnout are widespread and young people arrive at college and the workplace unprepared and uninspired. Join us both nights for viewings of the film and discussions about how to best prepare our students to become healthy, bright, contributing and leading citizens in the 21st century.

Connect & Respect: A Current Conversation About HIB, the Anti-Bullying Law

Thursday, November 17, 2016, 7 PM, Crossroads North Middle School

Since the inception of the Anti-Bullying law in 2011, the South Brunswick community has been addressing and complying with the tenets of this legislation faithfully. It is crucial we stay current with research, the nature of incidents occurring in our district, and that we maintain an open dialogue with our parent community. Please join us for this insightful conversation about HIB in South Brunswick, how the law is evolving, how students' increased access to technology has made cyber safety even more critical, and what we, as community members, can do to support our children's social and emotional development.

Companion Reading: *Queen Bees and Wannabes* by Rosalind Wiseman

Freedom to Fail: Fostering Positive Risk Taking, Creativity & Growth

Thursday, December 1, 2016, 7 PM, Crossroads North Middle School

Failure is an inevitable part of life, but it's often accompanied by shame -- most people do everything in their power to avoid it. But 'failing forward' can provide a great learning opportunity and should be viewed as an essential step along the path to success, both academically and in life. The 'freedom to fail' means freedom to explore, venture, experiment and ultimately, succeed in uncharted territory in and outside the classroom. Join us as we discuss ways to challenge students to take positive risks and broaden their horizons, even at the risk of falling short, and then encourage them (and ourselves!) to reflect and build upon the life lessons learned, for even greater rewards in the future.

Companion Reading: *The Gift of Failure* by Jessica Lahey

Resistance to Change: Overcome It & Unlock Your Potential

Tuesday, January 10, 2017, 7 PM, Crossroads North Middle School

What changes are you seeking to make in yourself or your family? For most of us, there can be a gap between what we seek to change and how to make such change happen. The concept is called "immunity to change" and we all have it, in varying degrees. The basic premise is that there is a real reason behind why there is natural resistance to change— even when there is good intent. Once you understand how inner resistance to change works, you can explore ways to help your child (& yourself!) overcome it. This is especially helpful if the change is a hard to make. Join us for a workshop on how to determine your child's (and your!) resistance to change and discover ways to help overcome that resistance to help unlock his or her potential and increase pathways to success.

Companion Reading: *Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization (Leadership for the Common Good)* by Robert Kegan & Lisa Laskow Lahey

Self-Regulation: Continuing the Conversation

Tuesday, January 24, 2017, 7 PM, Crossroads North Middle School

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. We all share the goal of wanting our children to be independent and productive. Self-regulation is one of the keys to accomplishment. To be successful, students must learn skills such as organizing their time and materials, persisting in their efforts, monitoring the quality of their work, keeping their emotions in check, and controlling their behavior. The focus of this workshop will be providing tools to parents which they can use to help their children develop good self-regulation skills.

Companion Reading: *Mindset: The New Psychology of Success* by Carol Dweck

Heartfulness: Guided Relaxation Practice for Balanced Living

Thursday, February 9, 2017, 7 PM, Crossroads North Middle School

The Heartfulness Relaxation technique is a simple and a practical exercise designed by the Heartfulness Institute to nurture individual well-being and balanced living. Through this practice of guided relaxation, participants are instilled with positive qualities of the heart such as sincerity, humility, courage, love, freedom, and responsibility. The practice helps to develop internal skill development, such as 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.

Research & Inquiry: Engaging Students, Encouraging Discovery

Thursday, February 23, 2017, 7 PM, Crossroads North Middle School

Both the Common Core State Standards and the Next Generation Science Standards require students to be skilled in inquiry and research in order to produce thoughtful analysis of learning in response to real-world problems, questions, and ideas. The South Brunswick School District has developed a new Research and Inquiry Framework to guide students, teachers and library media specialists through a well-articulated series of skills, using topics from the curriculum. This presentation, for parents of students in grades 3-8, will demonstrate the progression of skills and the varied products that are part of this exciting new framework.

Curriculum Focus: Next Generation STEM Standards for Grades K-12

Monday, March 13, 2017, 7 PM, Crossroads North Middle School

In addition to the fact that the fastest growing occupations are those where science and mathematics play a central role, citizens now face problems from pandemics to energy shortages, whose solutions require all the scientific and technological genius we can muster. Americans are being forced to increasingly make decisions—including those on health care and retirement planning—where literacy in science and mathematics is a real advantage. This presentation will address how the Next Generation Science Standards have been designed to equip our students with the knowledge and skills essential to flourish in this paradigm.

Positive Parenting: Because “Just Say No” Isn’t Enough

Thursday, April 6, 2017, 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

2016-2017



“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
or e-mail SBPA@sbparents.org
to request a reservation.

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NJ Governor’s Council on Alcoholism and Drug Abuse