

South Brunswick Board of Education



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Press Release

Date: **Tuesday, January 3, 2017**

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Parent Academy Returns with Two January Workshops

The South Brunswick Parent Academy begins 2017 with two compelling workshops, **Resistance to Change: Overcome It & Unlock Your Potential** on January 10th and **Self Regulation: Continuing the Conversation** on January 24th. Both workshops will be held at Crossroads North Middle School, from 7-8:30 pm. You can register online on the Parent Academy page of the District website.

The first workshop, **Resistance to Change**, will focus on changes in both parents' lives and their children's lives and their reaction to the changes. For most people, there can be a gap between what they seek to change and how to make such changes 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 we understand how inner resistance to change works, we can explore ways to help our children, and ourselves, to overcome it. This is especially helpful if the change is a hard to make. Attendees will learn to determine their children's and their own resistance to change and discover ways to help overcome that resistance to help unlock his or her potential and increase pathways to success. As an added bonus, the SBPA will be giving away 10 copies of the book, *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.

SBPA's second January workshop, **Self-Regulation: Continuing the Conversation** on January 24th will be a follow up to last year's very successful workshop on the same topic. The focus of this workshop will be providing tools to parents which they can use to help their students develop good self-regulation skills. We all share the goal of wanting our children to be independent and productive and self-regulation is one of the keys to accomplishing this. 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 workshop will focus on what parents can do to help children develop better self-regulation skills. Once again, the SBPA will also be giving away 10 copies of the workshop's companion reading, *Mindset: The New Psychology of Success* by Carol Dweck.

As with all SBPA workshops, both workshops will run from 7-8:30 p.m. and will take place at Crossroads North Middle School, 635 Georges Road, with childcare available for children 3 and older. Interested parties can register online by [clicking here](#) or by visiting the District's Web site, www.sbschools.org and clicking the Parent Academy Information link under Quick Links. The exact rooms for both the workshop and childcare at Crossroads North will depend on registration for each workshop. Upon arrival, please look for signage directing you to the appropriate rooms. For additional information, contact SBPA Director, Christine Mariano at christine.mariano@sbschools.org or sbpa@sbparents.org

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Remaining SBPA workshops are as follows:

Date	Title	Brief Description
02/9	Heartfulness: Guided Relaxation Practice for Balanced Living	The Heartfulness Relaxation technique is a simple and a practical exercise designed by the Heartfulness Institute to nurture individual well-being and balanced living. The practice helps to develop internal skill development, such as clarity of mind, increased focus, self-confidence, empathy and awareness; beneficial to our students' growth and success.
02/23	Research & Inquiry: Engaging Students, Encouraging Discovery	Both the Common Core State Standards and the Next Generation Science Standards require students to be skilled in inquiry and research to produce thoughtful analysis of learning in response to real-world problems, questions, and ideas. This presentation, for parents of students in grades 3-8, will demonstrate the progression of skills and the varied products that are part of the new Research and Inquiry Framework.
03/13	Curriculum Focus: Next Generation STEM Standards for Grades K-12	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 the 21 st century, where literacy in science and mathematics is a marked advantage.
04/6	Positive Parenting: Because "Just Say No" Isn't Enough	Information and strategies about 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.

The South Brunswick Municipal Alliance, Every Parent Influences Children (EPIC) 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 is 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.

EPIC is a non-profit organization whose programming is funded in South Brunswick by the South Brunswick Board of Education and in part by a grant from the South Brunswick Municipal Alliance, as part of the NJ Governor's Council on Alcoholism and Drug Abuse (GCADA).