

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 thirteenth 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** **Thursday, Sept. 20, 2018, 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 newer systems, like Genesis! Bring your questions for our panel of ‘experts’ and learn more about our school system.

### **Communicating With Your Child’s Teacher: Bringing the Parent-Teacher Conference Into the 21<sup>st</sup> Century**

#### **Wednesday, October 24, 2018, 7 PM, Crossroads North Middle School**

In the South Brunswick School District, parent-teacher conference time has served as one of the hallmarks of our home-school connection for decades. Now, with the increase of online software and information systems, like Genesis, we are able to exchange data more frequently and easily with parents over the course of the school year, changing the way we partner with parents. Join us for an interactive workshop as we explore the benefits of the various information systems and how best to incorporate them into your home-school communication and help your child succeed.

### **Saturday Special: Social Media & Tech Symposium III**

#### **Saturday, Dec. 15, 2018, 9am-12pm 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 phone? iPad? Gaming system? 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

### **“What’s Math Got To Do With It?” – Helping Your Child to Develop a Mathematical Mindset**

#### **Thursday, January 31, 2019, 7 PM, Crossroads North Middle School**

Join this interactive workshop and learn how you can help foster a mathematical mindset in your child that will lead to his or her academic success, especially in math! Attendees will learn about the language and behavior (supported by brain research) that will encourage and foster a positive mindset toward math, as well as practical, everyday strategies you can implement at home as you play, study, cook and even travel with your child!

Companion Reading: *What's Math Got To Do With It?* by Jo Boaler

### **Embracing Your Child's Uniqueness: Turning Obstacles into Opportunities**

#### **Tuesday, February 26, 2019, 7 PM, Crossroads North Middle School**

Parenting isn’t easy! This can be especially true when parenting a child who faces certain challenges, whether physical, developmental, emotional or social. This workshop will focus on not only *accepting* each child for who they are, but *celebrating* their individuality and uniqueness. Together parents and educators will share strategies for success, resources for support and suggestions for next steps with their education.

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**District Focus: Department of Special Services:**

**Different Avenues on the Road to Our Students' Success**

**Tuesday, March 5, 2019, 7 PM, Crossroads North Middle School**

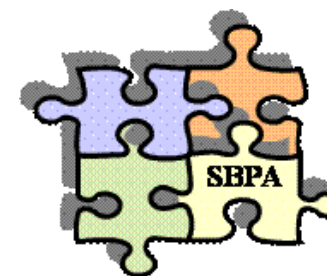
Please join us for personalized, small group discussions about the systems we have in place to support students in our District through the Department of Student Services. Learn, ask questions, and talk with District support staff and administrators about how we work to ensure each student's academic, emotional, and social needs are met. Small group breakout sessions will include information about our tiered system of supports, mental health services, Social Emotional Learning, and the District's approach to promoting and supporting students' overall health and wellness.

**Hidden in Plain Sight: A Drug Awareness Program Every Parent Should Attend**

**Monday, March 25, 2019, 7 PM, Crossroads North Middle School**

Retired Drug Enforcement Agency Special Agent, Doug Collier, returns to the SBPA with an important drug awareness program! No one ever wants to think of their son or daughter using and abusing alcohol and drugs. However, there are signs and symptoms to be aware of that may explain your son or daughter's behavior, and with early intervention, which most times can just be a simple conversation, it might just save their life or the life of their friend. Discover how alcohol, drugs and paraphernalia can be easily hidden in plain sight in a teenager's bedroom, bathroom and other locations within your home and car. Become educated on the latest substance abuse trends, signs and symptoms and learn about local resources and ways to bring awareness to our community and most importantly, keep our children safe!

**SBPA**  
**SOUTH BRUNSWICK PARENT ACADEMY**  
*Workshop Offerings & Descriptions*  
**2018-2019**



*“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  
635 Georges Rd., Monmouth Jct. NJ 08852  
(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)



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