

# Thriveupdate

 **Boulder Valley** School District  
*Excellence and Equity*

*Enhance Inspire*  
*Inform healthy kids make smarter students*

Volume 1 | Issue 4

APRIL 2009

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## Special Points of INTEREST

Wednesday, April 8  
9-11 a.m.

BVSD Ed Center  
&

Tuesday, April 21  
7-9 p.m.

Peak to Peak Charter School

### **PEN COMMUNITY CONVERSATION**

The Adolescent Brain:  
New brain research and what  
parents need to know

## >>Stress and Our Youth

Through youth summits, middle and high school students shared how stress affects their lives and on decisions impacting their health. But what about elementary students? How do elementary students cope with stress?

We asked elementary students what stress is, when they feel stressed, and what they do to help themselves feel better. We received 57 anonymous responses to this informal survey from students at Uni-Hill and Mesa elementary schools.

For these students stress ranges from feeling pressured, frustrated, nervous, sad, or anxious, to struggling to master something new or challenging, to generally feeling bad about something in their lives. Specifically, stress is:

**Being sad. – 1st grader**

**When you have too many things to do. – 2nd grader**

**When you are late or when you're trying to do something and you can't finish it. – 3rd grader**

**When you cry because you are alone. – 4th grader**

**When you feel overwhelmed with something. – 5th grader**

They experience stress in school and in their relationships. Too much homework, not enough time, and the CSAP's were among the most common school-related items mentioned. How well they are getting along with friends and family members can make them feel stressed. For some students not being able to do things they are normally good at stresses them out. They said "I feel stressed when..."

**I feel nervous when I get in fights with my friends. – 3rd grader**

**I'm taking a test because I get really freaked out about grades. – 3rd grader**

**I have a lot of homework and I have to read at night. – 2nd grader**

**My family isn't happy with each other. – 5th grader**

**I can't play with my friends. – 4th grader**

**I have problems but I don't talk to anyone. – 5th grader.**

Having fun, opportunities to play, and connecting with someone (or something) they care about were mentioned by almost all students to make them feel better. Completing that homework, test, or big project also helps. For some students, stressed is "just desserts spelled backwards." In their own words, "what makes me feel better is..."

**I feel better when my dog comes and sleeps with me. – 3rd grader**

**I try to think that I can finish on time or can think 'you can do it'. – 3rd grader**

**I can play with my brother and friends. – 1st grader**

**Getting a Lego set – 2nd grader**

**When I get something done and I'm proud of it. – 5th grader.**

The responses of these students highlight several strategies to help kids manage stress.

**Talking to kids about stress and helping them develop realistic expectations.** The students shared "talking about it" or finishing the test/question/project as ways to help with stress. One student shared that "when my mom tells me about things she gets stressed about" helps to handle stress.

**Be available.** As one student said "I feel better when I give my mom or dad a big hug." Another said "what makes me feel better is my mom."

**Keep unscheduled time as part of their day.** For younger kids, play was very important.

Helping kids to reduce and manage stress positively impacts their social, emotional, and physical well-being.

by **Leisha Conners Bauer,**  
Boulder County Healthy  
Youth Alliance

## >>From Parent to Parent - Managing stress as a single parent

It is early in the morning and your preschool son just dropped the whole bowl of cereal on top of your daughter when the school bus is about to arrive. You hurry up, try to clean up, help your daughter to change her clothes. Your ears are already numbed from your teenage son's complains... You are about to leave and you discover that now your preschooler is missing a shoe. After much crying and a different pair of shoes, you put two sobbing kids in a school bus with a kiss goodbye. The bus driver looks at you and wonders what you did to these poor little kids...

Things like those tend to throw off the entire day for a working mom and for children, too. And if on top of that, you are a single parent like me... well, you have the picture.

Stress affects not just our health but our family life and daily routine, so we need to learn how to manage it. If a working mom is preoccupied and stressed, she may be less efficient at her job and possibly prone to mistakes that she will need to correct, with increasing frustration. Not that it would occur on the home front ever...

My suggestion: breathe deeply!!

No matter how stressed you may be, please remember: you are the captain of the ship. Take care of yourself. Take a deep breath and relax. The sun will come up again tomorrow.

Breathing exercises can be a good help and they are available at any time, anywhere. Make sure that you take some time every day just for yourself: close your eyes and pay attention to the silence (if you can), read a book, go for a walk, practice yoga or meditation. Try to find yourself in the huge picture of this universe.

I personally love the pictures from the Hubble telescope. Can you find yourself in those pictures? See the picture and realize how small we are in this big place.

Stress at home can also make children feel that they are not loved, that they have been taken for granted, rejected or neglected. Talk to them. Stop and listen the poem that your daughter wrote today: it is about you. Look at the picture that your son did at preschool today: it says I love you.

Yes, coming back home after work can be like going back to the battle field, but remember: give yourself and your kids a chance, rest assured that your children are happy to see that you are back, hug them and kiss them and remember that they are the whole reason for all your efforts. Childhood is precious and it doesn't last forever... and believe it or not, teenagers grow up and become adults one day, so keep your sense of humor.

Life will keep unfolding fast. So, whenever you feel stressed out, breath deeply, count to ten, twenty or a hundred... but don't forget to count your blessings as well.

by Eugenia Brady,  
BVSD Community Liaison and  
BVSD Parent

## >>The Economy + Tax Deadline + Teenage Children = Stress

### TOBACCO IS NOT THE ANSWER!

"I'd like to quit but there's just too much stress in my life right now."

How many times have you heard a smoker say that? And young or old, we may think that tobacco is one way to relieve stress, but in fact, that cigarette may be causing even more stress!

Research shows that rather than acting as a form of stress relief (as many tobacco users may believe), nicotine actually increases stress. The relaxing effect that a smoker experiences is a result of satisfying the craving for nicotine. Simply stated, smokers have developed a need for nicotine in order to maintain a "normal" feeling. Without nicotine, a smoker will feel symptoms of stress – creating a vicious cycle.

The bottom line is that using tobacco is not an effective way to cope with stress. If you don't smoke, don't start. If you do smoke, consider quitting.

So, are you wondering how to deal with the stress without tobacco? Try these tips:

**1. Recognize the stress and make a plan to**

**deal with it.** We all have stress in our lives; it's important to know when you are feeling stressed. Early warnings could include neck and shoulder tension and headaches. When we start to feel stressed we should ask ourselves where the stress is coming from. Is it something we can avoid? If not, what tools will we need to address it? Are there other resources available? Make a plan that has specific solutions for the things that you can change.

**2. Do something else.** The ritual of smoking is in itself an act of distraction. Find something else to take your mind off of the stress. Walks, meditation, star-gazing, reading, cooking healthy meals—anything that can take your mind off the stress and help you relax is a great distraction.

**3. Talk to someone.** Long-term stress can be very harmful to our bodies. Talking it out can help reduce levels of a stress hormone, cortisol, in our bodies. Talk to your friends, your healthcare provider, your pets, your mirror—sometimes we just need to hear things said out loud.

Those who want to quit, or those who are thinking about quitting, can get help and

support from the Colorado QuitLine, a free telephone coaching service for quitting tobacco that also offers a free supply of "the Patch." To contact the QuitLine, call 1-800-QUITNOW (1-800-784-8669) or visit [www.coquitline.org](http://www.coquitline.org). QuitLine coaches are available weekdays from 7 a.m. to 9 p.m., and on weekends from 8 a.m. to 4:30 p.m.

For more information about local support for quitting, contact Boulder County Tobacco Education and Prevention Partnership (TEPP) at 303-413-7567. Teens may want to visit: [www.FixNixer.com](http://www.FixNixer.com). The FixNixer website creates a personalized program and support to help teens quit.

by Kristen Nelson, Youth Specialist & Tom Rafferty, Community Health Specialist, Boulder County Public Health Tobacco Education & Prevention Partnership

## >>Time to Address Stress

Endocrinologist Dr. Hans Selye is credited with coining the term "stress" in his 1956 book entitled "The Stress of Life," which revolutionized our view of stress and its impact on the human body. Since then, research has shown a link between stress and a wide variety of serious health problems including: hypertension, strokes, heart attacks, diabetes, ulcers, neck or low back pain, and even cancer.

Dr. Selye identified two types of stress: "eustress" or positive stress and "distress" or negative stress. Positive stress helps us prepare for challenges like a final exam or avoiding a car accident. Negative stress is more ongoing and chronic, which can lead to substance abuse, anxiety, depression, sleep problems, emotional exhaustion, and overall weakening of the immune system.

Negative stress impacts children and adolescents as well as adults. In 2006 the City of Boulder, the Boulder Valley School District and Boulder County conducted a high school youth summit to better understand the challenges they face. One of the key findings was that "Young people in Boulder Valley feel incredible stress and pressure. Many youth feel overwhelmed (and) others experience sadness and hopelessness and even contemplate suicide because they can't handle everything in their lives" (Building Connections, June 2006).

By simply being alive we are exposed to a variety of stressors, which can profoundly impact our quality of life. While we cannot avoid many of the things that we find stressful, we can learn to manage them in ways that will reduce the harmful effects of chronic stress. There are a variety of research-proven stress reduction techniques that are fairly simple to learn and with practice are highly effective. Mental health professionals commonly teach many of these strategies to their clients.

They include:

- **Reduce over-scheduling.** If you're feeling overwhelmed with everything on your plate, try to reduce one or two nonessential activities. This may require learning how to determine what is truly essential.
- **Learn relaxation techniques.** From simple breathing techniques to visualizing yourself in a peaceful place, relaxation techniques can significantly reduce your stress level.
- **Muscle relaxation and exercise.** Simply tensing various muscle groups for 5-10 seconds followed by 10-20 seconds of relaxing those same muscles can significantly reduce muscle tension resulting from stress. Moderate exercise can also be a great stress reducer.
- **Be aware of your thinking.** We tend to place a lot of stress on ourselves based on our perfectionist, pessimistic, and generally negative thoughts. By trying to be more aware of our thinking and shifting to more rational, logical, positive thoughts (and keeping things in perspective), we can significantly reduce our subjective experience of stress. This can be easier said than done and professional assistance is often helpful.
- **Have fun!** We tend to undervalue simply having fun and enjoying time with friends and family. Imagine if we placed as much importance on recreation as we do on achievement. Not only would we be healthier, we would also achieve more.

Take the time to assess your level of stress as well as that of your loved ones. Reducing stress will positively impact your family's relationships and quality of life.

by Dr. Jan Hittelman,  
Licensed Psychologist

## Q&A with Dr. J.

**Q:** I've read your columns encouraging a later start time for high schoolers, as well as health reports regarding teenagers' sleep patterns. Do you think this is a serious enough concern that parents should be speaking out to BVSD about the matter? Maybe we should consider nourishing our children's bodies not only through lunch-menu changes, but also time-schedule changes. - Mom of a tired, stressed teen

**A:** The short answer is yes. As a community we should encourage school systems public and private to make the shift to a later start time for high school students. Most experts agree that elementary age children need about 10-11 hours of sleep and high school youth need about 9½ hours. The challenge for adolescents is that their biological clock shifts to a later sleep/wake cycle, often making it difficult for them to get to sleep before 11:00 p.m. Given that the typical high school day can start as early as 7:30 a.m., it can be an impossible task for teens to get enough sleep. Locally, a recent study asked Boulder County high school students if they had gotten enough sleep in the last week. Locally, 92 percent of Boulder County high school students surveyed responded that they did not "get enough sleep to feel rested in the morning seven out of the seven days preceding the survey" (Youth Risk Behavior Survey, 2005).

The main challenges for schools are shifts in busing and after-school sports schedules. In addition there may be parents and faculty opposed to a schedule change in terms of their own work schedules. The benefits, however, far outweigh the challenges. Since originally writing about this issue, more and more research has emerged confirming the seriousness of our teens being sleep deprived. For example: "Our findings confirm that on school days, adolescents are obtaining less sleep than they are considered to need, and school start time is the factor with the greatest impact," write the authors of an article published in the March 2009 issue of the Journal of Pediatrics.

In a recent interview with BVSD Superintendent Dr. Chris King, he agreed that based on current research it is worth considering and anticipated "an improvement in academic performance overall" as a result of later start times. He suggested that "we could form a task force and have some people really study it."

While there's a lot of general agreement that later start times for high school students is a good idea, it really is a matter of community will. The question is: are parents and teachers willing to put up with the necessary inconveniences to make this happen?

According to Chris King "It's really a value decision; what do we value and what sacrifices are we willing to make? I think we're ripe for the conversation."

Now it is up to us to voice our opinions on this issue, if we truly want to consider making this change. You can share your thoughts with Dr. Chris King directly by emailing him: [chris.king@bvstd.org](mailto:chris.king@bvstd.org).

**Do you have a question?**  
Submit your questions directly by:  
Phone: 720-217-3270  
Fax: 720-381-6089  
Email: [Jan.Hittelman@gmail.com](mailto:Jan.Hittelman@gmail.com)  
Post: 1527 Pine Street, Boulder 80302

by Dr. Jan Hittelman,  
Licensed Psychologist  
Boulder Psychological Services

## >> Myth-Busters: POT

In my work as Safe and Drug Free Schools coordinator, I hear this one a lot from students: "My parent says pot is not as bad as other drugs" or "Pot is natural, so it can't be that bad for you." And once in awhile at a parent forum I hear, "I smoked pot and I turned out fine."

### Let's look at the facts.

#### Myth: I smoked and I turned out fine.

**Fact:** Marijuana today is more potent and therefore more toxic than marijuana grown in the 1970s. Back in the '70s plants typically contained only 2 percent THC (an abbreviation of "Tetrahydrocannabinol," which is the main psychoactive substance found in the marijuana plant). Today, they typically contain 15 percent. And there are even more highly potent strains that have up to 30 percent THC (USA Today, "Marijuana may not be the lesser evil," 2007). According to a study in Britain in which experts analyzed 20 substances for addictiveness, social harm and physical damage, marijuana was found more dangerous than LSD and ecstasy.

#### Myth: Marijuana is not addictive

**Fact:** In 1997, 192,000 people entered treatment for addiction to marijuana; in 2006, that number was 290,000. (SAMHSA, treatment episode data set, TEDS, 2006)

#### Myth: Marijuana is "healthier than cigarettes."

##### Fact:

- 1 joint= 5 cigarettes in terms of the amount of carbon monoxide intake
  - 1 joint = 4 cigarettes in terms of amount of tar intake
  - 2 joints= 20 cigarettes in terms of microscopic damage to cells lining the airways
- AND finally,
- Just 1 joint per day= higher probability of lung damage than regular cigarette smoking.

#### Myth: Marijuana does not hurt you physically like other drugs.

**Fact:** In a study comparing heavy marijuana users with people who had had minimal exposure to the drug, researchers found that the former had lower verbal IQ scores than the latter. (NIDA, 2003) And there "is indisputable data showing that smoking pot affects neuropsychological functioning such as hand-eye coordination, reaction time and memory." (Wesley Clarke, director of SAMHSA)

Several studies have documented marijuana's link with symptoms of schizophrenia and report that cannabis is an independent risk factor for schizophrenia. Heavy users of marijuana at

age 18 increased their risk of schizophrenia later in life by six times. (Andreasson, S. et al. Cannabis and schizophrenia: A longitudinal study of Swedish conscripts)

As you talk to your children about drugs and alcohol, you will hear these myths from youth and adults alike. Use these myth-busters to correct misperceptions! For more information on how to talk to your kids about drugs, see the Thrive Handbook pp. 65-81.

**And now for a frightening truth: 26 percent of high school students in BVSD are current marijuana users vs. 19 percent of high school students nationally.**

by Lisa Cech,  
BVSD Coordinator for  
School Climate

## >> TRANSITIONS

Some life events we choose, while others are thrust upon us. Situations for which we have little or no control can feel invasive and perhaps inundating. These events for adults can include loss through death, losing a job, or going through a divorce. For children, whatever happens to their parents affects them, too. In addition, kids have their own individual experiences with social and personal issues.

For children and adults, events occur in life that can create feelings of stress and conflict. There is a popular belief in our culture that, when a change occurs, certain feelings are acceptable and others are not. In addition, with challenges like these, there may be an expectation by friends and family for you to "get over it" or "move on." Both children and adults may become impatient with this process and seek ways to avoid uncomfortable feelings. How can we help our children and ourselves with these challenging times in life? Can there be a way to re-think the events that we have not chosen?

One way to start may be to re-name or re-label the event as a transition. One definition of transition is "a passage from one state or condition to another." Synonyms for transition include alteration, passage, shift, change, metamorphosis, evolution, growth, and progress.

For our children, how can we hear their loss and frustration without judging or trying to rescue them? How can we reflect their feelings and support them to find healthy solutions to their

problems? Similarly, when we are in the middle of a difficult transition, such as going through bankruptcy or perhaps facing an illness, how can we model seeing the situation as part of a process, maybe even as an opportunity?

Suggesting that a serious illness can actually be an opportunity can sound unsympathetic. And it is true that a child being diagnosed with a learning disorder can feel disheartening or even devastating, but after the initial shock of the predicament we have choices. Can we consider that through an illness a person may resolve their fears around dying? Perhaps that person's life changes if the illness brings them through a metamorphosis regarding their spiritual journey. A previously undiagnosed learning disability for a child may reverse their self-belief that they are stupid or flawed which can lead toward a new enjoyment of learning, allowing for more curiosity and confidence.

Whatever transition you or your child may be in, I invite you to feel all your feelings and to be gentle with yourself. I encourage you to seek out others who can support and understand what you are experiencing, and to be open to an aspect of this change that you may not have thought about before.

by Wendy Conquest,  
Licensed Professional Counselor  
Member of Boulder Psychological  
Services



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## Thriveupdate for BVSD Parents

Published by BVSD  
Written by local Boulder  
experts and parents

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Look for us on the web!  
[www.bvsd.org](http://www.bvsd.org)

## >> Calendar of Classes & Events

### APRIL 2009

- 4/4: **“Love and Logic Early Childhood Parenting Made Fun!” (for parents of children birth to 6 yrs)**  
(Starts) Saturdays, April 4 – May 2, 10 a.m. -12:30 p.m. Parenting Place, Boulder. Teacher: Sheryl Schwabe, 303-520-6803
- 4/5: **Caring for the Caregiver: Stress Reduction & Relaxation Techniques – Jeffrey Kuhn, LCSW**  
Sunday, April 5. 1-2:30 p.m. Trinity Lutheran Church, 2200 Broadway, Boulder (NE corner Broadway & Pine)  
For more information: [BoulderPsychologicalServices.com](http://BoulderPsychologicalServices.com)
- 4/6: **Becoming A Love and Logic Parent**  
(Starts) Mondays, April 6, 13 & 20, May 4, 11 & 18 (six sessions; no class on April 27). 6-8:30 p.m. Superior Elementary School, 1800 S Indiana St., Superior, CO 80027. For details contact the instructor Cyndi Goldfarb at 303-494-8373 or [cyn@indra.com](mailto:cyn@indra.com)
- 4/8: **Application deadline for the City of Boulder Youth Opportunities Advisory Board (YOAB).**  
High school age city of Boulder residents are eligible to apply. **No previous leadership experience is required.** YOAB members make funding decisions about proposals for youth programs, advise the City Council and local agencies on youth-related issues, and plan events for youth. For more information or an application contact Alice Swett at 303-441- 4349, [swetta@bouldercolorado.gov](mailto:swetta@bouldercolorado.gov) or go to [www.yoab.org](http://www.yoab.org).
- 4/8: **PEN COMMUNITY CONVERSATION**  
**The Adolescent Brain:**  
**New brain research and what parents need to know**  
Wednesday, April 8. 9-11 a.m. BVSD Ed Center, 6500 E. Arapahoe, Boulder. Dr. Cynthia Divino, Psychologist, Clinical Supervisor, CU. [cdivino@mac.com](mailto:cdivino@mac.com)

Email calendar items to: [Leisha Conners Bauer @ lconnersbauer@bouldercounty.org](mailto:Leisha.Conners.Bauer@lconnersbauer@bouldercounty.org)

# >>Calendar of Classes & Events

- 4/14: Brain Storm: Exploring healthy approaches for enhancing students' social and academic development**  
Tuesday, April 14. 6-8:00 p.m. BVSD Ed Center, 6500 E. Arapahoe Road, Boulder. Panelists will cover a broad range of approaches to enhancing students' social and academic development, with particular attention to strategies for working with AD/HD, behavior issues, Autism Spectrum Disorders, emotional concerns, social challenges and learning disabilities. Coordinated by BVSD's Parent Professional Partnership.
- 4/14: Siblings Without Rivalry™**  
(Starts) Tuesdays, April 14 - May 19. 6:30-9 p.m. Dreamcatcher Direct Instruction Centers, 5440 Conestoga Court (near 55th and Arapahoe), Boulder. Instructor: Stephanie Bryan, Stephanie@REALparenting.net or 303-397-0646.
- 4/15: "Becoming a Love and Logic Parent"** (for parents of children of all ages)  
(Starts) Wednesdays, April 15 - May 20. 6-8:30 p.m. Louisville Recreation Center. Teacher: Sheryl Schwabe, 303-520-6803.
- 4/16: "Early Childhood Parenting Made Fun!"**  
(Starts) Thursdays, April 16 - May 14. 6- 8:15 p.m. Treehouse Learning, 175 North 96th Street, Louisville. Childcare available after parent interview. Facilitated by Cyndi Goldfarb, M.S. To register: 303-494-8373 or cyn@indra.com.
- 4/19: Caring for the Caregiver: How our Thinking Affects Our Health - Dr. Trevor Graham**  
Sunday, April 19. 1-2:30 p.m. Trinity Lutheran Church, 2200 Broadway, Boulder (NE corner of Broadway & Pine). For more information: BoulderPsychologicalServices.com.
- 4/20: Response to Intervention (RtI) Parent Forum**  
Monday, April 20. 6:30 - 7:45 p.m. Foothill Elementary Library, 1001 Hawthornes Avenue, Boulder. Learn more about RtI (Response to Intervention), intervention strategies and timelines being implemented in BVSD.
- 4/20: "Profiles of the Gifted" - George Betts**  
Monday, April 20. 7 - 8:30 p.m. Fairview High School, 1515 Greenbriar Blvd. Boulder. Presented by Boulder Valley Gifted and Talented (BVGT). For details, visit [www.bvgt.org](http://www.bvgt.org). RSVP to [programming@bvgt.org](mailto:programming@bvgt.org).
- 4/20: REAL Parenting**  
(Starts) Mondays, April 20 - May 18. 6:30 - 9:15 p.m. Dreamcatcher Direct Instruction Centers, 5440 Conestoga Court (near 55th & Arapahoe), Boulder. Instructor: Stephanie Bryan, Stephanie@REALparenting.net or 303-397-0646

Email calendar items to: [Leisha Conners Bauer @ Iconnersbauer@bouldercounty.org](mailto:Leisha_Conners_Bauer@Iconnersbauer@bouldercounty.org)

# >>Calendar of Classes & Events

## 4/21: **PEN COMMUNITY CONVERSATION**

### **The Adolescent Brain: New brain research and what parents need to know**

Tuesday, April 21. 7-9 p.m. Peak to Peak Charter School, 800 Merlin, Lafayette. Dr. Cynthia Divino, Psychologist, Clinical Supervisor, CU. [cdivino@mac.com](mailto:cdivino@mac.com)

## 4/21: **Love and Logic - Early Childhood Parenting Made Fun!**

(for parents of children up to age 6)

(Starts) Tuesdays, April 21 - May 19. 9:15 - 11:30 a.m. 1530 55th Street (near 55th & Arapahoe), Boulder. (Sponsored by Becoming Mothers and the Kangaroo Kingdom). Instructor: Stephanie Bryan, [Stephanie@REALparenting.net](mailto:Stephanie@REALparenting.net) or 303-397-0646.

## 4/24: **Colorado Children's Day at Boulder**

### **Friday, April 24 (rain date Monday, April 27) Boulder's Pearl Street Mall, Noon - 4 p.m.**

Free activities for children through elementary school age that are designed to celebrate children and engage them in age appropriate activities. Planned activities include exploration of emergency vehicles, interactive live music, face painting, games with CU athletes, dancing in a water fountain and more. Contact: 303-441-1977 or [coloradochildrensdayboulder@gmail.com](mailto:coloradochildrensdayboulder@gmail.com)

## 4/25 **Boulder County Children's Day Family Week**

Saturday, April 25 - Friday, May 1. Family Week provides a week of free hands-on activities that focus on young children. A schedule of events and locations can be found at <http://ccdbcfamilyweek.googlepages.com/>

## 4/26: **Caring for the Caregiver: Self-Care for Parents - Dr. Jan Hittelman**

Sunday, April 26. 1-2:30 p.m. Trinity Lutheran Church, 2200 Broadway, Boulder (NE corner Broadway and Pine) For more information: [BoulderPsychologicalServices.com](http://BoulderPsychologicalServices.com).

## MAY 2009

## 5/4: **Secrets of the Computer and Online Universe or How to keep up with Your Kids**

(Starts) Mondays & Wednesdays, May 4 - 20 (six sessions). Arapahoe Campus. \$165. This six week course will teach you the current technologies, how to use them to your advantage, and how to be productive in making technology work for you and your kids. You will build your own two-page website in class! Visit [www.bvgsd.org/LLL](http://www.bvgsd.org/LLL) to get more information about the class.

## 5/7: **PEN ANNUAL LUNCHEON CELEBRATION**

### **Celebrating All Kids**

with Patsy Roybal, Consultant, Families for Excellence in Education

Thursday, May 7, 11:30 a.m. - 1 p.m.

Spice of Life Events Center, 5706 Arapahoe, Boulder

RSVP to Leisha Conners Bauer

[lconnersbauer@bouldercounty.org](mailto:lconnersbauer@bouldercounty.org)

Email calendar items to: [Leisha Conners Bauer @ lconnersbauer@bouldercounty.org](mailto:Leisha_Conners_Bauer@lconnersbauer@bouldercounty.org)

# Foothills Parenting Classes

Spring 2009

Are you ready to put the fun back into parenting?  
Looking for simple and practical skills that can be used immediately?

**Add more tools to your parenting tool kit!**

## Becoming a Love and Logic Parent®

April 6 - May 18 (Mondays) 6:00–8:30 pm  
Superior Elementary,  
1800 S. Indiana St., Superior  
Instructor: Cyndi Goldfarb

April 15 - May 20 (Wednesdays) 6:00–8:30 pm  
Louisville Rec Center,  
900 Via Appia, Louisville  
Instructor: Sheryl Schwabe

June 2 - June 30 (Tuesdays) 6:30–9:30 pm  
Dreamcatcher,  
5440 Conestoga Ct., Boulder  
Instructor: Stephanie Bryan

## Active Parenting for Stepfamilies™

No classes scheduled this Spring.

Contact Stephanie Bryan to get put on an email list for future classes or to set up a class for your group or community.

## Costs and Childcare

Childcare is available for classes at the Parenting Place. Call the instructors to register, for pricing information, including price breaks for couples, and/or available scholarships.

## Instructors

Stephanie Bryan  
(303) 397-0646 or [www.REALparenting.net](http://www.REALparenting.net)

Cyndi Goldfarb  
(303) 494-8373 or [cyn@indra.com](mailto:cyn@indra.com)

Sheryl Schwabe  
(303) 520-6803 or [sschwabe@comcast.net](mailto:sschwabe@comcast.net)

## Creating a class at your location

If you are interested in forming a class at your school or community, please contact Cyndi Goldfarb.

## Love and Logic Early Childhood Parenting Made Fun!®

April 16 - May 14 (Thursdays) 6:00–8:15 pm  
(childcare available after parent interview)  
Treehouse Learning,  
175 North 96th Street, Louisville  
Instructor: Cyndi Goldfarb

April 21 - May 19 (Tuesdays) 9:15–11:30 am  
REAL Parenting,  
1530 55th Street, Boulder  
Instructor: Stephanie Bryan

May 16 - June 13 (Saturdays) 10:00 am–12:30 pm  
(childcare available)  
Parenting Place,  
1235 Pine #A, Boulder  
Instructor: Sheryl Schwabe

May 27 - June 24 (Wednesdays) 6:00–8:30 pm  
Louisville Recreation Center  
900 Via Appia, Louisville  
Instructor: Sheryl Schwabe

June 1 - June 29 (Mondays) 6:30–8:45 pm  
Dreamcatcher,  
5440 Conestoga Ct., Boulder  
Instructor: Stephanie Bryan

## Siblings Without Rivalry™

April 14 - May 19 (Tuesdays) 6:30–9:00 pm  
Dreamcatcher,  
5440 Conestoga Ct., Boulder  
Instructor: Stephanie Bryan

Other classes can be scheduled upon request by contacting Stephanie Bryan

## REAL Parenting®

April 20 - May 18 (Mondays) 6:30–9:15 pm  
Dreamcatcher,  
5440 Conestoga Ct., Boulder  
Instructor: Stephanie Bryan

[www.FoothillsParentingClasses.com](http://www.FoothillsParentingClasses.com)