

Thrive update

 **Boulder Valley** School District
Excellence and Equity

Enhance Inspire
Inform healthy kids make smarter students

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OCTOBER 2009

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>> Relationships, Connectedness and Learning

As adults, we don't have to think too long to recall our favorite teacher, coach, cafeteria worker, or other adult at school from our childhood. We can remember the things that person did and said that made us feel welcome, accepted, and connected to them and to the school. Perhaps this person helped you overcome a great academic hurdle or simply gave you the warm smile you needed to get through each day. Regardless, my guess is that this person provided an extra dose of encouragement, hope, and belief in yourself.

This importance of connectedness between adults and students is one that, even among the ever-changing face of education, remains a constant. Positive relationships between adults and children at school are essential for both the social-emotional well-being and the academic achievement of students.

In BVSD, our district climate goal is to "create and sustain a safe and positive learning environment that protects and respects the rights of all individuals as measured by specific results from the annual BVSD School Climate Survey." The Student Climate Survey results for the 2008-2009 school year show positive growth in all areas, particularly the survey items related to relationships with adults at school. At the elementary, middle and high schools, students are indicating that they feel respected by their teachers, that they are treated fairly by adults, and that they have an adult at

school that they can talk to.

Because these adult/student relationships are so critical to student learning and success, schools continue to think creatively and to rely on evidence-based practices. One idea that has been successful at several schools is to host student focus groups. This process honors and empowers students by providing them a chance to voice their opinions regarding their individual school experience. They are able to voice concerns, share their own story, and offer suggestions for school improvement from the student perspective. On a larger scale, the implementation of PBS (Positive Behavior Support) programs will provide effective structures within the schools for ongoing relationship-building between school staff and students. The key building block is the positive feedback and reinforcement students receive for their effort to make healthy choices in their behavior and academic effort at school.

In all areas of life, the influence of healthy connections between adults and students cannot be underestimated. While many of the facets of education may change, the necessity of positive relationships between the adults and the students is one thing that will remain essential.

by **Sennen Knauer, M.Ed.**
Elementary & Secondary
Counselor Coordinator

>> All Children Can Benefit From Mentoring

Mentoring is not so much about sharing all the wisdom that you have gathered throughout your life, albeit often tempting. Instead, it requires the ability to really listen, to be present, to give your undivided time to another person. Young people need to know that adult community members value them. So many kids are unsure of their own worth. In today's world, where we are often more connected through digital devices than we are face to face, kids need all the personal contact and support they can get.

As we all know, if a parent says it, it can seemingly fall on deaf ears. However, if someone else in the child's life says the same

words, it's a revelation. While this may feel disheartening for parents, it speaks volumes to the power of mentoring. A mentor can be a formal or informal arrangement between a child, teenager, or adult and a responsible, trustworthy older person (some older teenagers can be as effective as adult mentors).

A formal mentor relationship can be arranged through a number of non-profit groups as well as independent mentors.

For elementary age kids, having someone to spend one-on-one time with can be invaluable. This is particularly true for children from single parent households as well as larger families.

>> It's All About the Relationship

In today's world of emails, text messages, Facebook, MySpace and Twitter; in-person relationships can easily get tossed aside. A unique program in Boulder Valley School District seeks to remedy that by fostering in-person relationships between students and adult volunteers who have been trained to serve as mentors for the students. The BVSD Community Access Mentoring Program, sometimes referred to as CAM and/or Cool Afterschool Moves, serves seven middle schools and five high schools.

CAM's mission is to guide, empower and inspire youth by providing school-based mentoring and afterschool program connections. CAM mentors, known as Access Coaches, meet with middle and high school youth at school for one hour a week during the school day. The primary focus of CAM is to help Access Coaches establish relationships with students that will help them achieve personal academic, career and /or social goals. Trust, confidence, enthusiasm and commitment to the relationship are keys to the program's success.

The unique component of the CAM program is the added support of afterschool program recommendations. After the school day has ended, it is estimated that 40 percent of a young person's time is often unstructured, unsupervised, and unproductive. Several studies have shown an increase in at-risk youth behaviors between the hours of 3:00 to 6:00 p.m.

Access Coaches are trained to assess the interests of their students and provide suitable afterschool program recommendations from the list of CAM approved programs. CAM staff then contacts the parent/guardian to assist with registration and scholarship information. During the mentoring sessions the Access Coach follows up with the student regarding program participation and outcomes.

CAM works closely with the student, the mentor, the family and the afterschool programs throughout the mentoring relationship. Mentors make a minimum one-year commitment, but the CAM relationship can continue through high school graduation, if both parties are interested in sustaining the mentor match.

CAM's first year resulted in increased grade point averages, decreased absences, and improvements in social factors such as self-esteem, communication skills, peer relations and attitude toward school. One CAM student said, "What I like best about CAM is that you can do fun activities and you can have someone you can trust."

CAM is continually recruiting volunteers who are interested in being mentors. If you would like more information about becoming an Access Coach or if you have a child you would like to recommend for the CAM program, please contact CAM at 720-561-6352, or email the Program Coordinator, Dr. Patti Ashley at patti.ashley@bvsd.org.

Pre-teens are trying to figure out the new social world of middle school. Having an open ear available to listen to their trials and tribulations, other than parents who "just don't understand," helps to ease the stress of social and emotional challenges.

Adolescence is a time of self-discovery and eventually looking forward to what is next. A mentor can help guide a young person through learning a new skill, such as a specific art medium, a sport, outdoor activity, or even an eventual profession. This relationship can offer a different perspective on life's dilemmas and provide healthy ways to cope.

Mentoring has been shown to profoundly increase protective factors, while significantly reducing at-risk behaviors. To find out more about formal and informal mentoring, join us at the Meadows Branch Library on Monday, October 12, from 7:00-8:30 p.m. for a panel discussion on "The Magic of Mentoring."

by Harmony Barrett
Isaacs, LPC
Member Boulder
Psychological Group

>>Afterschool an Important Time for Learning and Growing

The 10th annual nationwide celebration of afterschool programs will take place October 22, 2009 in more than 7,500 communities. While budget constraints mean a smaller Boulder event this year, the Boulder Valley Afterschool Network (BVAN) will have an educational booth on 1300 block of the Pearl Street Mall, on Oct 17th and 22nd from 11:00 a.m. to 6:00 pm. The benefits of quality afterschool programs are clear: they keep kids safe and healthy; inspire them to learn; and relieve working parents of worries about their children's activities during the afternoon hours. After-school programs offer supportive contexts for youth development and offer excellent opportunities for youth to gain skills and knowledge in supervised, safe, and engaging environments.

Academic Gains and More

In the current climate of increased academic assessments, the discussion of student success in school is frequently limited to academic achievement. However, data show that when examining student success, it is vital to include components such as social development and prevention of risky behaviors, as well as academic achievement.

A study released in October 2007, found that regular participation in high-quality afterschool programs is linked to significant gains in standardized test scores. More telling perhaps, was the finding that regular participation in afterschool is linked to significantly improved work habits, improved overall behavior and reduced behavior problems, thus facilitating academic improvements.[1]

Academic outcomes that are linked to afterschool programs include:[2]

- >> Better attitudes toward school and higher educational aspirations
- >> Better performance in school as measured by achievement test scores and grades
- >> Higher school attendance
- >> Less disciplinary action

Conclusion

When students feel connected, supported and safe, they are more likely to make healthy choices for themselves, including avoiding risky behaviors and staying in school. Afterschool programs provide children and youth not only with academic support, but a safe, nurturing environment that can help bolster social and emotional development, critical to academic success. Further, afterschool offers students vital enrichment activities that they might not otherwise have access to, such as art, music, world cultures and sports that can motivate and engage them during the regular school day, leading to improved academic performance and success.

>>Families Are Talking...

Since October is National Families Are Talking (About Sex and Sexuality) month, we wanted to share some new, innovative tools that might help make "the talk" a little bit easier.

Helping youth to be responsible, healthy decision-makers begins in the family and, ideally, starts with open, honest dialogue from a young age. Conversations about sexuality include talking about anatomy and behavior, and also personal boundaries and family values. Over time, a young person's sexual education expands into their circle of peers, their school classrooms and to other trusted adults. For today's youth that circle can also include accessing information on the Internet and through their phones.

Recently the *Young Adult Library Services Association* (YALSA) suggested that teachers, parents/guardians and other adult leaders, should enable "*information literacy*" by teaching youth to use their cell phones, mobile devices, and computers as tools for determining, accessing and sharing legitimate and useful information. The Women's Health Youth Services Department (WHYSD) has taken this to heart.

Following a year and a half of research and development, which included hearing from local youth, parents/guardians, teachers and national experts, WHYSD is introducing a newly designed website, an anonymous text-messaging line, and youth-directed social marketing tools. This multi-faceted approach for sharing vital sexual health information is geared toward Boulder County youth of all ages, parents/guardians, as well as teachers.

Continued on page 5

Summarized from Afterschool Fosters Success in School, Issues Brief #31 - www.afterschoolalliance.org

[1] Vandell, D., Reisner, E., & Pierce, K. (2007). *Outcomes linked to high-quality afterschool programs: Longitudinal findings from the study of promising afterschool programs*. Washington, DC: Policy Studies Associates, Inc.

[2] Durlak, J.A., & Weissberg R. P. (2007). *The impact of afterschool programs that promote personal and social skills*. Chicago, IL: Collaborative for Academic, Social, and Emotional Learning.

by Kathryn Coleman, MPH
School Based Services Manager

>> Positive Behavior Support (PBS) - going strong in BVSD!

Pride in P.A.W.S. - The staff at **Birch Elementary** constructed a notebook of research-based lesson plans on P.A.W.S. -- **P**ersonal responsibility, **A**ccepting others, **W**ise choices, and **S**afety. If you are ever roaming the halls at Birch during the first five minutes of the school day, you will hear students clap and holler as their classmates are celebrated over the loud speaker for exhibiting P.A.W.S. behavior:

Respect, Kindness and Responsibility at Foothill - Principal Melisa Potes heard the following about one of their kindergartners: "The most amazing thing happened. We had finished dinner and she was about to throw her leftovers in the garbage. She stopped herself and said, 'I should not do this. This is not respectful. Daddy might want these leftovers.' I asked her where she learned the word 'Respect.' She told me she learned it at school, along with words like 'Responsibility, Safety, and Kindness.' She proceeded to tell me exactly what each of these words meant. The fact that she was able to apply this in context to our dinner conversation, without my help, really blew me away."

Southern Hills Students Getting Busted - Assistant principal Ina Rodriquez-Myer reports that students get "busted"

for displaying attributes directly related to the four Cougar Community Values of **Respect, Responsibility, Safety, and Kindness**. "Each week, we collect all the 'busted' slips and draw one student from each grade level and one overall winner. We then take their picture and display them around our building. By the end of the year, they literally cover the main hallway." If you visit Southern Hills, make sure you take a look at the photos of students posing in their "busted" gloves.

Bear Creek ROCKS – Bear Creek Elementary Principal Kent Cruger gave a school-wide lesson on how to display ROCKS behaviors in the cafeteria. The students laughed and hollered as Cruger role played appropriate and inappropriate ways to take your tray to the counter. With a string hanging from the ceiling of recyclable artifacts, he showed the students what belonged in each of the recycle bins. One eager third-grader said, "We can show respect to our planet by looking into purchasing silverware made of corn. This way we can throw our forks into compost instead of trash."

Ask your students what is going on at their school!

(See *September 2009 issue of Thrive Update* for a full explanation of PBS.)

by Kelly Miller
PBS Coordinator

You Are the Role Model

As a parent, you play a critical role in helping your child avoid risky behavior, including smoking. Parents are among the most powerful influences on a child's development. One of the key reasons why youth start to use tobacco, in addition to peer pressure and easy access, is because of their parent's example. Tobacco is America's #1 cause of preventable death. So what should parents do to protect their children? Start by setting a good example.

While youth are highly impressionable for many years, the formative years of early childhood are the most impressionable. Parents' behavior in virtually every situation makes a permanent impact on young minds that remains with them for years.

A 2005 pilot study conducted by the Dartmouth Medical School and published in the Archives of Pediatric and Adolescent Medicine, suggests that children may have already formed attitudes about smoking by the time they're in preschool.

The study involved 120 children, aged two to six years, participating in a role-playing scenario in which they used Barbie and Ken dolls to purchase items from a toy grocery store in preparation for an evening with friends. The "store" was stocked with 70 different miniature products, including cigarettes, beer, and wine. About 62 percent of the children bought beer or wine, and 28 percent bought cigarettes.

Children in the study were more likely to buy cigarettes if their parents smoked and more likely to buy alcohol if their parents drank more than once a month. These impressions and their influence continue to pick up speed as children enter adolescence.

Recently, researchers examined the impact of smoking restrictions and adolescent smoking. In a 2008 study by the University of South Florida, researchers asked 757 Florida high school students about their tobacco use and their parents' attitudes and restrictions on smoking. The study found that 44 percent of adolescent smokers reported their parents did not know they smoked. Just as important, the study found that the stronger the parents' restrictions on smoking (e.g., banning tobacco in the home), the less the children smoked and the more motivated they were to quit.

Simply put, parents who are involved, responsive, and hold their children to a reasonable, but high standard of behavior tend to raise children who are less likely to smoke than those whose parents do not.

You are the role model, the most influential – not the president, not some sports figure, not the teachers. **You.**

by Tom Rafferty
Tobacco Education & Prevention
Partnership (TEPP)
Boulder County Public Health

>> Domestic Abuse Prevention Month

October, domestic abuse prevention month, is an ideal opportunity to talk with teens and pre-teens about healthy relationships. In a survey conducted by Liz Claiborne, Inc., "nearly a third of girls surveyed said they know at least one student at school who has been physically abused by a person they were dating." The cycle of an abusive relationship is difficult to stop. Prevention is the best defense.

Pre-teen and teen years are filled with intense feelings and the line between passion and abuse can seem blurry. The recent attack on Rhianna by her boyfriend Chris Brown left many young people confused about who caused the attack. They may have wondered, "Did she say or do something that made him angry?" Confused about cultural messages, young people may conclude that violence is sometimes justified. This reasoning is dangerous. It's our job, as adults, to initiate conversations and set good examples starting in elementary school.

In a healthy relationship, the needs and opinions of each party are recognized, including:

- >> Time spent alone and time together
- >> Encouragement of personal interests
- >> Fair negotiations
- >> Maintaining other important relationships
- >> Respect for privacy
- >> Open communication

Beware of the following signs of emotional and physical abuse:

The Perpetrator:

- >> Is often jealous
- >> Makes repeated calls and texts
- >> Engages in verbal put-downs
- >> Has a destructive anger

The Victim:

- >> Makes excuses for the behavior
- >> Fears making the abuser angry
- >> Abandons previously enjoyable activities
- >> Has a sudden change in appearance or grades
- >> Has an unexplained injury
- >> Cancels plans with short notice
- >> Is becoming more isolated

To learn more locally:

- >> Peers Building Justice, a collaboration between Safehouse Progressive Alliance for Nonviolence and Moving to End Sexual Assault, provides trained peer educators at the middle and high school levels who discuss dating abuse, sexual assault, and sexual harassment.

For more information, visit: <http://www.peersbuildingjustice.org/>

>> BVSD is co-sponsoring a **free** panel discussion on healthy relationships and the warning signs of abuse on October 5 at the Meadows Library in Boulder at 7:00 p.m.

>> Abby's Voice is sponsoring a 5-mile walk/run to raise funds and awareness for date violence on October 10. This event will originate at Centaurus High School in Lafayette at 8 a.m. Abby's Voice was founded in honor of Abigail Robertson, a Centaurus graduate who was slain by an ex-boyfriend on her 21st birthday. To learn more, please visit www.Abbysvoice.com.

by Elizabeth Matthews, LPC
Member Boulder Psychological Group
and Board Member of Abby's Voice

>> Families Are Talking (cont.)...

WHYSD, a primary provider of comprehensive sexual health education in BVSD, provides youth, their families, and their teachers with accurate, accessible, and honest information about sexuality. For younger youth, credible online resources can help them understand their changing bodies. For older youth, developing the critical thinking skills to determine the legitimacy of online information can help them make safer choices. For example, they could commit, or return, to abstinence during their teen years or if they choose to be sexually active, to reduce the number of times they have sex, to communicate with their partner and use condoms consistently and correctly every time they have sex.

We are celebrating the launch of our new locally tailored, technological sexual health resources this month. Please join us on either date to learn more:

Tuesday, October 13, 5:30-6:30 p.m.- Broomfield Public Library (Mamie Dowd)

Wednesday, October 14, 5:30-6:30 p.m.- Boulder Public Library

Events are catered by Whole Foods! Youth attending from at least 5:45-6:30 p.m. will be eligible for our laptop/ I-Touch raffle! Learn more about our programs for youth- including peer education!

>>Connecting Kids and Community

Join the City of Boulder, BVSD, the University of Colorado, and numerous Boulder businesses and non-profits for the "Growing Up Boulder Kick-off Celebration" on Saturday, Oct. 10, from noon to 6 p.m. in CU's UMC Ballroom. This event is a unique opportunity for middle-school and high-school youth in the Boulder area to raise their voices on local issues that affect them while also having fun! There will be short presentations of youth action projects, a keynote speech by CU regent Joe Neguse, a performance by high school band FlipCrash, free pizza and great prizes. Youth will have the chance to express themselves through art, words and movement on what they love about Boulder and what they would like to change. City leaders will be listening!

For more information or to RSVP, visit www.growingupboulder.org or "Growing Up Boulder" on Facebook or call 303-735-5199. Free bus tickets are available. Youth who pre-register using Facebook will be entered into a drawing for a grand prize on the day of the Kick-off Celebration (one must be present to claim the prize).

Q&A with Dr. J

Q: What's a parent to do? Your child confides in you about a teacher's behavior in the classroom, but expects you to keep silent about comments/actions that are demeaning, hurtful, even abusive.

How does one bridge not wanting to speak forth for fear of reprisal on a child already stressed and scared -- against feeling the need to communicate with administrators, who should be made aware of what's happening in the classroom. How do we advocate for our children's concerns without creating conflicts or damaging relationships?

~Signed, Between a rock and a hard place

A: There are certain factors that must first be considered before deciding on a plan of action. These include: accuracy of information reported, severity of reported misconduct by the teacher, and the child's age. Based on these factors let's consider some scenarios and possible responses:

If we believe that the information is accurate and the misconduct severe, it is

important that it be addressed. Consider meeting with the teacher first and give your child the option to attend (the older the child, the more appropriate the invitation). If this meeting is unsatisfactory, request a meeting with the principal, who should decide whether or not to invite the teacher to this initial meeting. Continue working with the principal until a mutually agreed upon plan of action is developed. While you can then go beyond the principal, if you have been reasonable in your approach it is unlikely that this will be necessary.

If the situation is less clear and/or the misconduct is not severe, first make sure your child feels heard and supported. After allowing your child to fully share his/her thoughts and feelings, brainstorm possible next steps together. Discuss options (e.g. talking with the teacher, talking with the principal, writing the teacher a note, trying not to let the teacher's style be as upsetting, promising to let you know if it happens again, etc.) and empower your child with the final say on what approach to use (the older the child, the more appropriate the

empowerment). If these issues continue, consider the recommendations as outlined above.

It is also important to remember that our children will need to effectively work with a variety of teachers, some more challenging than others, throughout their educational career. If the circumstances are not severe, helping children learn how to handle these issues on their own (especially as they get older) will help them deal more effectively with challenging people in other areas of their lives as well.

You can submit your questions directly to me by phone (720-217-3270), fax (720-381-6089), email (Jan.Hittelman@gmail.com), or regular mail (1527 Pine Street, Boulder 80302).

**I hope to hear from you soon.
Jan Hittelman, Licensed Psychologist**

THRIVEupdate for BVSD Parents

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Look for us on the web!
www.bvsd.com

>>Calendar of Classes & Events

SEPTEMBER 2009

Food Inc. - September 30

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. www.foodincmovie.com All proceeds from ticket prices (\$15) will go to the Boulder Valley School Food Project. The School Food Project relies on community donations to support its goal of providing access to fresh, delicious and nutritious food for all students. www.bvsd.org/schoolfoodproject. The Boulder Theater is located at 2032 14th Street in Boulder - 303.786.7030. Check their website for box office information: www.bouldertheater.com

OCTOBER 2009

Parenting Roles for the 21st Century – Speaker: Dottie Lamm

Wednesday, Oct. 1, 6:30, Broomfield Auditorium, 3 Community Park Road, Broomfield, CO.

Author of "Daddy on Board: Parenting Roles for the 21st Century," Dottie Lamm is the former first lady of Colorado, the mother of two and grandmother of three. She writes of a cultural shift in the U.S. that has seen fathers play an increased role in families and how parents balance the new roles. She will talk about her book and how parenting has changed since she and former Gov. Dick Lamm were raising two kids — and running a state. Free and open to the public. For more information, call 303-469-6449 or visit www.broomfieldacademy.com.

Behind Happy Faces – Speaker: Ross Szabo

Thursday, Oct. 1, 7-8:30 p.m., Platt Middle School, 6096 Baseline Road, Boulder.

Entertaining and connecting with adults and teens alike, Ross Szabo is a nationally acclaimed youth advocate for mental health. He works to remove stigmas around mental health and empower us all to talk about the issues that affect teens, families and communities. Go to www.behindhappyfaces.com to preview his message.

Note ~ Ross Szabo is also speaking to Monarch High students at an afternoon assembly on the same day.

>>Calendar of Classes and Events

OCTOBER 2009

Pathways to Parenting Success: Healthy Dating; Safe Relationships

Monday, Oct. 5, 7:00-8:30 p.m., Meadows Branch Library, Boulder

Panelists: Elizabeth Matthews, LPC, Lauri Benblatt, LPC, Tsunemi Maehara Rooney, LPC, Kathy Robertson

Too many youth and adults find themselves in abusive, dangerous relationships. Learn how to help your children avoid being one of them. For more information: www.BoulderPsychologicalServices.com

Out-of-State College Fair

Wednesday, Oct. 7, from 6:30-8:30 p.m. at Monarch High School.

Sponsored by the BVSD high school counselors and The College Fairs of Greater Denver, this is an incredible opportunity for high school students of all grade levels to begin their college search process, or for seniors to confirm the schools they will be applying to this fall. Over 220 colleges from around the country send admissions representatives to speak with our students regarding their schools and the admission process. For further information, please call Broomfield High School Counselor Janice Dempsey at 720-561-5374.

Growing Up Boulder Kick-Off

Saturday, Oct. 10, Noon to 6 p.m., CU-Boulder University Memorial Center (UMC), corner of Broadway and Euclid.

Area youth and their families are invited to a free public kick-off event featuring free food, music, activities, and hourly giveaways. Youth will have the opportunity to create graffiti art with a local artist; take part in a poetry slam; participate in a logo design contest; learn how to create short personal videos about their communities; and discuss youth issues with city council members. This event kicks off a new youth engagement and action initiative called Growing Up Boulder, a project to which professors and students from the College of Architecture and Planning and the School of Education are bringing their expertise. growingupboulder@gmail.com

Pathways to Parenting Success: The Magic of Mentoring

Monday, Oct. 12, 7:00-8:30 p.m., Meadows Branch Library, Boulder

Panelists: Harmony Barrett Isaacs, LPC, Dr. Trevor Graham, Stuart Marshall, LPC, Dr. Patti Ashley

Formal and informal mentoring can have a profoundly positive impact. Find out how your child can benefit from mentoring relationships. For more information: www.BoulderPsychologicalServices.com

BVSD ADD Parent Support Group

Meetings are Mondays from 6-8:00 p.m. at Fireside Elementary School in Louisville.

Meeting schedule: **October 12**, November 16, December 7, January 11, February 8, March 8, April 12 and May 10. This safe, compassionate, informative group is open to all parents. Come every month or whenever you can. We share our stories, concerns, experience and resources. Co-facilitated by BVSD school psychologist, Dani Rudkin, PsyD with expertise in AD\HD and Anna Stewart, Parent Liaison from the BVSD Parent Support Center. Please contact Anna at 720-561-5918 or by email to anna.stewart@bvsd.org for more information and registration.

In-State College Fair

Tuesday, October 13 from 7:00-8:30 p.m., Coors Events Center, Regent Drive, CU-Boulder

Sponsored by BVSD high school counselors in cooperation with the Colorado Council on High School and College Relations, this free event is a wonderful opportunity for students and parents to speak with admissions representatives from Colorado. For more information, contact Broomfield High School Counselor Gina Malecha at 720-561-5372.

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Parenting with Purpose: Re-Visioning and Re-Defining your Role as Parent

Reconnect with your “higher purpose” as parents. Explore and practice “heartful” ways of communicating with your children. Part of the Compassionate Communication Parent Series.

Tuesday, October 13, 6:00-8:30, Horizons K-8 School, 4545 Sioux Drive, Boulder.

www.centerforcompassionateconnections.org ; phone: 303-284-5850; email: center4cc@gmail.com

Requested donation: \$15.

Profiles of the Gifted: The Journey of Lifelong Learning in the Home & School - Dr. George

Betts Wednesday, October 14, 7:00-8:30 p.m., Fairview High School, 1515 Greenbriar Blvd., Boulder

Presented by Boulder Valley Gifted and Talented (BVGT). Free; donations accepted. For details, visit www.bvgt.org.

RSVP to programming@bvgt.org.

Harvesting Healthy Families: Nourishing the Mind, Body, Soul and Community

Monday, October 19, 6:30-8:00 p.m. at the BVSD Education Center, 6500 Arapahoe, Boulder

This is a “don’t miss” informational evening with BVSD Lunch lady Ann Cooper and Bryce Brown from the Grove Foundation in collaboration with Parent Engagement Network (PEN). Come along and learn how to incorporate wellness into your everyday life. No registration required.

NOVEMBER 2009

Pathways to Parenting Success: Stress Reduction & Relaxation Techniques

Monday, Nov. 2, 7:00-8:30 p.m., Meadows Branch Library, Boulder

Panelists: Lauri Benblatt, LPC, Marcela Ot'alora G., LPC, Ann Kloos, LCSW, Jeffrey Kuhn, LCSW

Stress can impact us physically as well as emotionally. Learn easy and effective stress reduction techniques and improve your quality of life. For more information: www.BoulderPsychologicalServices.com

Pathways to Parenting Success: ADHD: Diagnosis, Challenges and Treatment

Monday, Nov. 9, 7:00-8:30pm, Meadows Branch Library, Boulder

Panelists: Linda Cain, MSED, Dr. Wyatt Fisher, Dr. David Rosenthal

Learn how ADHD is properly diagnosed, impacts those who are challenged by it, and effective ways to treat this challenging disorder. For more information: www.BoulderPsychologicalServices.com