

# Thrive update

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

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

Volume 2 | Issue 1

September 2009

## inside Thriveupdate

- 2 SPOTLIGHT:  
(CAPE)  
Seeking Youth  
Peer Education  
Volunteers  
  
Celebrate Family  
Day
- 3 Positive Behavior  
Support Pilot  
(PBS)  
  
Q&A with Dr. J.
- 4 Invitation from  
the Parent  
Engagement  
Network (PEN)  
  
Immunizations  
Update
- 5 Calendar of  
Classes and  
Events

## Special Points of INTEREST

### Follow BVSD on twitter

Communications is adding Twitter to its media mix for getting urgent district messages (such as snow closures) out to the public.

If you want to get these communications, follow us at [twitter.com/BVSDcolorado](https://twitter.com/BVSDcolorado)

## >>Welcome Back to School - 2009/2010

As co-editors of the Thrive Update newsletter, we are excited to welcome everyone back to school! Last year was the inaugural year for the newsletter. We learned a few things and thanks to the feedback we received we are also making some changes this year.

One thing we heard loud and clear is that Thrive Update needs to have a better balance of articles for both elementary and secondary parents. We found that since several issues featured articles focused on secondary parents, elementary parents felt underrepresented. The editorial team is committed to providing more balance in the articles selected for future publications.

We have also revised our guidelines for articles and calendar items. All items submitted for publication in Thrive Update must relate to the mission – to empower families through scientifically valid knowledge to support healthy youth development. Article contributors are asked to balance their submissions for elementary and secondary topics.

As we rolled out Thrive Update in the spring, we began to focus on monthly themes as a way to provide some cohesion for the articles. For this school year, we have identified monthly themes for each issue and, while we will maintain flexibility with the regular features and articles, we will stick to the monthly themes so it will be easier to anticipate what Thrive Update will cover each month.

### The themes are:

**September:** Back to School

**October:** Relationships

**November/December:**  
Mental Health and Wellness

**January:** Technology Safety

**February:**  
Physical Health and Wellness

**March:** Spring Break

**April:** Transitions

**May:** Summer

We know that Thrive Update is only useful if it's read. Therefore we encourage you to continue to provide feedback, both positive and negative. Your feedback helps us to make this publication a useful source of information for parents throughout the school district. We know that there are some very talented people with expertise in the areas we outlined for the monthly themes and would love to receive article submissions. This includes parents who have questions for our "Q & A with Dr. J" feature.

Thanks for your patience as we debuted Thrive Update and your partnership as we work to make Thrive Update a valuable resource for the Boulder Valley community.

**Leisha Conners Bauer  
and Jan Hittelman**  
Thrive Update  
Managing Co-Editors

## >>SPOTLIGHT: Coalition of Agencies for Peer Education (CAPE) Seeking Youth Volunteers

**CAPE (Coalition of Agencies for Peer Education)** is seeking youth volunteers for the 2009-2010 school year. Peer educators provide informational and educational activities to middle and high school peers, gain valuable community service experience, and build leadership skills.

**CAPE represents the following six peer education programs in Boulder Valley:**

**Boulder Youth Body Alliance (BYBA)** – peers focused on creating social change around the ideas and messages contributing to eating disorders and body dissatisfaction. BYBA is a program of The Body Positive, a grass-roots, community-based organization.

**Colie's Closet** – education and awareness of the warning signs and risk factors of depression and suicide and how to help someone who is exhibiting signs of depression or suicidal tendencies. Colie's Closet is an independent youth-driven nonprofit.

**Gateway Drug Peer Education Program** – teach middle and high school students about the consequences and impacts of drug use and abuse, including tobacco, marijuana and alcohol. Gateway Drug Peer Education is co-sponsored by Boulder Valley School District, Boulder County Tobacco Education and Prevention Partnership (TEPP), and Boulder County Healthy Youth Alliance.



**Peers Building Justice (PBJ)** – education on issues of dating abuse, sexual assault, sexual harassment, and interpersonal violence. PBJ is a collaboration between Safehouse Progressive Alliance for Nonviolence and Moving to End Sexual Assault.

**Sexual Health and AIDS Awareness Peer Education Program (SHAPE)** – teach other teens to reduce their risk of contracting HIV and other sexually transmitted infections and to avoid unintended pregnancy. SHAPE is a collaboration between Women's Health Teen Clinic and Boulder County AIDS Project.

**Youth Empowering Peers (YEP)** – educate peers about equity, diversity, multiculturalism, and oppression issues in Boulder County. YEP is co-sponsored by the YMCA of Boulder Valley and Boulder County Healthy Youth Alliance.

The agencies of CAPE come together to share ideas and resources for providing leadership opportunities to Boulder's youth. For more information about CAPE and to apply to any of the peer education programs, visit the CAPE website at <http://bvsd.org/students/Pages/cape.aspx>

All youth interested in making a difference in their community, gaining public speaking skills, earning community service hours, making new friends and building their college resume should apply.

by Meca Delgado, Boulder County Healthy Youth Alliance

## >>Celebrate Family Day

### Monday, September 28 is Family Day – A Day to Eat Dinner with Your Children

Family Day is a national movement that highlights the importance of frequent family dinners in keeping kids healthier. Eating dinner together frequently keeps the lines of communication open. It's a great time to reconnect, learn about your child's daily life and their likes and dislikes.

#### The Seven Secrets to Successful Family Dinners (from [casafamilyday.org](http://casafamilyday.org)):

1. Start the pattern of family dinners when children are young.
2. Encourage your children to create menu ideas and participate in meal preparation.

3. Turn off the TV and let your answering machine answer calls during dinnertime.

4. Talk about what happened in everyone's day: school, work, extracurricular activities or current events.

5. Establish a routine to start and end each meal. Light candles or tell a story.

6. After dinner play a board game or serve dessert to encourage the family to continue the conversation.

7. Keep conversation positive and make sure everyone gets a chance to speak.

#### Why are family dinners important?

It helps establish a routine time to communicate as a family. Research

shows that girls who have five or more meals a week with their families are one-third less likely to develop unhealthy eating habits. The National Center on Addiction and Substance Abuse at Columbia University found that the more often kids eat dinner with their families, the less likely they are to smoke, drink, or use drugs. And your child will know that no matter how hectic things get, there is a set time when they will be heard.

## >> Positive Behavior Support Pilot (PBS)

Positive school climate is one of BVSD's highest values, and how teachers and administrators understand and deal with student behavior is key to upholding this value. To that end, we have good news! Several schools in BVSD are piloting the PBS or positive behavior support approach.

What is PBS? Simply put, it is a proactive approach to school-wide positive discipline and affirmations. PBS allows schools to establish a set of expectations which are taught, modeled, practiced, and reinforced by administrators and teachers alike. PBS provides a clear way for all of us to recognize the positive behaviors of our students. It teaches us to see when a student is doing what is expected of him or her, and to acknowledge that positive behavior in the moment. It also supports students who need extra assistance to reach our school-wide expectations of behavior.

The concept is research-based, powerful, and simple to apply. For example, at Manhattan MS the expectations of all students have been summed up in the acronym: RISE

1. **Respect**
2. **Individual Responsibility**
3. **Safety**
4. **Equity**

RISE provides an easy-to-remember and positive outline that encompasses virtually every aspect of behavior we'd like to see developed and practiced by Manhattan students. Rather than memorizing the traditional "rule book": don't run, don't hit, don't fight, don't bully, don't chew gum. . . don't, don't don't, RISE gives students a positive model to aim for, not to work against. Respect, Individual Responsibility, Safety, and Equity are very clear goals. PBS operates with the belief system that, in order for a person to excel, the goals must be positive and clearly set. As teachers and administrators, we can then begin to be on the lookout for students doing the right thing and reward them. This encourages everyone in the school—adults and students—to interact positively, which builds trusting relationships and elicits constructive behavior.

More good news: Parents can be valuable partners in making PBS work! Find out if your child's school is a PBS school. Oftentimes there is parent representation on PBS committees. Ask your child if they've earned any PBS tickets and how they earned them. Try this approach at home if you have not already. Research shows, it works!

For questions about PBS, contact BVSD's Positive Behavior Support Coordinator Kelly Miller at 303-870-7398 or Kelly.miller@bvsd.org .

## Q&A with Dr. J.

**Q: After the summer break, what are some suggestions on transitioning my student from a more laid back summer schedule to a school routine and avoiding the chaos that comes with early weeks of school?**

**A:** Much like the calendar year, the school year also has a certain seasonality or flow. We now find ourselves at the beginning of the cycle, which provides a unique opportunity to set the rhythm for a successful school year. By doing this with intentionality we can address both the transition back to school as well as the inevitable adjustments to a new year.

**Here are some strategies to consider:**

Introduce ritual to mark the transition: Create an opportunity to focus on and celebrate your children's start in a new school year. Surprise them with a special meal; perhaps with their favorite foods and/or a special activity. Share your feelings of pride and excitement of the

new adventure they are about to begin, as well as reflecting on the positive events of the past summer.

Provide an opportunity for them to share their positive and negative expectations: Our children have a lot to say if given the opportunity to express it. Let your child know that you're genuinely interested in knowing how they feel about the upcoming school year.

Normalize their concerns and offer your support: Help your child understand that it's normal to have apprehensions at the beginning of a new school year. Consider sharing some of your own school experiences when you were their age. Let them know that you're in their corner and will be there for them if/when challenges arise.

Check in with your child periodically throughout the school year: Instead of focusing only on the school projects, getting homework done, and being

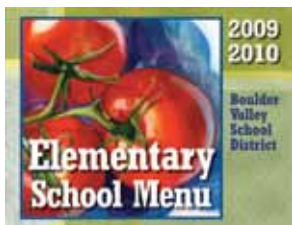
ready in the morning, encourage your child to share about their emotional experiences regarding school. Try to be less of a problem solver and more of a good listener.

Broaden your definition of "success": Try to remember that a successful school year is much more about effort than grades. In addition, be sure to emphasize and celebrate personal, social, and emotional growth as well.

By planting these seeds early on you will increase the chances that your child will blossom throughout the upcoming seasons of this new school year.

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

by Dr. Jan Hittelman,  
Licensed Psychologist,  
Boulder Psychological Services



## New Yearlong Lunch Calendars

Elementary and Middle School Parents, did you get your BVSD lunch calendar for 2009-10? Your child should have gotten one at school during the first week of classes.

It has a picture of bright red tomatoes on the front cover. If you didn't receive your calendar, please contact your school office. It is available in English or Spanish.

## >> Invitation from the Parent Engagement Network

**Parents**, you are invited to become a part of our rapidly growing, dynamic organization ---The Parent Engagement Network (PEN).

PEN develops parent skills and youth resiliency by providing opportunities for connection, relationship building, and provision of research-based, best practice information on preventing high risk behavior and building community. It uses the 40 Developmental Assets framework, created by the Search Institute, and other strength-based approaches. PEN is committed to diversity and cultural competency as well as reaching out to the entire community.

Parent volunteers provide leadership and implementation in coordination with community partners and collaborators. PEN partners with Boulder Valley School District (BVSD) and local collaborator agencies, allowing PEN to offer education, resources, coaching, facilitation, and engagement opportunities that build parent skills, relationships, and sustainability. Hundreds of parents and community members have attended PEN events and rate their experience and skill-building highly. School-based parent volunteers provide leadership and implementation in coordination with community partners and collaborators. Eighty percent of BVSD schools participate with PEN through their school team leaders and school volunteers who take ideas into action at their schools through engaging events,

distribution of information, parent mentoring, displays, book clubs and other activities.

PEN is a parent-led grassroots community movement that has received local and national attention for its interactive, positive approach to parent engagement. PEN has presented its successful model to national, state and local groups such as the U.S. Department of Education, Search Institute, Parent Corps and Assets for Colorado Youth.

As featured on the Today Show and a cover story in Newsweek in 2004, PEN began in response as part of a "Call to Action" by then BVSD superintendent of BVSD George Garcia, at the request of parents. PEN began as part of the Substance Abuse Task Force to encourage parent involvement in creating solutions to high-risk behaviors among our youth. The task force evolved into the Parent Engagement Network in 2003 after parent volunteers realized they wanted to engage the whole community in solutions.



**Join us as we Kick-off PEN this September with the following opportunities:**

### **The Power of Parents, Sparking the Hidden Strengths of Our Youth**

Stephanie Hoy, Executive Director, Assets for Colorado Youth,  
Wed, Sept 2, 6:30-8:30 p.m.,  
Louisville Middle School,  
1341 Main Street, Louisville

### **Raising Girls with Positive Self-empowerment**

Rachel Simmons, national speaker and author of *Raising Girls with Positive Self-empowerment*  
Wed, Sept 16, 6:30-8:30 p.m.  
Platt Middle School  
6096 Baseline Road, Boulder

### **Sparkling a Community of Connections**

Ed Gerety, national speaker and author of *Speaking a Community of Connections*  
Wed, Sept 23, 6:30-8:30 p.m.  
Broomfield High School  
#1 Eagle Way, Broomfield

To find out how you can get involved with PEN, contact Paula Nelson, PEN Chair; [pjn6225@yahoo.com](mailto:pjn6225@yahoo.com), 303-880-6030, or Eugenia Brady, PEN Co-Chair ([eugenia.brady@bvsd.org](mailto:eugenia.brady@bvsd.org), 720-561-5150, or 720-447-1713).

## >> Immunizations Update

**Carol Helwig, MPH, Boulder County Public Health, provided a comprehensive review of immunizations in the March 2009 issue of Thrive Update (available at <http://bvsd.org/parents/Pages/ThriveNewsletter.aspx>) which we encourage everyone to read. The following article provides specific information about BVSD immunization requirements.**

Immunization law requirements and board policy were reviewed by Melissa Mequi, BVSD Legal Counsel, at the July 2009 District Leadership meeting. We wish you to know the information disbursed as it may impact your student.

The state immunization law is: C.R.S. § 25-4-902.

BVSD Board Policy JHCB:

### **Students who do not submit:**

1. A current certificate of immunization;
2. A written authorization signed by a parent or guardian requesting that local officials administer the immunization to the student, **OR**
3. A valid statement of exemption from immunization

**will not be admitted to a district school.**

If a student attending a district school is not in compliance with the immunization requirements, the school nurse or designee must give direct personal notification of the deficiency... Notification shall be made by phone, in person, or in writing.

Within 14 days of this personal notification, the parent, guardian or student (if emancipated or over the age of 18) must submit either 1. a valid statement of exemption from immunization; or 2. documentation that the required

immunization has been given to the student and a written plan for completion of all required immunizations in the future.

If the student does not submit either of these documents or fails to complete the schedule of immunizations detailed in the written plan, he or she shall be suspended or expelled in accordance with state law.

Exemptions may be granted for medical, religious or personal reasons.

Secondly, CDC (Centers for Disease Control) has recommended that the seasonal influenza vaccine be administered to all children aged 6 months-18 years as well as to the populations already recommended to receive the vaccine. Recommendations will be forthcoming for the H1N1 vaccine currently under clinical trials to prevent H1N1 influenza, but recommendations will likely include our students and families. Please strongly consider receiving the influenza vaccines (BOTH the seasonal vaccine and the H1N1), to prevent illness in your family and to prevent the spread of disease to your family and community. Thank you.

Contact your health provider or local Department of Health for assistance and further information:

**Boulder County Public Health**  
- <http://www.bouldercounty.org/health/>

**Broomfield Public Health** - [www.broomfield.org/hhs/Centers for Disease Control and Prevention](http://www.broomfield.org/hhs/Centers for Disease Control and Prevention) - <http://www.cdc.gov/>

by Susan Rowley RN, MS, CPNP, Health Services and Medicaid Coordinator, BVSD, and Sophia Yager RN, BSN, Program Coordinator, Communicable Disease Division, Immunization Program, BCPH

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

### SEPTEMBER 2009

9/2 **PEN Community Conversation**

**The Power of Parents: Sparking the Hidden Strengths of Our Youth**

with Stephanie Hoy, Executive Director; Assets for Colorado Youth

Wed., Sept. 2, 6:30 -8:30 p.m.

Louisville Middle School

1341 Main Street, Louisville

Contact: Betsy Fox at [foxbetsy123@msn.com](mailto:foxbetsy123@msn.com)

9/4 **Art Slam - Back to School Art Celebration**

**Live art, music, dancing, games, free auction give-a-ways, and free food!**

Fri., Sept. 4, 4-8 p.m.

September High School

1902 Walnut Street, Boulder

Contact: [joy@septemberschool.org](mailto:joy@septemberschool.org) or call Alexis @ 303-443-9933

Free! All teens are welcome.

start 9/8 **After Hour Arts and Breakthrough Arts Present:**  
**Free After-School Art Classes - Pottery, Figure Drawing, Interactive Story Telling, Natural Highs, Yoga, Graffiti Art & Mural Design, Billiards, African Dance, Breakin' & Hip Hop Dance, Silk Screening, Tye-Dying. It's All Fun & Games, & More!**

Starting Mon., Sept. 8, every day of the week after school

September High School, 1902 Walnut Street, Boulder

Contact: [joy@septemberschool.org](mailto:joy@septemberschool.org) or call Alexis @ 303- 443-9933

Free! All teens are welcome.

# >>Calendar of Classes & Events

9/8 **Parenting with Purpose: Positions of Consciousness and Barriers to Empathy - Explore how your beliefs, values and past experiences influence your parenting practice, and how to shift the “grooved messages” that keep you responding to your kids in ways you don’t enjoy.**

Workshop Facilitators: Jeff and Traci Bushnell

Tues., Sept. 8, 6:00-8:30 p.m.

Horizons K-8 School, 4545 Sioux Drive, Boulder

Contact: [www.centerforcompassionateconnections.org](http://www.centerforcompassionateconnections.org); or call 303-284- 5850; or email [center4cc@gmail.com](mailto:center4cc@gmail.com)

Fee: \$15

9/22

-10/1

**Secrets of the Internet for Parents: Or, How to Keep Up with Your Kids - This two-week course is designed to teach you the current Internet technologies, how to use them to your advantage, and how to be productive in making technology work for you ---- and your kids. And yes, you will build your own two-page Web site in class!**

Tues., and Thurs., Sept. 22-Oct. 1, 6:30-8:30 p.m.

New Vista High School, Boulder

Fee: \$135. View complete class details and register at [www.bvds.org/LLL](http://www.bvds.org/LLL)

9/16

**PEN Community Conversation**

**Raising Girls with Positive Self-empowerment**

with Rachel Simmons, national speaker and author

Wed., Sept. 16, 6:30-8:30 p.m.

Platt Middle School, 6096 Baseline Road, Boulder

Contact Betsy Fox at [foxbetsy123@msn.com](mailto:foxbetsy123@msn.com)

start 9/16

**Support Group for Parents of Teens**

**New in 2009, this monthly support group is free and open to all parents of teens.** (Made possible by a partnership between September School and the Boulder Counseling Cooperative)

Weds., starting 9/16, (Sept. 16, Oct. 14, Nov. 18, and Dec. 9.), 6:30-8:00 p.m.,

September School, 1902 Walnut Street, Boulder

Contact: [www.BoulderCounseling.org](http://www.BoulderCounseling.org)

9/21

**Pathways to Parenting Success**

**How to Talk So Your Child Will Listen**

Panelists: Karen Wilding, LCSW, Linda Cain, MSED, Dr. Jan Hittelman

Mon., Sept. 21, 7:00-8:30 p.m.

Meadows Branch Library, Boulder

Contact: [www.BoulderPsychologicalServices.com](http://www.BoulderPsychologicalServices.com)

To submit items for the calendar contact: Maela at [maela.moore@bvds.org](mailto:maela.moore@bvds.org)

# >>Calendar of Classes & Events

9/23 **PEN Community Conversation  
Sparkling a Community of Connections**  
with Ed Gerety, national speaker and author  
Wed., Sept. 23, 6:30-8:30 p.m.  
Broomfield High School, #1 Eagle Way, Broomfield  
Contact: Betsy Fox at foxbetsyl23@msn.com

9/28 **Pathways to Parenting Success  
Communication and its Effects on Self-Esteem**  
Panelists: Elizabeth Matthews, LPC, Lauri Benblatt, LPC,  
Harmony Barrett Isaacs, LPC  
Mon., Sept. 28, 7:00-8:30 p.m.  
Meadows Branch Library, Boulder  
Contact: [www.BoulderPsychologicalServices.com](http://www.BoulderPsychologicalServices.com)

## OCTOBER 2009

10/5 **Pathways to Parenting Success  
Healthy Dating; Safe Relationships**  
Panelists: Elizabeth Matthews, LPC, Lauri Benblatt, LPC  
Mon., Oct. 5, 7:00-8:30 p.m.  
Meadows Branch Library, Boulder  
Contact: [www.BoulderPsychologicalServices.com](http://www.BoulderPsychologicalServices.com)

10/7-  
10/21 **Parent is a Verb - This is a class for parents and/or grandparents who are battling with uncooperative, disrespectful, "out of control," "crossing the line" children from ages 11 to 99! Learn alternative strategies and practical solutions to family problems such as: choices and consequences, setting boundaries and limits, letting go, fear and worry, blame, enabling, change, guilt, denial, anger, parents' rights, drugs, and alcohol.**  
Weds., Oct. 7-21, 7-9 p.m.  
Manhattan Middle School in Boulder  
Fee: \$89. View complete class details and register at [www.bvsd.org/LLL](http://www.bvsd.org/LLL)



### **BVSD Community Opportunities for Youth (COY) Directory**

The 2009-10 Community Opportunities for Youth (COY) Directory is now available at: [www.bvsd.org/coy](http://www.bvsd.org/coy). The directory, an annual BVSD publication, is filled with enriching activities and services that support the health and wellbeing of children and youth. Categories include athletics, health & support services, tutoring and the arts. As part of BVSD's new Green Initiative, the COY Directory will no longer be printed and mailed to district families. Paper copies, however, can be found at schools beginning in early September. You can also request a copy in English or Spanish from Marla Riley at 720-561-5250, [marla.riley@bvsd.org](mailto:marla.riley@bvsd.org).

“Creating a Caring, Connected, Safe Community in Partnership with all Adults & Youth”

**2009– 2010 Community Conversations ALL EVENTS ARE FREE & OPEN TO THE PUBLIC**

September 2 Wednesday	Louisville Middle School 6:30-8:30pm	<b>“How are All the Children?”</b> 8 <sup>th</sup> Annual PEN Kick-off <b>Power of Parents</b> Sparking the Hidden Strengths of Our Youth	Welcome: Chris King, Superintendent, BVSD Stephanie Hoy Exec. Director, Assets for Colorado Youth <a href="http://www.buildassets.org">www.buildassets.org</a>
September 16 Wednesday	Platt Middle School 6:30-8:30pm	<b>Raising Girls With Positive Self-empowerment</b> Personal foundation and conflict management skills for success	Rachel Simmons, Oprah-endorsed National Speaker and author, “Odd Girl Out” & “Curse of the Good Girl” <a href="http://www.rachelsimmons.com">www.rachelsimmons.com</a>
September 23 Wednesday	Broomfield High School 6:30-8:30pm	<b>Sparking a Community of Connections</b> Learn techniques for breaking down barriers and strengthen connection with your kids, other youth, and the community	Ed Gerety Author and National Presenter <a href="http://www.EdGerety.com">www.EdGerety.com</a>
October 19 Monday	BVSD Education Center 6:30-8:30pm	<b>Harvesting Healthy Families</b> Nourishing the Mind, Body, Soul and Community	Community Collaborative: Bryce Browne, <a href="mailto:Bryce@growefoundation.org">Bryce@growefoundation.org</a> <a href="http://www.growefoundation.org">www.growefoundation.org</a>
November 19 Thursday	BVSD Ed Center 9:00-11:00am	<b>Teaching Heart</b> <i>Recognize and Develop Social and Emotional Intelligence</i> <i>The Key to a Child’s Success and Wholeness</i>	Tom McSheehy, therapist and Educator <a href="http://www.teachingheart.com">www.teachingheart.com</a>
December 14 Monday	Centaurus High School 6:30-8:30pm	<b>Celebrating Diversity and the Power of Community</b> <i>Practical skills for authentic connections with each other</i>	Community Collaborative: Bill De La Cruz, De La Cruz Consulting Inc., <a href="mailto:b.delacruz@comcast.net">b.delacruz@comcast.net</a>
January 13 Wednesday	Louisville Middle School 6:30-8:30pm	<b>High Performance Parenting</b> Skills for Parenting in Our Fast-Paced World	Adam Fels, LMS Principal <a href="mailto:Adam.fels@bvsd.org">Adam.fels@bvsd.org</a>
January 28 Thursday	Monarch High School 6:30-8:30pm	<b>HOPE: You Are Not Alone</b> <b>Suicide Prevention and Depression Awareness</b> <i>Voices of Strength, empowerment, &amp; resources</i>	HOPE Coalition of Boulder County <a href="http://www.hopecoalitionboulder.org">www.hopecoalitionboulder.org</a>
February 18 Thursday	BVSD Ed Center 9:00–11:00am	<b>Body Wholeness</b> <i>Creating Accepting Relationships with Our Bodies, Education and Resources around Disordered Eating</i>	Community Collaborative: Isabelle Tierney, The Body Beloved Revolution <a href="mailto:isabelle@bodybeloved.com">isabelle@bodybeloved.com</a>
February	Evening	<b>Beauty Mark</b> A film Challenging our View of Beauty	PEN FUNDRAISING EVENT Stay tuned for details
March 11 Thursday	BVSD Ed Center 9:00–11:00am	<b>Compassionate Communication</b> Deepening parent/child relationships	Jeff and Traci Bushnell <a href="http://www.centerforcompassionateconnections.org">www.centerforcompassionateconnections.org</a>
March 16 Tuesday	Peak to Peak 6:30-8:30pm		
April 1 Thursday	BVSD Ed Center 9:00-11:00am	<b>Transitions</b> Tools elementary through high school	Sue Wong , Practical Parenting expert 303-449-1486
May	tba	<b>8<sup>th</sup> Annual PEN Celebration</b>	

PEN Community Conversations:

\*9:00-9:30 Networking\*

\*9:30-11:00 Presentation\*

\* Build Relationships and Networks of Communication

\*Engage parents, youth, and community members to increase resiliency and thriving in our youth

\*Provide Research-based information and best practices on preventing high risk behavior

Questions: Contact Betsy Fox, PEN Lead Coach [foxbetsy123@msn.com](mailto:foxbetsy123@msn.com)

For resources, updates and other information, please visit: [www.parentengagementnetwork.org](http://www.parentengagementnetwork.org)

# Foothills Parenting Classes

Fall 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®

Oct. 5 - Nov. 16 (Mondays) 6:30–9:00 PM  
(no class Oct. 26)  
Heatherwood Elementary School,  
7750 Concord Drive, Boulder  
Instructor: Stephanie Bryan

Oct. 15 - Dec. 3 (Thursdays) 6:30–9:00 PM  
(no class Oct. 29 and Nov. 26)  
Mesa Elementary School,  
1575 Lehigh, Boulder  
Instructor: Cyndi Goldfarb

Oct. 28 - Dec. 9 (Wednesdays) 6:00–8:30 PM  
(no class Nov. 25)  
Louisville Recreation Center,  
900 Via Appia, Louisville  
Instructor: Sheryl Schwabe

Nov. 2 - Dec. 14 (Mondays) 6:00–8:30 PM  
(no class Nov. 23)  
Superior Elementary School,  
1800 S. Indiana, Superior  
Instructor: Cyndi Goldfarb

## Active Parenting for Stepfamilies™

Sept. 29 - Nov. 17 (Tuesdays) 6:30–9:30 PM  
(No class Oct. 27, Nov. 3)  
Dreamcatcher Direct Instruction Center,  
5440 Conestoga Ct. (near 55th and Arapahoe),  
Boulder  
Instructor: Stephanie Bryan

## REAL Parenting®

Sept. 24, Oct. 1, 8, 22, Nov. 12 (Thursdays) 6:30–9:15 PM  
Dreamcatcher Direct Instruction Center,  
5440 Conestoga Ct. (near 55th and Arapahoe),  
Boulder  
Instructor: Stephanie Bryan

## Become Empowered: Connect with Your Parent so You are Heard and Respected,

a concurrent class for teens run by teen coach Mary Lynne Coleman. See details at [www.BeGreatTeenCoach.com/class-schedule/](http://www.BeGreatTeenCoach.com/class-schedule/)

## Costs and Childcare

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

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

Sept. 19 - Oct. 17 (Saturdays) 10:00 AM–12:30 PM  
Parenting Place,  
1235-A Pine Street, Boulder  
Instructor: Sheryl Schwabe  
Childcare available

Sept. 23 - Oct. 21 (Wednesdays) 6:00–8:30 PM  
Louisville Recreation Center,  
900 Via Appia, Louisville  
Instructor: Sheryl Schwabe

Oct. 6 - Nov. 17 (Tuesdays) 9:00–11:15 PM  
(No classes Oct. 27, Nov. 3)  
1530 55th Street (near 55th and Arapahoe),  
Boulder  
Instructor: Stephanie Bryan

Oct. 7 - Nov. 11 (Wednesdays) 6:00–8:15 PM  
(No class Oct. 28)  
Lyons Community Church,  
350 Main, Lyons  
Instructor: Cyndi Goldfarb  
Childcare available

Oct. 24 - Nov. 21 (Saturdays) 10:00 AM–12:30 PM  
Parenting Place,  
1235-A Pine Street, Boulder  
Instructor: Sheryl Schwabe  
Childcare available

## Siblings Without Rivalry™

Dec. 1, 5, 22, Jan. 5, 12, 19 (Tuesdays) 6:30–9:00 PM  
Dreamcatcher Direct Instruction Center,  
5440 Conestoga Ct. (near 55th and Arapahoe),  
Boulder  
Instructor: Stephanie Bryan

## Instructors

Stephanie Bryan  
(303) 397-0646 or [www.REALparenting.net](http://www.REALparenting.net)  
Cyndi Goldfarb  
(303) 494-8373 or [www.boulderparentingclasses.com](http://www.boulderparentingclasses.com)  
Sheryl Schwabe  
(303) 520-6803 or [sschwabe@comcast.net](mailto:sschwabe@comcast.net)

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

### Creating a class at your location

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