

All Families of Red Hook Central School District are Invited to Attend!

Parent University for K-12

Saturday, March 8, 2014

8:00 AM - 12:30 PM

All Sessions at Red Hook High School, 103 West Market Street, Red Hook

Join us to get ideas, resources, information and encouragement!

RAFFLE DRAWINGS WITH PRIZES FOR ALL PRE-REGISTERED PARTICIPANTS

Conference Schedule

8:00 -8:25am	Day of Registration/Refreshments	High School Main Hall
8:25-8:45am	Welcome by Superintendent Paul Finch	HS Cafeteria
8:55-12:10pm	Workshop Sessions 1-4	Locations on Schedule
8:30- Noon	Information Table Displays	High School Main Hall

INFORMATION TABLE PROVIDERS:

Mount Saint Mary College, RHCS D Food Service Department, Mill Road Crossroads and Camp Invention programs, Astor Head Start at Mill Road, RHCS D Facilities, Red Hook Public Library, Project Lead the Way, Red Hook Education Foundation (RHEF), RHCS D Continuing Education, Red Hook School Resource Officer (SRO) Program, RHCS D Parent Teacher Student Association (PTSA)

Workshop Descriptions

Workshop Description: Cyberbullying

Target Audience: All ages

This safety workshop will educate parents about the dangers their children face in the social media/ digital world and what parents can do to keep their children safe.

Presenters: Sgt. Patrick Hildenbrand and Detective Tom D'amicantonio, Red Hook Police Department

Workshop Description: Narcotics Awareness for Red Hook Parents

Target Audience: All ages

This workshop is intended to increase parents' awareness of the drug-related issues children are confronted with. Children experimenting with drugs and drug abuse are every parent's nightmare. Recognizing the signs and behavior of drug use will be covered in this session.

Presenters: Sgt. Patrick Hildenbrand and Detective Tom D'amicantonio, Red Hook Police Department

Workshop Description: Children's Books Are a Key to Reading

Target Audience: Birth-Grade 5

Come join us for a fun, interactive, hands-on session to learn about the importance of children's books. Great book ideas will be shared as well as the fine art of reading a picture book.

Presenter: Erica Freudenberger, Librarian, Red Hook Public Library and Barbara Clapp, Literacy Specialist

Workshop Description: Maintaining and Improving Motivation

Target Audience: All ages

Have you ever thought to yourself, "This kid won't do anything!" or "Why do I have to give reminders to do chores or clean his or her bedroom?" This workshop will review the psychology of motivation and provide you with the tools to maintain and improve your child's motivation.

Presenters: Dr. Sal Massa, RHCS D Psychologist, Ms. Alisa Vinci and Ms. Amanda Guardo, School Psychologist Interns

Workshop Description: Exploring the Theory and Practice of Mindfulness**Target Audience: All ages**

Slowing Down to Smell the Coffee: In this workshop, we will explore the dichotomy of Doing and Being from a Western and Eastern perspective. Whether at work or school rushing to finish tasks on our to-do list creates a climate of “never enough and always wanting.” Join us as we explore simple ideas and techniques that can help adults and students exit escalating spirals of “catching up” and find their potential in the undistracted comprehension of doing what needs being done.

Presenters: Jill Berardi and Dr. Katie Zahedi, LAMS Administrators

Workshop Description: Parents & RHCSd: Keeping in Touch**Target Audience: All ages**

Join us for a virtual field trip of the many ways in which you as a parent can stay informed about what’s going on in your student’s classroom, in his or her building, in the district, and in the greater Red Hook community. Topics will include Twitter, school websites, eSD Parent Portal, SchoolMessenger and more!

Presenter: Donna Seelbach, RHCSd Technology Director

Workshop Description: Introduction to Naviance**Target Audience: Grades 7-12**

Learn what Naviance is and how it works as a comprehensive college and career tool for Grade 7 through high school for students and parents. Naviance is web-based and readily accessed from the convenience of your home. This workshop will get you started as a Naviance user!

Presenter: Peg D’Onofrio, RHCSd Transition Specialist

Workshop Description: A Smarter Way to Invest for College**Target Audience: All ages**

It’s not too early and it’s not too late. This presentation will cover the rising cost of a college education, and the alternative ways of saving for college, focusing primarily on 529 College Savings Plans. The pros and cons of the alternative savings vehicles (529, UTMA, Coverdell ESA, etc.) will be discussed.

Presenter: Carl Janasiewicz, Ulster Savings Bank

Workshop Description: State of the District Overview**Target Audience: All ages**

Superintendent Paul Finch will give an overview of the state of the Red Hook Central School District that will include demographics, staffing, curriculum & instruction, assessment, facilities and technology. Questions are welcomed and dialogue encouraged.

Presenter: Paul Finch, RHCSd Superintendent of Schools

Workshop Description: School Financing and Budget 101**Target Audience: All ages**

Learn the basics of public school financing and its impact on property taxes and what that means to you. Questions are welcomed and dialogue encouraged.

Presenter: Bruce Martin, RHCSd Business Manager

Workshop Description: The College Application Process**Target Audience: Grades 7-12**

So many questions about the college process and so little time to find the answers! Learn about SATs, ACTs, the college search, financial aid and the common application. Hear the perspective of a Red Hook parent that has experienced the process and lives to tell about it!

Presenters: Nicole Schmidt, RHHS Guidance Counselor & Stephanie Comerford, RHCSd Teacher and Parent

Workshop Description: Digital Technology and Parenting 101**Target Audience: All ages**

Dr. Button will review key research findings on digital technology and child development, and offer some suggestions for navigating parenthood in the digital age.

Presenter: Dr. Suzie Button, Assistant Executive Director, Astor Services

REGISTRATION INFORMATION AND INSTRUCTIONS

- Workshops are free of charge and open to the public (adults only!).
- You must be pre-registered in order to attend. Workshop size is limited and registration is on a first come/first served basis. Registrations will be taken on the day of the event ONLY for workshops that have space available in them.
- We must have a certain number of participants in order to run the workshops, so please register early to avoid cancellation. We will contact you if we have to cancel a workshop due to low registration.
- **3 Ways to Register:**
 - On line at www.redhookcentralschools.org
 - Print off this PDF, complete it and send to school with your child OR mail it to Donna Gaynor, Assistant to the Superintendent for Curriculum & Instruction, Red Hook Central School District, 9 Mill Road, Red Hook, NY 12571
 - FAX your completed registration form to: 845-758-3366, ATTN: Donna Gaynor.

REGISTRATION FORM – PLEASE PRINT NEATLY!

Name: _____ Address: _____

Phone Number: _____ Email: _____

Please choose a workshop and an alternate choice per session by numbering your choices 1 and 2.

Session 1 Choices 8:55-9:40am	Session 2 Choices 9:45-10:30am	Session 3 Choices 10:35-11:20am	Session 4 Choices 11:25-12:10pm
<input type="checkbox"/> Cyberbullying <input type="checkbox"/> Mindfulness <input type="checkbox"/> Investing for College <input type="checkbox"/> State of District <input type="checkbox"/> College App Process <input type="checkbox"/> Digital Tech & Parenting	<input type="checkbox"/> Narcotics Awareness <input type="checkbox"/> Maintaining Motivation <input type="checkbox"/> RHCS D Technology <input type="checkbox"/> Intro to Naviance <input type="checkbox"/> School Finances/Budget <input type="checkbox"/> College App Process	<input type="checkbox"/> Cyberbullying <input type="checkbox"/> Children's Books <input type="checkbox"/> Mindfulness <input type="checkbox"/> Investing for College <input type="checkbox"/> School Finances/Budget <input type="checkbox"/> Digital Tech & Parenting	<input type="checkbox"/> Narcotics Awareness <input type="checkbox"/> Children's Books <input type="checkbox"/> Maintaining Motivation <input type="checkbox"/> RHCS D Technology <input type="checkbox"/> Intro to Naviance <input type="checkbox"/> State of District

Workshop Title & Description	Offered Session 1	Offered Session 2	Offered Session 3	Offered Session 4
Cyberbullying: This safety workshop will educate parents about the dangers their children face in the social media/ digital world and what parents can do to keep their children safe.	😊		😊	
Narcotics Awareness for Red Hook Parents: This workshop is intended to increase parents' awareness of the drug-related issues children are confronted with.		😊		😊
Children's Books Are a Key to Reading: Join us for a fun, interactive, hands-on program to learn about the importance of children's books. Great book ideas will be shared and you will also learn the fine art of reading a picture book.			😊	😊
Maintaining and Improving Motivation: This workshop will review the basics of motivation and provide you with the tools to maintain and improve your child's motivation.		😊		😊
Exploring the Theory and Practice of Mindfulness - Slowing Down to Smell the Coffee: Join us as we explore simple ideas and techniques that can help adults and students exit escalating spirals of 'catching up' and find their potential in the undistracted comprehension of doing what needs being done.	😊		😊	
Parents & RHCS D-Keeping in Touch: Learn the ways in which you as a parent can stay informed about what's going on in your student's classroom, building, our district, and our community.		😊		😊
Introduction to Naviance: Come and learn what Naviance is and how it works as a comprehensive college and career tool for Grade 7 through high school for students and parents.		😊		😊
"A Smarter Way To Invest For College": This presentation will cover the rising cost of a college education, and the alternative ways of saving for college, focusing primarily on 529 College Savings Plans. The pros and cons of the alternative savings vehicles (529, UTMA, Coverdell ESA, etc.) will be discussed.	😊		😊	
State of the District Overview: Superintendent Finch will give an overview of the state of the Red Hook Central School District. Questions are welcomed and encouraged.	😊			😊
School Financing and Budget 101 : Come and learn the basics of school finance and property taxes and what it means to you. Questions are welcomed and encouraged.		😊	😊	
The College Application Process: Come and find out about SATs, ACTs, the college search, financial aid and the common application. Come and hear the experiences of a Red Hook parent!	😊	😊		
Digital Technology and Parenting 101: Dr. Button will review key research findings on digital technology and child development and offer some basic suggestions for navigating parenthood in a digital age.	😊		😊	

