

STRENGTHENING FAMILY-SCHOOL RELATIONSHIPS:

Achieving excellence and well-being for all students

SATURDAY APRIL 16, 2016

8:00am – 3:00pm

| TIME | TOPIC | SPEAKER | INTEREST |
|---------|---|---|------------|
| 9:00am | How to Raise Confident and Motivated Kids We all want youth to feel confident and motivated. Kids want it even more! As a motivational strategist to youth, she has insights into surprisingly simple ways to raise their confidence and motivation. The foundation of her work keeps the focus on what is right about a child instead of what is wrong. This keynote presentation is a combination of powerful strategies, humour and anecdotes that together, give audiences a delightful, memorable experience.. | Monique Howat National Keynote Speaker and Performance Motivation Expert since 1998 | ALL |
| 10:30am | Family Habits of Happiness - When the kids are happy, parents are happy. Families that learn happiness habits together gain positive benefits like a tough resilience to daily stressors, optimism that spreads and contagious laughter that are just a few of the plusses , along with the truly exceptional and unique legacy of living in happiness. This talk delivers a feast of fresh, fun tools and strategies to move the whole family toward life-changing happiness. http://moniquehowat.com | Monique Howat National Keynote Speaker and Performance Motivation Expert since 1998 | ALL |
| 10:30am | Food: How it Affects Learning and Behaviour Very few parents and educators understand the powerful influence that dietary intake has over learning and behaviour. Discover the Top 10 Most Powerful Nutritional Tips for healthy bodies and brains. Learn about healthier alternatives for common “problem foods”, and be motivated and inspired by Christine so you and your family can attain optimal health. What YOU eat and feed your children really matters! https://optimalyou.ca | Christine Gingerich OptimalYou | ALL |

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| 10:30am | <p>Science: STEM skills in career Education Science, Technology, Engineering, and Math (STEM) subjects are essential for the development of key traits - including curiosity, collaboration, critical thinking, and an entrepreneurial spirit - that will fuel student's future success. Join us for this presentation where we will examine the essential skills for career success, and how STEM courses are ideal to develop them.</p> | <p>Kevin Donkers WRDSB Physics Teacher, Past Secondment to Perimeter Institute</p> | Grades 7-12 |
| 10:30am | <p>Exploring Equity & Inclusion at the WRDSB Students need to feel safe, cared for and included if they are to do their very best. Come and learn how equity and inclusion is helping to create a positive learning environment for students, and share in the dialogue on how we can continue to improve in this area.</p> | <p>Deepa Ahluwalia WRDSB Equity & Inclusion Officer</p> | Grades 7-12 |
| 10:30am | <p>How to Navigate the School System Transition from Grade 8 to Secondary School - what do you need to know.</p> | <p>Jim Woolley WRDSB Staff</p> | Grades 7-9 |
| 10:30am | <p>SafeTalk - Student mental health wellness.</p> | <p>Melissa Isherwood & Lisa Mulvihill WRDSB Staff</p> | ALL |
| 10:30am NEW SESSION ADDED! | <p>CODE Parent Math Kit - Working with your kids on math. When students understand mathematics, they are equipped with knowledge they can bring to every aspect of their lives. Inspiring Your Child to Learn and Love Math is a tool kit for parents. It provides modules with simple, but effective methods and materials for parents.</p> | <p>John Lee WRDSB Staff</p> | Grades JK-8 |
| 10:30am NEW SESSION ADDED! | <p>Defining your Digital Identity: Internet Safety for Parents and Kids - It is hard enough trying to raise a child in any generation. We are now facing the uncertainty of the digital world, which changes faster than anyone can possibly keep up with. The best tool we have is education. Cat Coode, of Binary Tattoo, wants you to understand how digital identities are developed online so you and your kids can stay safe and still enjoy all the benefits of the Internet.</p> | <p>Cat Coode Binary Tattoo</p> | ALL |

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| 12:45pm | Anxiety in Kids: Supporting Your Child’s Stress Management - This talk will focus on identifying your child’s need for improved stress management, recognizing the symptoms of anxiety in children, and recommended strategies to support the development of healthy stress management skills in childhood that can carry through into adolescence and adulthood. | Dr. Kerris Del Rosario Del Rosario Psychology & Psychotherapy Group | ALL |
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| 12:45pm | Emotional Intelligence & Adolescent Development - Talking about school, clothes and friends: Everyday conflicts in parent-adolescent relationships. | Manuela Ulrich Worldline | Grades 7-12 |
| 12:45pm | Understanding Problem Gaming & Internet Use The Understanding Problem Gaming & Internet Use workshop helps parents to identify warning signs that there may be concerns with their child's gaming or internet use. The addictive nature of gaming and internet use and strategies for addressing and supporting healthy change will be explored. | Noella Taylor St. Mary's Counselling Service | Grades 7-12 |
| 12:45pm | SafeTalk - Student mental health wellness. | Melissa Isherwood & Lisa Mulvihill WRDSB Staff | ALL |
| 2:00pm | Anxiety in Kids: Supporting Your Child's Stress Management - This talk will focus on identifying your child's need for improved stress management, recognizing the symptoms of anxiety in children, and recommended strategies to support the development of healthy stress management skills in childhood that can carry through into adolescence and adulthood. | Dr. Kerris Del Rosario Del Rosario Psychology & Psychotherapy Group | ALL |
| 2:00pm | Parent Empowerment! Getting Homework Done with your Child - Empowering parents to help their children with homework through tips on modeling good work and organizational behaviours; building strong relationships; and supporting children in their educational endeavour. Emphasis will be placed on encouraging parents to work alongside their child regardless of whether they feel confident in the homework itself. | Erica Woodford Frontier College | Grades 1-8 |
| 2:00pm | Life After High School: Preparing Your Teen For Education And Career Choices - High school students face essential decisions that will impact much of their life after graduation. Help them make informed and empowered decisions by knowing where the jobs are expected to be, what motivates today's teens to learn and work, and the best strategy for achieving their goals. | Shellie Deloyer Bright Futures Education & Career Coaching | Grades 9-12 |

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| 2:00pm | <p>Drug Awareness and Prevention The focus of this harm reduction presentation will be on opioid overdose. At the end of the presentation parents will be aware of drug categories, major risks for overdose, signs and symptoms of overdose, overdose prevention and how to respond to an opioid overdose, including the use of Naloxone. Special Guest: Christine Padaric. Christine lost her 17 year old son, Austin to an overdose in 2013.</p> | <p>Kathy McKenna Public Health Nurse, Sexual Health and Harm Reduction Program at Region of Waterloo Public Health and Emergency Services</p> | <p>Grades 7-12</p> |
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