

ARLINGTON PARENT/COMMUNITY FORUMS 2021-2022

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Forums are added throughout the school year, please check back often!

2021 FORUMS

- October 26th, 28th & November 2nd, 4th, 9th, 2021 – Guiding Good Choices (Fall), 6:30pm, Virtual
- October 27, 2021 – Family Media Plan, 7:00pm, Virtual
- October 28, 2021 – Self-Compassion for Parents and Caregivers, 7:00pm, Virtual

2022 FORUMS

- January 12, 2022 - Smoking Cessation Hypnosis, 7:00pm, Virtual
- January 20, 2022 - Are the Kids Alright? Post Pandemic Parenting - Michael Thompson, 7:00pm, Virtual
- January 26, 2022 – A Growth Mindset the Key to Life Long Learning, 7:00pm, Virtual
- May 11, 2022 - Smoking Cessation Hypnosis

FREE PARENTING Communication SERIES

***GUIDING GOOD CHOICES
Zoom Sessions for Fall 2021***



For parents and caregivers of students (Grades 5-8)

Participation is free, but REGISTRATION IS REQUIRED

**Guiding Good Choices (GGC) offers proven techniques
and effective tools to help parents:**

- **Improve communication with their children.**
- **Develop healthy family values and behavioral expectations.**
- **Control and express anger constructively.**
- **Strengthen family bonds and trust.**
- **Prevent children from engaging in substance use and other risky behaviors.**

**Tuesday and Thursday nights (Oct. 26 & 28, Nov.
2, 4 & 9th)
from 6:30-8:30**

Via Zoom (Link will be provided upon registration)

GGC consists of 5 sessions. This is an evidence-based program

Please register via email: kkoretsky@town.arlington.ma.us

***This program is
made possible with
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SANBORN
FOUNDATION

**Arlington
Youth Health &
Safety
Coalition**

Parent Forum

Family Media Plan

Wednesday, October 27, 2021 7-8:30PM

Virtual - Please register today!

RSVP: cnewell@arlington.k12.ma.us

For students in grade 4 through 12

Description: Screen time out of control? Looking for ways to help your children manage screen time for optimal health and development? Adrienne Principe can help! During this presentation, Adrienne will discuss the positives and negatives associated with screen time during the elementary school years, and why developing certain skills and habits during this time are crucial to future success and happiness. She will also discuss how parents can manage screen time, support their children and take care of themselves during COVID. She will present practical strategies you can use today to engage your family in designing and implementing a concise yet flexible family media plan. Materials that you can use to uncover your family's values and a template you can use to create a family media plan based on those values will be available to all parents. A Q&A and discussion will follow. **Please answer the Presenter's survey prior to the workshop.** <https://forms.gle/5AT8AEyvUnGa1zh8A>

Bio: Adrienne Principe is the Founder and Executive Director of Turning Life On, a non-profit, grassroots movement committed to digital wellness. As a certified Child and Teen Coach, Adrienne has a clear understanding of the latest research regarding technology and child development, and works with parents, educators and community leaders to bring thoughtful strategies for achieving digital wellness into homes and schools. She is a member of the Screens in Schools Working Group for the [Children's Screen Time Action Network](#). Adrienne is also a presenter for the [Massachusetts Partnership for Youth](#), a regular contributor on the Podcast "[Live Above the Noise](#)" and a writer for the [Family Online Safety Institute](#) Good Digital Parenting Blog. She has been interviewed by the Wall Street Journal, The New York Times, and other news outlets, organization and digital wellness groups.



SELF-COMPASSION FOR PARENTS AND CAREGIVERS

**INTRODUCTORY WORKSHOP (VIRTUAL ON ZOOM)
FOR ARLINGTON PARENTS & CAREGIVERS
THURSDAY, OCTOBER 28, 7:00 - 8:30 PM**

Caregiver fatigue is especially present in the time of the COVID pandemic. This 1.5-hour introductory workshop (for Arlington parents and caregivers) will introduce mindfulness and self-compassion as a way to support managing challenges in everyday life

Join AYCC (Arlington Youth Counseling Center) clinician Bridge Kiley in this introductory virtual workshop on Mindfulness and Self-Compassion practices that you can incorporate for yourself and your family to build resilience and manage stress

*this workshop is free
yet registration is required
register at: bit.ly/AYCC-scw*



YOU CAN QUIT SMOKING

Hypnosis Can Help



Join us for a free smoking-cessation hypnosis session

Arthur Schwartz practices philosophical counseling and hypnotherapy to help facilitate personal empowerment. His smoking cessation program combines suggestions encouraging an immediate and complete stop to smoking with a simultaneous option of phasing out cigarettes more gradually.



Wednesday, January 12th @ 7pm



UPDATE: Will be hosted on ZOOM



For registration (& to receive a Zoom link or if you have any questions email:

kvodka@town.arlington.ma.us

Parent/Community Forum
Presents
“Are the Kids Alright? Post Pandemic Parenting”
Presenter: Mr. Michael Thompson
Thursday, January 20, 2022 7-8:30 Zoom
Grades K-12

Join Zoom Meeting

<https://us02web.zoom.us/j/87106540930?pwd=RER5bFJqY3dpOTZrb2lxK09sVGQ2UT09>

- I. **Introduction: A grueling two years**
 - a. Fears of death, loss and constant risk management
- II. **Stress of Remote Learning**
 - a. Shift of responsibility to boys and to parents.
 - b. What was the parent’s role supposed to be...and now?
- III. **Parental Anxiety about Mental Health of Children**
 - a. Fears of a “traumatized” generation of children are unfounded.
 - b. Our “psychological immune systems” worked better than we imagined.
- IV. **Parental Worry about Children’s Social Lives**
- V. **Concerns about Learning Loss and Screen Addictions**
- VI. **What has been the Hardest Thing for You?**
- VII. **What has been the Biggest Challenge for Your Child?**

Michael Thompson, PhD., is a clinical psychologist, author, and school consultant. He has worked in schools for 50 years, starting out as a middle school teacher and later training as a counselor and psychologist.

Michael is the supervising psychologist for the Belmont Hill School and has worked with more than 700 schools in the U.S., Asia, Africa, Europe, and Central America. In addition he served as the longtime facilitator for the NAIS institute for New Heads and later the Academy of International School Heads.

Thompson is the author or coauthor of nine books, including the *New York Times* bestseller *Raising Cain: Protecting the Emotional Life of Boys and Best Friends, Worst Enemies: Understanding the Social Lives of Children*.

A Growth Mindset The Key to Life Long Learning

K to 12

7:00 to 8:30 pm — 01/26/2022

RSVP: CNEWELL@ARLINGTON.K12.MA.US

We can inculcate in children a belief that each of them can learn and grow through a lifetime of pursuits. This workshop includes an overview of the latest brain science, and how to bring that amazing and wondrous knowledge to children in every day conversation. We will examine ways to build strategies of effort. We will consider the critical opportunities to give children feedback that enhances their efforts. This workshop is not about a lesson or a trick to get children to try harder; it's about the very meaning of teaching and learning for all of us.

Presented by Jeffrey Benson

Jeffrey Benson has worked in almost every school context in over 40 years of experience in the field of education: as a teacher in elementary, middle, and high schools; as an instructor in undergraduate and graduate programs; as an administrator in day and residential schools. He has studied and worked side by side with national leaders in the fields of special education, learning theory, math curriculum, trauma and addiction, social emotional learning, school reform, adult development, advisory, and conflict resolution. Since 2013 Jeffrey has been coaching principals and school leaders, consulting to school systems, working in classrooms with teachers—all so that schools can be more successful with more students. He is a frequent workshop leader at conferences, and is sought after for keynote addresses. The core of Jeffrey Benson's work is in understanding how people learn, the starting point for everything that schools should do. His books include, "Hanging In" (ASCD 2014); "Tens Steps Managing Change in Schools" (ASCD 2015); "Teaching the Whole Teen" (Corwin 2017); "Improve Every Lesson Plan with SEL" (ASCD, 2021).