

Parent University Topic Descriptions

Session 1: 6:00 - 6:30

Session 2: 6:45 - 7:15

Session 3: 7:30 - 8:00

Building Resilient Kids

Sessions 1 and 2 Only

Presenter: Niki Partacz, 360 Youth Services or Janyce Hamilton, 360 Youth Services

The presenter will be speaking about the importance of resilience, which is the ability of an individual to overcome challenges and bounce back stronger, wiser and more personally powerful. Also to be discussed will be the brain development of an adolescent and what parents can do to build skills of resilience in their children as well as themselves.

Depression and Suicide Prevention

Presenter: Michelle Leibfried, Gregory School Counselor

According to the National Suicide Prevention Lifeline, Suicide is the second leading cause of death for young people between the ages of 10-24. Come hear from a GMS counselor about how we help create awareness and eliminate the stigma associated with mental illness and empower teens to take charge of their mental health. We will be sharing our 8th grade health class lesson, discussing signs, symptoms and coping skills, and providing parent resources.

Electronic Cigarettes & Youth: What Parents Need to Know

Session 1 Only

Presenter: Niki Partacz, 360 Youth Services

This presentation addresses the health hazards facing anyone who vapes, but especially the risks for youth. *Electronic Cigarettes & Youth: What Parents Need to Know* will provide information about e-cigarettes, subtle signs of vaping in school, and tips to help parents talk to teens about making choices when faced with vaping.

Going Digital with Google Classroom and Chromebooks

Presenters: Nicole Anetsberger and Kevin Reagan, Gregory Teachers

This topic will introduce you to Google Classroom and the various ways Classroom and other technologies are used by teachers at Gregory. It will also explore ways you can help support your child at home as they navigate the digital classroom.

Helping our Kids Navigate Life

Sessions 2 and 3 Only

Presenter: Janyce Hamilton, 360 Youth Services

How can parents help their middle school student navigate life? Topics that will be discussed include, but are not limited to resiliency, coping with stress, and managing emotions.

IEP 101

Presenter: Kristen Berardi and Julie Lindstrom, Gregory Student Services

This session offers guidance on how to read an Individualized Education Plan (IEP). Going through the pages of an IEP with the guidance of a Student Services Coordinator and School Psychologist is essential in gaining more knowledge about the content involved in your child's individual learning needs.

Managing Stress and Anxiety in our Children

Presenters: Rebecca Koehler, Gregory Counselor

Middle school can be a stressful time for your student. Come hear from a Gregory counselor about how we help educate students on stress and anxiety. We will share our student lesson, reviewing signs, symptoms and coping skills and discussing parent resources.

Middle School Grading

Presenters: Kathie Battle, Erica Jovanes, and Patty Riemer, Gregory Teachers

In this presentation, we will look at mastery learning, 80/20 percentages, formative vs. summative assessments, as well as the ins and out of Home Access.

Organizing Your Child for the School Year

Presenters: Kimberly Jordan and Juliette Khames, Gregory Teachers

Are you feeling overwhelmed with kids returning to school? If so, this presentation will target how to help your child get a good start to the school year. Strategies to help keep your child organized and homework tips will be discussed.

Reading: Reasons and Recommendations

Presenters: Lauri Bruder and Melissa Pinto, Gregory Teachers

A brief overview about the research on personal reading and how it impacts students mentally, relationally, and academically. This will be followed by a series of book talks about personal reading books that will interest you and your student.

Tech Tips For Parents: What You Should Know To Keep Your Kids Safe

Presenter: Abby Koch, Good Therapy Naperville

This session will be discussing social media addiction, the effects electronics can have on kids' mental health, and will also provide methods parents can use to talk to their kids about technology and help them be safe on the internet.