



READING PUBLIC SCHOOLS PARENT UNIVERSITY

Saturday, March 30, 2019



Keynote: Raising Healthy and Happy Children

If you had to choose one word to describe the society you want your children to live in, what would it be? Happy? Healthy? Safe? Compassionate? Resilient? When parents and educators are asked this question, these are the words they choose. These words highlight the important role that social-emotional skills play in ensuring that children are prepared to navigate the academic, social, and life challenges they face. In her keynote address, Dr. Tominey will talk about the importance of promoting social-emotional skills, provide tools to manage the many emotions that arise at home and school, and discuss strategies for laying a foundation for the happy and healthy society we all want for our children.

Presenter: Shauna Tominey, Ph.D.

Shauna Tominey, Ph.D. is an Assistant Professor of Practice and Parenting Education Specialist at Oregon State University. She serves as the Principal Investigator for the Oregon Parenting Education Collaborative, a statewide initiative aimed at providing high-quality parenting education. Previously, Dr. Tominey served as the Director of Early Childhood Programming and Teacher Education at the Yale Center for Emotional Intelligence. As a former early childhood educator and family service professional, Dr. Tominey blends practical experience with research to develop and test programs aimed at promoting social-emotional skills for children and adults. Dr. Tominey regularly speaks at local and national conferences and is the author of, "Creating Compassionate Kids: Essential Conversations to Have With Young Children."



Reading Public Schools Parent University

Workshop Session 1: 9:50am – 10:50am

Managing the Ups and Downs of Children's Emotional Lives

From happy to sad, loved to frustrated, excited to discouraged - the many emotions children (and adults) experience day-to-day matter! Our emotions impact our ability to build positive relationships with others, to manage our behaviors and make good choices, to pay attention and learn, and to be the parents we want to be. This hands-on workshop will extend the conversation from the keynote address to offer additional tools and strategies to integrate emotional intelligence at home, school, and in the community.

Presenter: Shauna Tominey, Ph.D.

Room: Performing Arts Center (PAC)

Understanding the Changing Landscape of Vaping

From e-liquid juice to marijuana pods, vaping product availability has expanded and surged over the last few years. The global vaping market is expected to exceed 43 billion by 2023. This workshop will help parents understand the critical aspects of vaping prevention. We will explore how many teens are using vapes; what vaping products actually contain; discuss the potential health risks of vaping; why teens are drawn to vape delivery devices; review the current policies and laws; and how to talk to your child or teen. Parents play a powerful role in preventing vaping use among teens, join us.

Presenter: Erica McNamara, MPH

Room:

Collaborative and Proactive Solutions Part I--Introduction

Collaborative and Proactive Solutions (CPS), formerly known as Collaborative Problem Solving, is an evidenced-based, empirically supported approach for understanding behavior and improving behavior in children and adolescents. The approach was originated by Dr. Ross Greene, outlined in his books *The Explosive Child*, *Lost at School* and *Raising Human Beings*, and based on the simple philosophy "Kids do well if they can." This workshop will provide an introduction to the model, including an alternative understanding of behavior based in research over the last 50 years in the field of child psychology.

Presenter: Lindsey Jacobs

Room:

Intentional Parenting

Do you feel like parenting is an endless series of quick decisions without much time for reflection? Do you wonder how to help your children navigate their way to adulthood? In this workshop, you will develop your parenting intentions. You will learn how to use these intentions to develop rules, routines, and habits that are right for your family.

Presenter: Theresa Wiggins

Room: Distance Learning Room, 4th Floor

Demystifying College Cost and the Financial Aid Process

"While College costs may seem overwhelming, they CAN be manageable no matter what personal resources you have. Determining "financial fit" is a critical step in the college process. I will help demystify the process of funding a college education through a series of checklists: Researching Financial Fit, Applying for Financial Aid and, Comparing your Options. The end goal is to be able to make the best overall decision for your child and your family."

Presenter: Amy Staffier

Room:

Supporting Our LGBTQ + Loved Ones

Join our learning community as we engage in a discussion on how we as families at Reading Public Schools can support our students as they navigate issue areas related to sexuality, gender identity, and expression. We will also explore how inclusive curriculum and open dialogue of these topics allow for our students to thrive.

Presenter: James Shultis

Room:

No One Called You a Racist: Caught Not Taught, How Bias Develops

In this workshop, we will share information regarding bias development, examine our own biases, and share resources for interrupting bias.

Presenter: Julia Hendrix, Principal Birch Meadow Elementary School & Jason Cross, METCO Director

Room:

Happy, Healthy, Restored: Mindful Parenting in Our Modern World

Today's families face so many challenges in a world filled with constant electronic stimulation and greater pressure than ever before.

Mindfulness can help us to slow down, unplug, and be more present, patient, and loving with our children so that we can respond with love and wisdom, rather than react impulsively (and often with guilt).

Join nurse practitioners and mindfulness experts, Jodi Santosuosso and Eleana Conway to learn important mindfulness tools to become more grounded and tips to incorporate simple mindfulness activates into your everyday life so that parenting feels less like a struggle and more like a privilege.

Presenter: Jody Santosuosso & Eleana Conway

Room:

How Do We Influence Our Kids More than YouTube Does?

Are you concerned about the effects of your child's time spent on screen devices and social media? David Monahan of the Campaign for a Commercial-Free Childhood will lead a discussion on how marketers target kids at home, at school, and everywhere in between, and how your family can navigate today's media landscape in a way that is best for your child's wellbeing.

Presenters: David Monahan

Room:

College Process – Round Table Discussions with Parents

This workshop is designed for parents who are new to the college search and application process. Parents who have been through the process before will share their experiences on what did and did not work, what they wished they knew beforehand and how to navigate the process with ease.

Moderator: Steve Kennedy, RMHS Guidance Counselor

Reading Public Schools Parent University Workshop Session 2: 11:30am-12:30pm

Mindfulness and Parenting

What is mindfulness? How can it improve your experience as a parent and enhance your family's quality of life? Learn what all the talk is about and bring home some practical strategies you can start using right away.

Presenter: Theresa Wiggins

Room: Distance Learning Room, 4th Floor

Introduction to Mental Health First Aid

Did you know that over 600 adults in Reading are Certified Mental Health First Aiders? Learn more about becoming part of the Mental Health First Aid movement in Reading. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Risk factors, warning signs for mental health concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help will be discussed. This workshop will provide information on what courses are available in Mental Health First Aid in Reading and local resources for mental health support.

Presenter: Erica McNamara, MPH

Room: TBD

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Presenter: James Shultis

Room:

Collaborative and Proactive Solutions Part II--The Basics

This workshop is a continuation of Collaborative and Proactive Solutions Part I, providing an overview of how to use the problem solving approach with your child. This workshop will go over the basics the CPS approach, including how to prioritize challenging behaviors, language and techniques for problem solving, and how to build lagging skills that cause challenging behavior in children and adolescents. The CPS model allows parents and caregivers to better understand their child's behavior and build a more collaborative relationship with their child. This workshop is recommended after attending CPS Part I, or for anyone who has previously been introduced to the CPS model.

Presenters: Lindsey Jacobs

Room:

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Room:

Workshop Presenter Bio's

Lindsey Jacobs is a School Psychologist at Barrows Elementary School in Reading. Her professional interests include working with behaviorally challenging children, and the effects of trauma on learning. Before coming to Reading, she worked for the non-profit Lives in the Balance in Portland, Maine, with Clinical Psychologist Dr. Ross Greene. She is now a Certified Provider of Dr. Greene's Collaborative and Proactive Solutions (CPS) approach--formerly known as Collaborative Problem Solving. CPS is an evidenced-based, empirically supported approach for working with children with behavior challenges. Lindsey is also a course instructor for the Lesley Institute for Trauma Sensitivity (LIFTS) at Lesley University.

Ms. Erica McNamara, MPH, is the Director of the Reading Coalition Against Substance Abuse (RCASA) with the Town of Reading (2008-present) overseeing mental health promotion and substance abuse prevention projects. She currently manages Reading's Drug Free Communities grant project through the U.S. Substance Abuse & Mental Health Services Administration (SAMHSA) and the White House Office of National Drug Control Policy. She is a Certified Instructor for Mental Health First Aid USA and teaches courses for adults working with teens and adults. Prior to RCASA, she served as the Director of Adolescent Health & Youth Development at Lowell Community Health Center in Lowell, MA where she managed five after-school prevention projects.

David Monahan, a resident of Reading, is Campaign Manager at the Campaign for a Commercial-Free Childhood, which works internationally to educate the public about commercialism's impact on kids' wellbeing and advocate for the end of child-targeted marketing. David previously worked for 15 years as an Assistant Attorney General in the Consumer Protection Division of the Massachusetts Office of the Attorney General, including six years as Deputy Division Chief.

Jodi Santosuosso is a Family Nurse Practitioner in Developmental and Behavioral Pediatrics. Jodi began to research the benefits of mindfulness in adults and questioned whether these same benefits could be brought to children in her current practice. In the summer of 2014, Jodi enrolled in an eight week Mind Body Stress Reduction Course at the University of Massachusetts Medical School. This training introduced her to the concept of mindfulness and the importance of not being in autopilot. As a mother of two children, Jodi wanted to share this gift of being mindful with them and those around her. In December of 2015, Jodi completed a 10-week practicum, A Still Quiet Place, mindfulness program for teaching children and adolescents to ease stress and difficult emotions by Dr. Amy Saltzman. Both trainings integrated yoga as a practice to find the body mind connection. Jodi started taking classes at Yoga Moves in June of 2015 and over time learned to arrive on her mat and stay in the present moment. Yoga has awakened her from the life of being in autopilot. This new awakening led her to want to teach yoga to young children, adolescents and adults. Jodi completed levels 1-3 training through Radiant Child Yoga in March of 2016 and completed her 200-hour yoga teacher training with Mary Ellen Goodsir at Yoga Moves in Stoneham, MA. As a yoga teacher and Reiki Level 1 practitioner, her classes embrace the mind body connection allowing students to not only arrive on their mat but to also be present on their mat. Her teaching style encourages students out of their head and into their body through various styles of yoga.

James Shultis is a consultant with the Safe Schools Program for LGBTQ Students and provides training and technical assistance to school districts across the Commonwealth. The Safe Schools Program for LGBTQ Students is a joint program of the Massachusetts Commission on LGBTQ Youth and the Massachusetts Department of Elementary and Secondary Education (DESE). It was founded in 1993 to address concerns of bullying and suicide risk that faced LGBTQ youth in Massachusetts public schools. Today, the Safe Schools Program remains an important part of implementing the state's anti-bullying law and protecting the health and safety of students.

Amy Staffier is the Director of Financial Aid at Simmons University in Boston where she serves their undergraduate, graduate, and online students. Prior to working at Simmons, she spent 21 years working in the Admissions and Financial Aid office at Harvard College, as the Associate Director of Financial Aid, Admissions Officer, and University Director of the Federal Work-Study Program. Amy firmly believes in sharing the knowledge she has. She has spent the last 19 years volunteering her time helping families navigate the financial aid process through presentations at local high schools, FAFSA Day workshops, and simply sitting down one on one to personally walk them through applying for aid and comparing offers.

Theresa Wiggins has 13 years of experience in the classroom as both a special educator and classroom teacher. She has taught at both the elementary and middle school level. Since 2014, Theresa has been combining her passion for kids, families, and education by founding her business, Village Parenting. Working with both schools and families, Village Parenting's guiding belief is that the best way to educate our youth is to do it collaboratively. Theresa teaches mindfulness and offers in-home behavior management support to families dealing with chronic behavior issues. She also offers consultation and training to schools on effective Family Engagement as well as providing mindfulness instruction to both staff and students, K-12. Village Parenting seeks to build bridges between home and school in order to improve the education for the whole child.

Eleana M. Conway obtained her Bachelors of Science in Nursing from Saint Anselm College in 1995 and earned her Masters in Community Health Nursing and Family Nurse Practitioner from Boston College in 1998. She has studied at the UMass Medical School, Center for Mindfulness. For over 20 years, Eleana has run group sessions and has a longstanding interest in the practice of meditation. She believes cultivating mindfulness plays an important role in the reduction disease and suffering and in learning to live in a skillful way. She is dedicated to her own formal meditation practice. Over the course of her professional career, Eleana has worked with individuals across the lifespan struggling with a wide range of challenges; including chronic disease and addiction. She served as Head Nurse Practitioner in the Adult Pulmonary, Asthma, and Allergy Clinic and co-led Smoking Cessation Programs at Boston Medical Center from 2000-2005. For the last ten years, Eleana has directed population health and risk reduction opportunities across the Lahey Health Medical System. She passionately promotes a culture of health and encourages all to pursue a balanced lifestyle through the development and facilitation of evidence based and patient centered wellness programs; including Tobacco Treatment and Stress Management Training Programs. She serves as a direct link between improved health and lifestyle changes so that no one has to face their journey alone. Eleana is on the MBSR teacher training tract with the Mindfulness Center at Brown University. She has also trained at The UMass Medical School Center for Mindfulness in Medicine, Health Care, and Society. In 2017 Eleana opened Restore Meditation, in Woburn, MA, Boston's First Modern Meditation studio to share the benefits of mindfulness with others. She is dedicated to her own formal meditation practice often refers to it as the 'superhero cape' that allows her to happily and successfully manage multiple careers and a family of six.

Thanks

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