



SYRACUSE CITY SCHOOL DISTRICT

PARENT UNIVERSITY

**FREE
CLASSES
FOR
PARENTS**

FALL CONFERENCE 2013

**NOVEMBER 16, 2013
INSTITUTE OF TECHNOLOGY
9:00 A.M. TO 3:30 P.M.**

HOW TO HELP
YOUR CHILD MEET
SCHOOL BEHAVIOR
EXPECTATIONS

EATING FOR ENERGY

STOP LIVING PAYCHECK
TO PAYCHECK

HEALTHY
RELATIONSHIPS: A
BUILDING BLOCK FOR
SUCCESS IN SCHOOL

MATH COUNTS

BUILDING FAMILY
COMMUNICATION WITH
SCIENCE PROJECTS

GETTING YOUR
HEALTH IN LINE

YOUR RIGHTS AT WORK



INFORMING • INVOLVING • EMPOWERING

Success at Home, Success at School: Why Healthy Relationships Matter

About Parent University

Parent University is a joint project of the Syracuse City School District and Say Yes to Education which offers a spring and fall semester as well as two conferences a year featuring nationally recognized education experts. Parent University offers families a variety of **FREE** classes and workshops designed to add to existing skills, provide opportunities for additional growth and development and positively contribute to children's academic and social-emotional success.

Fall Conference 2013

The November 16 conference will take place at the Institute of Technology at Central (ITC), 258 East Adams Street. Parents/guardians will have the opportunity to participate in three workshops. The conference begins at 9:00 a.m. with registration and ends at 3:30 p.m. with door prizes. Child care will be offered. You will need to register your child in advance.

Register for Conference Classes

To register for three classes held during the conference, you may do one of the following:

- 1) Go online to www.scsdparentuniversity.com, complete a paper copy of the registration form and mail to 1025 Erie Blvd. W, Syracuse, NY 13204;
- 2) Deliver the completed registration form to the Student Registration Center at 1728 South Avenue, Room 113;
- 3) Give the completed registration form to your child's school secretary to be mailed to Central Office;
- 4) Fax the the completed registration form to the Parent University office at 435-6276; or
- 5) Call Karen Boland at the Say Yes office (443-2634) or call the Parent University office (435-6275) to register over the telephone.

CONFERENCE SCHEDULE

- 9:00-10:00** Registration
(coffee, muffins, baked goods)
- 10:00** Greetings from Superintendent Sharon L. Contreras
- 10:15** Greetings from Vera House, Inc.
- 10:30-11:45** Session 1 Workshops
- 11:50-12:50** Session 2 Workshops
- 1:00-2:00** **LUNCH**
- 2:00-3:00** Session 3 Workshops
- 3:00-3:30** Closing and Door Prizes



Transportation Schedule

- 8:40 a.m.** Clary (100 Amidon Dr)
- 8:50 a.m.** Van Duyn (401 Loomis Ave.), Dr. Weeks (710 Hawley Ave.), Frazer (741 Park Ave.), LeMoyne (1528 LeMoyne Ave.)
- 9:00 a.m.** Roberts (715 Glenwood Ave.), Huntington (400 Sunnycrest Rd.), Delaware (900 S. Geddes St.), Grant (2400 Grant Blvd.)
- 9:10 a.m.** Elmwood (1728 South Ave.), H.W. Smith at Levy (111 Fellows Ave.), Westside Academy (312 Oswego St.), Franklin (428 S. Alvord St.)
- 9:20 a.m.** Southwest Comm. Center (401 South Ave.), Ed Smith (1106 Lancaster Ave.), Seymour (108 Shonnard St.), Lincoln (1613 James St.)



Transportation

Transportation is provided for the conference at the schools and times listed. Please be sure to arrive at the bus stop at least ten minutes in advance.

Who can I contact for questions?

Please direct your Parent University questions to Monique Wright-Williams, Executive Director of Parent and Family Engagement, at 435-6275.

Workshop Selections

Session 1: Choose one from this group

	Workshop	Presenter	Description
1A.	Effective Communication: Working with your Child's CSE (Committee on Special Education) Team	Shana Lewis, Syracuse University SUPAC	This workshop will cover the basics for making and keeping a good partnership with your child's CSE team. A child's CSE team is an important part of creating a successful educational experience for students with disabilities.
1B.	Healthy Relationships: A Building Block for Success in School	Loren Cunningham and Albert Turner, Vera House, Inc.	This workshop will help you identify, build and model healthy relationships. The focus will be on healthy vs. unhealthy relationships and how adult relationships impact the ability of young people to succeed in school.
1C.	How to Help Your Child Meet School Behavior Expectations	Lura Lunkenheimer, Peaceful Schools	This workshop will introduce and explain the PBIS (Positive Behavioral Interventions and Supports) model for setting and maintaining expectations. Parents will learn how to recognize and support schoolwide expectations at home.
1D.	Building Family Communication with Science Projects	Nancy Volk, MOST	This workshop will explore science activities that you can do at home with your child(ren). Activities will use student-centered learning strategies.
1E.	Surviving the Holiday: Weight Management Strategies	Kathy Dischner, Cornell Cooperative Extension	We all know how easy it is to overdo during the holidays and defeat our goals for weight management. This workshop will explore ways that you can maintain your goals and still have a holly jolly good time without the guilt!

Session 2: Choose one from this group

	Workshop	Presenter	Description
2A.	Stop Living Paycheck to Paycheck	Anthony Singleton, Mass Mutual	Living paycheck to paycheck is a vicious cycle. Consistently running out of money before your next paycheck arrives and not saving prevents you from ever truly getting ahead. While climbing out of this endless debt cycle isn't easy, it can be done. Learn how.
2B.	Getting Your Health in Line	Regina Haynes and Kristal Lemmones, KC Cuse Line Dance	This is a very interactive workshop that will focus on creating a healthier you. Participants will perform a series of heart healthy line dances guaranteed to increase your heart rate and your health! Take some of the movements home to do with your children and family!
2C.	How to Help Your Child Meet School Behavior Expectations	Lura Lunkenheimer, Peaceful Schools	This workshop will introduce and explain the PBIS (Positive Behavioral Interventions and Supports) model for setting and maintaining expectations. Parents will learn how to recognize and support schoolwide expectations at home.
2D.	Eating for Energy	Zach Schleien, National Student Initiative	The choices we make can energize or drain us. You are what you eat. This workshop will share why our bodies become exhausted after eating certain foods. Discover which foods are nutritious and as a result energize our bodies. Samples and recipes provided.
2E.	Math Counts	Nate Franz, SCSD	This workshop will help parents understand what is expected of their children in mathematics. Learn a few strategies on how you can help them – without being a math whiz!
2F.	Army Partnerships, Programs and Resources	Dorothy Clare, Department of Defense	This workshop is for you if you have a child interested in a military career. Learn the requirements and opportunities available to him/her.

Session 3: Choose one from this group

	Workshop	Presenter	Description
3A.	Stop Living Paycheck to Paycheck	Anthony Singleton, Mass Mutual	Living paycheck to paycheck is a vicious cycle. Consistently running out of money before your next paycheck arrives and not saving prevents you from ever truly getting ahead. While climbing out of this endless debt cycle isn't easy, it can be done. Learn how.
3B.	Getting Your Health in Line	Regina Haynes and Kristal Lemmones, KC Cuse Line Dance	This is a very interactive workshop that will focus on creating a healthier you. Participants will perform a series of heart healthy line dances guaranteed to increase your heart rate and your health! Take some of the movements home to do with your children and family!
3C.	How to Help Your Child Meet School Behavior Expectations	Lura Lunkenheimer, Peaceful Schools	This workshop will introduce and explain the PBIS (Positive Behavioral Interventions and Supports) model for setting and maintaining expectations. Parents will learn how to recognize and support schoolwide expectations at home.
3D.	Your Rights at Work	Jim Williams, Legal Services of CNY	This workshop will provide an overview of your rights in the workplace, including salary, health and safety, discrimination and unemployment benefits. Get the answers to your legal questions.
3E.	Helping Your Adolescent Succeed in School	Judy Nemecek, Syracuse/Onondaga County Youth Bureau	This workshop will explore positive ways to become more involved in your young adolescent's school experience and identify and discuss steps that can be taken to help solve problems they may encounter at school.
3F.	Microsoft Word	Kathleen McDaniels, Retired, SCSD	This workshop will provide some of the tips that will help make your time on the computer filled with ease as you use Microsoft Word.



Parent University Fall 2013 Conference Registration Form



PARENT INFORMATION

Last Name	First	M.I.	Date
Street Address		Apartment/Unit #	
City	State	ZIP	
Phone ()	Cell Phone ()		
Gender	Email	DOB	
Primary Language, if other than English?			
Will you need a translator?	<input type="radio"/> YES <input type="radio"/> NO	If yes, Language:	
Will you need transportation?	<input type="radio"/> YES <input type="radio"/> NO	If Yes: See specific bus stops under "Transportation Schedule"	
Will you need child care? (ages 0-11)	<input type="radio"/> YES <input type="radio"/> NO	If Yes: Please complete child care registration form.	
<i>Onsite child care will be provided for the first 100 children registered. Pre-registration is REQUIRED.</i>			

STUDENT INFORMATION

Child's Name	DOB
School	Grade
Child's Name	DOB
School	Grade
Child's Name	DOB
School	Grade

Please circle your choices for each session, indicating which workshop is your first choice. Circle no more than 3 choices per session.

WORKSHOP SELECTION

Session 1 workshops

- 1A Effective Communication: Working with your Child's CSE (Committee on Special Education) Team
- 1B Healthy Relationships: A Building Block for Success in School
- 1C How to Help Your Child Meet School Behavior Expectations
- 1D Building Family Communication with Science Projects
- 1E Surviving the Holiday: Weight Management Strategies

Session 2 workshops

- 2A Stop Living Paycheck to Paycheck
- 2B Getting Your Health in Line
- 2C How to Help Your Child Meet School Behavior Expectations
- 2D Eating for Energy
- 2E Math Counts
- 2F Army Partnerships, Programs and Resources

Session 3 workshops

- 3A Stop Living Paycheck to Paycheck
- 3B Getting Your Health in Line
- 3C How to Help Your Child Meet School Behavior Expectations
- 3C Your Rights at Work
- 3E Helping your Adolescent Child Succeed in School
- 3F Microsoft Word

Return form to: Parent University at the Student Registration Center
1728 South Avenue, Syracuse NY 13205

Fill out online at: www.scsdparentuniversity.com
Fax to: (315) 435-6276
Call to register: (315) 435-6275



Child Care Registration Form



Child #1

(Does this child have any special issues? (ADHD, allergies, behavior issues..)) YES NO

Name _____ Age _____ Grade _____

School Child Attends _____

Special Concerns:

Child #2

(Does this child have any special issues? (ADHD, allergies, behavior issues..)) YES NO

Name _____ Age _____ Grade _____

School Child Attends _____

Special Concerns:

Child #3

(Does this child have any special issues? (ADHD, allergies, behavior issues..)) YES NO

Name _____ Age _____ Grade _____

School Child Attends _____

Special Concerns:

Child #4

(Does this child have any special issues? (ADHD, allergies, behavior issues..)) YES NO

Name _____ Age _____ Grade _____

School Child Attends _____

Special Concerns:

I hereby give the children listed on this form permission to attend the SCSD Parent University Child Care while I attend the Parent Conference on Saturday, November 16, 2013 I release the Syracuse City Schools, their staff, volunteers and employees from any claims or liabilities from any injuries that may be sustained or medical treatment received.

Signature _____

Date _____

Return form to: Parent University at the Student Registration Center 1728 South Avenue, Syracuse NY 13205

Fill out online at: www.scsdparentuniversity.com
Fax to: (315) 435-6276
Call to register: (315) 435-6275

Vera House, Inc. in partnership with Alpha Kappa Alpha, Alpha Phi Alpha, Delta Sigma Theta, Kappa Alpha Psi, Omega Psi Phi, Phi Beta Sigma, Zeta Phi Beta, 100 Black Men of Syracuse and the SCSD Parent University presents:

UNBLURRED LINES: GETTING CLEAR ABOUT RELATIONSHIPS



ONE-DAY WORKSHOP
for students in 6th - 9th grade!

FREE!

SATURDAY, NOVEMBER 16, 2013
9:00 am to 3:30 pm

INSTITUTE OF TECHNOLOGY AT CENTRAL
258 East Adams St | Syracuse, NY

**FREE
BREAKFAST
& LUNCH**

REGISTER TODAY!

- online at www.scsdparentuniversity.com
- complete and mail attached form
- OR call ☎ (315) 435-6275



Got a relationship question you want answered at the workshop?
Use #unblurredlines315

For additional information please contact:

George Kilpatrick ☎ (315) 425-0818 ext 228 or gkilpatrick@verahouse.org

Mail completed form to: Parent University at Central Registration Center
Elmwood School, 1728 South Ave., Syracuse, NY 13207 or call (315) 435-6275 to register by phone

Last Name _____ First _____ M.I. _____

Street Address _____ Apt/Unit # _____

City _____ State _____ Zip _____

Phone () _____ Cell Phone () _____

E-mail _____ Grade _____ Gender _____

Primary language, if other than English: _____ Will you need transportation*? Yes No

PARENT UNIVERSITY?

There's an app for that!...



Available on
Droid & iPhone
platforms

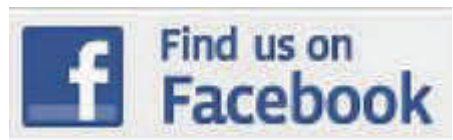
Find us at the
Apple app Store
or on

Google Play

Search:

SCSD Parent University

CLASS SCHEDULES—CALENDAR—DISTRICT INFORMATION—HOME
ACCESS CENTER—PARENT PARTNERSHIP NETWORK—STUDENT
HANDBOOK—LUNCH AND BREAKFAST MENUS AND MORE ALL AT
THE TIP OF YOUR FINGERS WITH THE PARENT UNIVERSITY APP!



www.facebook.com/scsdparentuniversity

Central Registration Center
1728 South Avenue
Syracuse, NY 13207
435-6275



INFORMING • INVOLVING • EMPOWERING

SYRACUSE CITY SCHOOL DISTRICT

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The Syracuse City School District hereby advises students, parents, employees, and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to age, gender, race, color, religion, marital status, sexual preference, national origin or disability.



www.facebook.com/scsdparentuniversity

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