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**The Utica City School District is excited to partner with ICAN to host monthly parent education presentations designed to both educate and inspire parents to more effectively support their children's success in school. All presentations are open to all parents in the District. Please refer to the calendar below for topics and location.**

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Understanding the importance of parental involvement in education

Establishing effective communication channels between parents and teachers

Building a positive home learning environment



Understanding different learning and behavioral challenges

Creating inclusive environments at home

Collaborating with teachers and specialists



Teaching children responsible internet use

Safeguarding personal information online

Recognizing and addressing cyberbullying



Understanding the role excessive screen time plays in impacting our Mental Health

Strategies for protecting our children

Ways to utilize technology to promote positive development and improved Mental Health

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Understanding the importance of supporting the whole child

The importance of nutrition/sleep/activity/connection

Strategies and resources for improving emotional wellness

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Recognizing and managing emotions in children

Strategies for promoting positive behavior and discipline

Developing resilience and coping skills in children



Importance of positive Mental Health

What to do if your child is struggling

Tips for supporting positive Mental Health



Exploring our own experiences with ACEs

Understand how trauma as a child impacts long term health outcomes

Recognizing early warning signs and providing appropriate interventions

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Importance of balanced diets and meal planning

Promoting physical activity and reducing screen time

Addressing common health concerns in children



Preparing for the next academic year

Strategies for smooth transitions between grades

Addressing concerns and setting goals for the future



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| Month | Day of the Month | School to Host | Time | Location |
| **September 2023** | 27th | DONOVAN | 6:45PM | Auditorium |
| **October 2023** | 5th | JFK | 4:00PM  | Auditorium |
| **November 2023** | 8th | MLK | 4:00PM  | Gymnasium |
| **December 2023** | 13th | COLUMBUS | 4:00PM | Gymnasium |
| **January 2024** | 17th | CONKLING | 4:00PM | Auditorium  |
| **February 2024** | 28th | JEFFERSON | 4:00PM | Cafeteria |
| **March 2024** | 19th | HUGHES | 4:00PM  | Room 306 |
| **April 2024** | 18th | JONES | 4:00PM | Library |
| **May 2024** | 13th | GENERAL HERKIMER | 4:00PM | In front of Gymnasium |
| **June 2024** | 12th | ALBANY | 4:00PM | Gymnasium |