

MONTHLY PARENT EDUCATION SERIES 2023-2024

UTICA CITY SCHOOL DISTRICT / 2023-2024 / www.uticaschools.org

School Year: **2023-2024**  

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.

SEPTEMBER 2023

TOPIC: THE HOME & SCHOOL PARTNERSHIP

Understanding the importance of parental involvement in education
Establishing effective communication channels between parents and teachers
Building a positive home learning environment

OCTOBER 2023

TOPIC: SUPPORTING CHILDREN WITH SPECIAL NEEDS

Understanding different learning and behavioral challenges
Creating inclusive environments at home
Collaborating with teachers and specialists

NOVEMBER 2023

TOPIC: DIGITAL CITIZENSHIP & INTERNET SAFETY

Teaching children responsible internet use
Safeguarding personal information online
Recognizing and addressing cyberbullying

DECEMBER 2023

TOPIC: SOCIAL-MEDIA & THE IMPACT ON MENTAL HEALTH

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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JANUARY 2024

TOPIC: STUDENT WELLNESS

Understanding the importance of supporting the whole child
The importance of nutrition/sleep/activity/connection
Strategies and resources for improving emotional wellness

FEBRUARY 2024

TOPIC: SUPPORTING CHILDREN'S SOCIAL & EMOTIONAL DEVELOPMENT

Recognizing and managing emotions in children
Strategies for promoting positive behavior and discipline
Developing resilience and coping skills in children

MARCH 2024

TOPIC: PROMOTING POSITIVE MENTAL HEALTH

Importance of positive Mental Health
What to do if your child is struggling
Tips for supporting positive Mental Health

APRIL 2024

TOPIC: ACE'S - ADVERSE CHILDHOOD EXPERIENCES

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

MAY 2024

TOPIC: HEALTHY LIFESTYLE & NUTRITION FOR CHILDREN

Importance of balanced diets and meal planning
Promoting physical activity and reducing screen time
Addressing common health concerns in children

JUNE 2024

TOPIC: TRANSITIONING TO THE NEXT GRADE LEVEL

Preparing for the next academic year
Strategies for smooth transitions between grades
Addressing concerns and setting goals for the future

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Hosting of

MONTHLY PARENT WORKSHOPS

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