

Sturgeon Heights School Council

Presents

"PARENT EXPO"

Tuesday, April 27
Sturgeon Heights School
50 Hogan Road, St. Albert



- A No Cost educational night out for Parents -
- Learn from the experts -

An open fair of displays and information for parents
Format: Three 50-minute sessions starting at:
6:30 p.m. - 7:30 p.m. - and 8:30 p.m.

Sessions include:

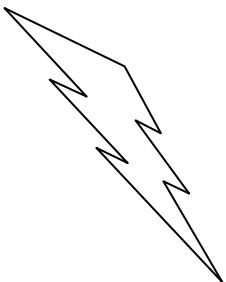
- Easy Breakfast and Snack Ideas for a Healthy Mind
- The Keys to Disciplining Your Child
- Child Development and Play - What should you expect?
- Roadblocks in the Classroom
- Building Self Esteem
- Developing Social Skills in Youth
- Communicating with Your Teen
- 2Learn Society on Web Awareness
- Online Resources for Parents
- Technology for Children
- What parents need to know about Cyber Safety
- Darren Herd on Youth Addiction - What to watch for?
- Talking About Drugs
- AADAC Jack - Youth and Tobacco
- Internet Safety from a Legal Perspective
- Parenting "Wired" Children



Watch our website for
details
www.sturgeonheights.ca

Displays include information about:

- Capital Health Services for families
- High School Programming
- Sturgeon's Family School Liaison
- Various Service Groups for youth



Just drop in or
REGISTER in advance
to be eligible for a
Door Prize

Call June at
780 459 3990 or e-mail
sheights@sturgeon.ab.ca

Parent Expo at a Glance

6:00 – 9:30 Resource Fair

6:30 – 7:20 Session 1

7:30 – 8:20 Session 2

8:30 – 9:20 Session 3

An open display resource fair will be held in the gymnasium from 6:00 – 9:30 pm.

Some of the exhibitors will be:

- Sturgeon School Division
High School Programming
- Family School Liaison Program
- Gifted and Talented Program
- Sturgeon Heights School
Career Corner
- Navigating the School Website
- Sylvan Learning Centre
- Servus Place
- Sturgeon County Community Services
Summer Programs
- Alberta Health Services
- Tamarack Girl Guides
- Morinville Fun Team Hockey
- Parents Place
- SIGIS Child Care Society

... and more!

Celebrate Education Week at



Sturgeon Heights School

Parent Expo

Tuesday April 27, 2010

Register in advance to be eligible for a door prize. Call June at 780 459 3990 or e-mail sheights@sturgeon.ab.ca

**THERE IS NO COST TO PARTICIPATE
REGISTER NOW AS SPACE IS LIMITED!**

Information Sessions

Session 1 **6:30 – 7:20**

A) Tobacco 101

Jack Adkins has been working with Alberta Health Services and AADAC for eight years and is affectionately known as "AADAC Jack". He has a real passion for educating youth and has become a favorite presenter at many schools. Please join Jack for his presentation on the horrible effects of tobacco and how the tobacco industry has targeted young people.

B) Teaching Social Skills

Trina Goruk, Family Life Education Coordinator from Parents Place, will discuss how to teach important social skills like: listening, communicating, cooperating, negotiating, sharing and empathizing. These social skills will help children to deal with both adults and children effectively and confidently.

C) Keys To Disciplining Your Child

Presented by Trish Swinson. This session will focus on the Triple P Positive Parenting Program, including strategies to promote child development and strategies to address misbehaviour. The session is most appropriate for parents of children between the ages of birth to 12 years of age."

D) 2Learn.ca Digital Resources

Parents are challenged to support their students at home with their studies. This session will provide parents with examples of online interactive, inquiry based multimedia learning resources. 2Learn.ca will feature its extensive library of student resources that are age appropriate, selected by teachers and matched to the Alberta curriculum.

E) Talking About Drugs

Constable Helen Pappas, from the St. Albert R.C.M.P., will share information about the types of drugs that are prevalent in our community. She will provide information about how these drugs are distributed, what they look like and the street names for the drugs.

Session 2 **7:30 – 8:20**

A) Cybercrime – When Computers Go Bad

At this presentation given by Craig Krieger, Crown Prosecutor with 25 years experience, you will learn how computers and the internet are being used to put children in danger. You will learn what kids are doing online with chatroom and social networking sites, and what predators are doing there too. Real life cases will be referred to. At the end of the presentation you will have a head start protecting your family and yourself.

B) Students Empowered with Technology

What are the different kinds of digital tools (iPods, cell phones, etc.) that students are using in their personal time and at school? What are the digital tools capable of? How can wireless technologies open the world for student learning? What opportunities are available via the 'Net to explore, collaborate and build knowledge? This session by 2Learn.ca will provide information on specific tools and resources and how they can be used by the 21st century learner.

C) Understanding Your Teen

This session presented by Trina Goruk, a Family Life Education Coordinator from Parent's Place will help parents learn effective ways to communicate with their teens.

D) Barriers To Success In The Classroom

Students with learning disabilities (LD) have obstacles between knowledge presented and knowledge absorbed. This session will review the key indicators and prevalent types of LD and how the needs of students with unique learning styles can be met in the inclusive classroom. The session will conclude with a lively discussion of parent strategies for helping children who want to perform better in school."

E) Easy Breakfast & Snack Ideas For A Healthy Mind

Marisa Tamburro RN BScN, from Alberta Health Services, will help facilitate ideas and discussion for parents around creating easy and healthy breakfasts and snacks.

Session 3 **8:30 – 9:20**

A) Addiction: A Personal Journey

Darren Herd, founder of Youth Addiction Awareness Centre of Alberta, will speak candidly about addiction and the effects on personal life.

B) Selecting a Laptop or Netbook

Your daughter/son wants a laptop or netbook to bring to school. Before making a purchase, attend this session to help avoid being baffled by the tech talk used by sales staff. Staff from 2Learn.ca will review the essential features of these tools; processor, memory, screen size, internal and external drives, wireless options, multimedia capability, battery power, etc. Go prepared for your purchase.

C) Developing Self Esteem in Your Child

Learn how to incorporate different strategies into your parenting style that will ensure the development of a healthy self-esteem in your child. Facilitated by Trina Goruk, Family Life Education Coordinator from Parents Place.

D) Child Development and Play

What are the developmental stages of young children? What are some "red flags" for delays in development in young children?

Why learning through play is an important practice in promoting child development for all ability levels? What is the learning potential in play centers? What are some roles as parents in promoting child development through play?

Presenters: Anita Ferri, Occupational Therapist, has over 20 years of experience in the field of child development.

Ashley Pozzolo is a Masters level Speech-Language Therapist, who has experience with preschoolers across Sturgeon School Division