

2016-2017 Parent Education

Technology & Ethics

LORI GETZ ■ DIVISION SPECIFIC WORKSHOPS

Lori Getz is the current instructor for our 7th and 9th grade Technology Literacy and Ethics programs. She is a national expert on technology, internet safety and citizenship.

- **Middle School - September 15 9am, Carsey Gallery - Our relationship with technology**
How technology can improve our lives and how to avoid the pitfalls of over-sharing, over-friending and over-connecting. A look at how parents feel about establishing rules that apply both in and outside of the home.
- **High School - September 26 9am, Carsey Gallery - Redefining privacy privileges for teenagers**
How to have more honest conversations with your teens about online behavior. A closer look at healthier habits when it comes to multitasking behavior, self-esteem and friendships.
- **Elementary - September 29 8:30am, Carsey Gallery - Redefining internet safety!**
A full explanation of how kids use technology, how to keep them safer, rules and guidelines worth implementing, and a new way of discussing privacy, friendship, predators and overall health.

Fatherhood Dialogue

DR. GARY GROCH ■ OCTOBER 4, 2016 ■ 7pm ■ MEH

During this fun and interactive evening among fathers of students in elementary, middle and high school, psychologist Dr. Gary Groch will lead an important conversation about the joys and challenges of fatherhood. Join us for good food, great beer, and the beginning of lasting friendships.

Understanding Childhood Stress and Anxiety

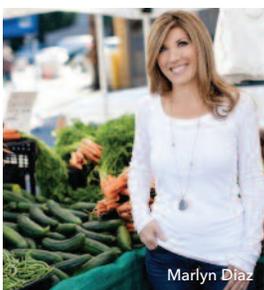
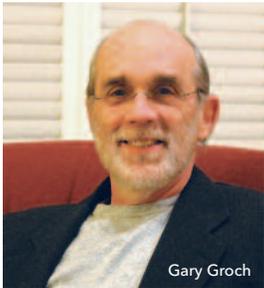
KATE SHEEHAN, LCSW & JOHN PIACENTINI, PhD ■ OCTOBER 6, 2016 ■ 8:30am & 9:30am ■ Carsey Gallery

The most prevalent mental health issue for children, anxiety affects 20-25% of our nation's youth. Unfortunately, anxiety is vastly underdiagnosed and undertreated: 80% of children experiencing significant anxiety are not receiving treatment or help. Untreated anxiety can lead to such avoidable difficulties as school avoidance and eventual failure, social withdrawal and isolation, and increased rates of substance abuse. The UCLA Center for Child Anxiety Research Education and Support (CARES) was founded in 2015 to increase awareness of the impact of childhood anxiety while broadly disseminating the best practices to minimize its effects. Partnering with parents is one of the primary goals of CARES. Our clinicians will offer Campbell Hall parents education, support, and skills related to reducing childhood stresses while supporting emotional regulation and resilience in children and their families.

Roadmap to Health & Wellness Workshops

MARLYN DIAZ ■ THURSDAYS ■ OCT/NOV ■ 9am ■ SWIGER-NATHANSON-DWYER CHAPEL & CENTER FOR SPIRITUAL PRACTICE

In a supportive and mindful atmosphere, parents and guardians learn practical strategies for how to lose weight while gaining healthy eating habits that lead to increased energy, strength and focus. Six week series of workshops beginning in October. Led by Marlyn Diaz, Certified Nutritionist & Wellness Coach.



Save the Brainforest: How to Give Kids the Freedom They Need to Get Curious and Smart

LENORE SKENAZY ■ OCT. 25, 2016 ■ 7pm ■ LOWER GYM



Lenore Skenazy

A common sense antidote to helicopter parenting, Free Range Kids is a movement began by writer and commentator Lenore Skenazy. In 2008, Skenazy was dubbed world's worst parent for allowing her nine-year old to ride the subway on his own. She now speaks around the world advocating for a child's right to separate gradually from parent's assistance and to learn the joy and self-confidence that comes from trying out independence. Join us for this provocative and very funny presentation! You will walk away transformed. Co-sponsored by Oakwood School.

Untangled: Guiding Teenagers through the Seven Transitions into Adulthood

LISA DAMOUR ■ NOVEMBER 30, 2016 ■ 7pm ■ LOWER GYM



Lisa Damour

Lisa Damour directs Laurel School's Center for Research on Girls, writes a column for the *New York Times'* Well Family online report, maintains a private psychotherapy practice, consults and speaks internationally, and is a faculty associate of the Schubert Center for Child Studies and a clinical instructor at Case Western Reserve University. In this timely presentation to parents, Dr. Damour will present wise counsel on how parents and caregivers can engage their children in smart, constructive ways to better connect and grow with them throughout their adolescence. Given this deeper new understanding, parents can embrace and enjoy the challenge of raising a healthy, happy teens.

Where You Go is Not Who You'll Be

FRANK BRUNI ■ JANUARY 10, 2017 ■ 7pm ■ LOWER GYM



Frank Bruni

Over the last few decades, Americans have turned college admissions into a terrifying and occasionally devastating process and too many young people believe that their futures will be determined and their worth established by which schools say yes and which say no. That belief is wrong. It's cruel. And in this presentation, Frank Bruni explains why, giving students and their parents a new perspective on this brutal, deeply flawed competition and a path out of the anxiety that it provokes. Bruni, a bestselling author and a columnist for the *New York Times*, illuminates how to make the most of whichever college a student attends, and reminds us that what matters in the end are a student's efforts in and out of the classroom, not the gleam of his or her diploma.

Developing Resiliency in All Children

WENDY MOGEL, PhD ■ FEBRUARY 7, 2017 ■ 7pm ■ LOWER GYM



Wendy Mogel

Renowned child psychologist and writer/educator Wendy Mogel helps us discover why so often students present as anxious and dependent when they so desire the feeling of independence and confidence. In her words, consider children's anxiety as energy, imagination, and adventure turned against the self. In this talk, Dr. Mogel will show us the ways in which parents and educators can engage children in a way that builds their sense of independence and know-how, while strengthening their sense of purpose in their own lives and within their larger community.

The Hunting Ground Screening plus Q&A

MARCH 7, 2017 ■ 6pm ■ ROOM 7208



Facilitated by Santa Monica Rape Treatment Center professionals and campus activists, seniors and their parents are invited to screen this groundbreaking documentary about sexual assault on college campuses. "Any parent sending a child off to college should consider this required viewing" – *New York Times Magazine*.

Campbell Hall's **PARENT EDUCATION** program provides Speaker Series and Workshops to bring together parents and other members of the school community with experts in a variety of fields to engage in timely, thought-provoking discussions that inform and enrich our relationships with ourselves and the children under our care. Participants should expect to take away with them important information, a stronger sense of community, and at times, a completely new perspective. Please join us! Friends welcome! To **RSVP** and learn more, visit campbellhall.org/parenteducation or contact Director of Human Development and Parent Education Sarah Huss (huss@campbellhall.org) or Jan Weiss, Parent Education Committee Co-Chair (jcw317@gmail.com). New this year: Julie Heimark and Aileen Cawley, Parent Education Hospitality Co-Chairs.

Events subject to change; please check website for most up-to-date information.