



PARENT UNIVERSITY

September Sessions

WUSD is hosting a series of district-wide Parent University sessions in September to provide parents and guardians with a place to obtain information on topics that affect them and their student(s). A WUSD School Social Worker hosts each session.

All sessions are open to all families from all WUSD schools to participate. Parents and guardians will be able to ask questions and obtain answers and connect to resources during each session. Four (4) topics will be covered during September; however, we will explore future Parent University opportunities based on the feedback we receive from this series.

NOTE: All four (4) Parent University sessions acknowledge September as Suicide Prevention Month.

SESSION 1

September 9, 2020, 6-7 pm

Communication & Parent Partnerships

Presenter: Adriane Miles

Demystifying communication between teachers and staff. Understanding how to connect and access resources for your student in a virtual environment. In addition to teachers, parents will learn of resources available to them to help them navigate accessing resources to help with dealing with COVID-19 and other challenges families face during this difficult time in our community. Parents will learn how common it is to need additional support, especially during virtual learning, and about WUSD's commitment to support the needs of all students and families.

Join with Google Meet:
meet.google.com/eym-rqkj-omi

Join by phone:
563-293-5199 (PIN: 515622237)

SESSION 2

September 16, 2020, 6-7 pm

Digital Citizenship

Presenters:
Dannah Neilsen & Maria Jaquez

Taking a closer look at the effects of prolonged screen time and social media on the developing young mind, why this is important to know, and what parents can tangibly do to shape healthy habits for their students.

Join with Google Meet:
meet.google.com/bge-dtpc-evg

Join by phone:
507-591-1030 (PIN: 563174238)

SESSION 3

September 23 2020, 6-7 pm

Social-Emotional Support

Presenter:
Graciela Garcia

Why Social-Emotional Support is important NOW more than ever. The importance of EMPATHY. Recognizing when someone needs help. How and When to obtain social/emotional help for your student. Important numbers and resources all parents should have handy.

Join with Google Meet:
meet.google.com/dzi-crii-ukz

Join by phone:
402-713-0281 (PIN: 353662305)

SESSION 4

September 30, 2020, 6-7 pm

Topic: Anxiety 101

Presenter:
Elisa Nevarez

Anxiety; signs, symptoms, behaviors, and what parents can do to help children cope. Anxiety, Depression, and other mental health challenges have been on the rise since the COVID -19 pandemic, and our children have experienced so much disruption to their daily routines and they may be overwhelmed with worry and unable to manage themselves. We can help you understand what might be happening and offer guidance and direction on what you can do about it.

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