

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

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Look for us on the web!
www.bvbsd.org

>> Reducing Family Stress

We live in a stressful world. Research has shown a link between stress and a wide variety of serious health problems including: hypertension, strokes, heart attacks, diabetes, ulcers, neck or low back pain, and even cancer. That's why it's important for us to have effective stress management skills. We can start by developing an inventory of our sources of stress or stressors. After close examination, consider stressors that can be eliminated. For example, if over-scheduling is a big source of stress, reducing the number of activities may help to solve the problem. There are, however, many stressors that we cannot eliminate. For those, effective stress management skills are required. Practicing and strengthening these skills can dramatically reduce the level of our subjective stress. Regular exercise, for example, not only helps us physically, but also reduces symptoms of depression, anxiety, and other negative emotional states. Another key stress management technique involves our thinking. We tend to place a lot of stress on ourselves based on our perfectionist, pessimistic, and generally negative thoughts. By trying to be more aware of our thinking and shifting to more rational, logical, positive thoughts (and keeping things in perspective), we can significantly reduce our subjective experience of stress. Finally, practicing relaxation techniques is also beneficial. From simple breathing techniques to visualizing yourself in a peaceful place, relaxation techniques can significantly reduce your stress level.

Family life can also be fraught with stressors. Strategies to reduce family stress include:

- Model and teach effective stress reduction techniques to other family members.
- Choose your battles, particularly with your adolescent child.
- Make time for fun family activities.
- Minimize your involvement in your child's homework, helping only when asked.
- Provide opportunities to share and vent feeling in a supportive environment.
- Be more aware of your own level of stress and the impact it has on the family.

As we educate ourselves about stress, it is important for us to educate our children. Create opportunities for family discussions, sharing the highs and lows of your day, the stresses experienced and ways to address them. Provide positive feedback for effective stress reduction efforts.

Taking the time to assess your level of stress as well as that of your loved ones, will go a long way to improving everyone's physical and emotional well-being. Reducing stress will positively impact your family's relationships and quality of life.

by **Dr. Jan Hittelman**
Boulder Psychological Services

>> Organizing for Students = Success

Inspired and empowered! That's how your child can feel with a little organization help. Here are seven tips that families can do to support their child with organization at home and school:

1. Have a well-supplied, quiet, study area. Create a special place that has all needed materials to study and do homework. This will help limit wasted time looking for things.

2. Help your child create a school organizational system that works for them. Does a binder for all subjects work well or folders and notebooks? Discover what works for them and support them in organizing their notes, tests, handouts, and files on a regular basis.

3. Use a student planner or personal calendar. Empower your child to form a new habit of writing down projects, homework, exams, and extra-curricular activities. This will help children manage their time more efficiently. Although they learn how to use a planner in school, they may need additional support to understand the benefits of it.

4. Have a Family Calendar. This is the "Go-To Place" to see what's happening on a daily basis with each person and the whole family. Write all activities, exams, and projects for each person on the calendar, as well as family events.

5. De-clutter and organize their bedroom. Get rid of the old and make room for the new. Often children have things in their room they haven't used or played with in months or years. This can free up space and re-energize them.

6. De-clutter and organize the home. Lead by example. Work together to create an organized home where everyone knows where everything is kept. This will help to find things quicker and lessen melt-downs.

7. Celebrate! Organization can be a fun & easy task. Every little bit deserves a celebration of some sort. Whether it's a high five or a toast, simply acknowledging their effort can go a long way.

Lack of organization is one of the biggest comments made at parent/teacher conferences. By working together, families can help increase student motivation, success, and self-confidence.

by Mary Lynne Fernandez
Tools 4 Teens Life Coaching
www.Tools4Teens.com

>> The YMCA of Boulder Valley

Building Healthy Relationships as a Family

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. Work toward that balance by challenging yourself to learn a new skill or hobby, foster connections with friends through lifelong learning programs, or bring your loved ones closer together through family-centered activities. It's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

Family time at the Y is about giving families as a unit, and as individuals, the opportunities to deepen relationships, develop new skills and interests, improve their health and well-being, and connect to the community.

Family nights allow families a time and a place to come together to have a good time; participate in a variety of fun activities; share, communicate and strengthen their relationships; and meet other families. They are usually scheduled for a weekend evening and can be either structured or free-flowing. Activities include mixers, pool games, arts and crafts, family fitness, games, volunteer opportunities and family discussions over refreshments.

The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, cooking and arts, Y's want families doing them together because you'll live healthier and make memories for a lifetime.



Have the Conversation!

This is the first in a new monthly column for the Thrive newsletter. Each month we will focus on some aspect of having a conversation with our kids. In future issues, we may look at conversations on specific topics and welcome suggestions from parents.

Why is this important enough for dedicated space in Thrive? As our kids change developmentally, so should our relationships with our kids and one of the key tools in shaping the relationship and maintaining connections to our kids is through our conversations.

As kids move toward adolescence, it looks like teens are more influenced by their peers, yet parents continue to be the most influential factor in their lives. According to a research brief from the University of Nebraska – Lincoln Extension:

- Teens report having political, religious, and general beliefs similar to their parents.
- Teens who high quality relationships with their parents also report positive relationships with their peers.
- Parent-adolescent conflict increases between childhood and early adolescence, although in most families, its frequency and intensity remain low.
- Parents who continue communicating with their teens, even when there is conflict, actually maintain closer relationships.

If you want your kids to talk to you about what's going on in their lives when they are teens, consider the following:

- If you are uncomfortable talking about something, they will sense your discomfort and your conversation may not have the outcome you intended. Make it ok to talk about anything, in an age-appropriate way.
- Take advantage of the opportunities to connect, whether it's driving to soccer practice, helping with homework, sharing a family meal, or just hanging out.

- When the topic is tough or the situation is tense, try to remain calm.

Extreme emotions tend to interfere with communication. If you remain calm, you

not only model for your kids how to handle tense situations but they will know they can rely on you in a crisis.

by Leisha Conners Bauer
Boulder County Healthy Youth Alliance

Have the Conversation!

About drugs and alcohol with your kids

Why? Research shows that kids who learn a lot about the risks of drugs from their parents are up to 50 percent less likely to use.

When? As soon as possible. It's never too early or too late to tell your kids about your behavior expectations.

How? Be open and honest. Tell your children that you love them and you want them to be safe.

Where? In a comfortable place, free from technological distractions -- at the park, at a coffee shop or at a ball game.

Who? YOU and your child.

For more information about how to Have the Conversation, please go to www.timetotalk.org.

by Andrew Tucker
BVSD Coordinator of Counseling, Student Engagement
and Post-Secondary Readiness

>> BVSD Community Connections: A Student Resource Guide

BVSD's Community Connections: A Student Resource Guide can be found at www.bvsd.org/guide. The guide is a listing of organizations and individuals in the community that offer enriching services and activities for children and youth. Categories include **academics/tutoring, health and support services, camps and classes, sports and fitness, the arts and more**. Organizations and individuals (other than BVSD programs) pay a fee to advertise in Community Connections and have not been screened in any way.

Besides finding the guide at www.bvsd.org/guide, you can also obtain a pdf version in English or Spanish from school counselors or you can request a paper or digital copy from Marla Riley at 720-561-5250, marla.riley@bvsd.org.

>> Consider BVSD Lifelong Learning when seeking classes for your child...and you!

Throughout the year, BVSD Lifelong Learning offers valuable and enjoyable learning opportunities for kids, teens and adults.

For kids: Lifelong Learning has a great selection of after-school classes in the areas of art, science, fitness, and more. We encourage you to visit us at www.bvsd.org/LLL to see what after-school classes are available in your area.

Are you looking for options for your child on October 12 and over the Thanksgiving and Winter breaks? Lifelong Learning camps provide kids with an opportunity to play, learn and develop new friendships on their days away from school. Here are some of our camp options:

- Outdoor Mountain Arts (Oct. 12)
- Bricks 4 Kids: LEGO® Olympics (Oct. 12, half-day and full-day)
- Science Matters: Amusement Park Science (Thanksgiving break)
- Thanksgiving Break Art Camp
- Bricks 4 Kidz: Ninjago Winter Break Camp

For teens: Get your teen off on the right foot with our popular classes in Driver's Education, ACT Prep, and SAT Prep.

For adults: From computers to cooking, from house and garden to health and fitness, we have classes to cover all of your interests. Here are just a few of our fall options:

- Burn Your House Down! How to Declutter and Downsize for an Easier to Maintain Life
- Stress Management for the Holidays
- 20 Nights, 20 Tricks: Master the Practical and Professional Secrets of the Culinary Arts (Parents and their kids over 10 can attend class together!)

We welcome you to join us on a journey of enrichment and discovery. Visit our website at www.bvsd.org/LLL or call 720.561.5968 to find out more.



>>Calendar of Classes & Events

OCTOBER 2012

Monday, Oct. 1, 6:30-8 p.m.

Emotional Nurturance for Mothers

Meadows Branch Library, 4800 Baseline Road, Boulder

A Pathways to Parenting Success Workshop – Free and open to the public.

Learn how better self-care will make you a better mom. www.BoulderPsychologicalServices.com

Presenters: Harmony Barrett Isaacs, LPC, Caitlin FloodMore, MA

Wednesday, Oct. 3

International Walk to School Day

Lace up your shoes and join millions around the world to celebrate walking, cycling, and health. Walk all week in the BVSD Shoot the Moon challenge and donate your used shoes to Eco-Cycle, October 1-5.

Go to www.bvsd.org/toschool for more information or contact your school's walk coordinator for more details.

Wednesday, Oct. 3, 6-7:30 p.m.

BVSD/CU STEM Lecture Series - Biology of Cancer and Cancer Treatment

Monarch High School, 329 Campus Dr., Louisville

Presented by the Bioscience Discovery and Evaluation Grant (BDEG) Educational Outreach program. Community members welcome.

Questions: Kristin.donley@bvsd.org. Presenter: Xuedong Liu

Thursday, Oct. 4, 6:30-8:30 pm

When Being Smart Isn't Enough: The Role Executive Function Skills Play in the Development of Organization and Study Skills

Mackintosh Academy, 6717 South Boulder Road, Boulder, CO 80303

Speakers: Shelley Karpel and Bonnie Leaf

This presentation will include a discussion of 11 executive functions (a set of cognitive abilities that act as our "brain manager") and how they impact well-being and performance in school and at home. Attendees will leave with strategies they can use to improve organization and study skills.

Free (donations welcomed) www.bvgt.org/events or programming@bvgt.org

Tuesday, Oct. 9, 3:30-5 p.m.

The 2012 Board Room Art Show

BVSD Education Center, 6500 East Arapahoe, Boulder

Please join us in viewing exemplary art work by BVSD students. Refreshments will be served. Presented by the BVSD Visual Arts Program.

Wednesday, Oct. 10, 11 a.m.-1 p.m.

SEAC (Special Education Advisory Council)

Aspen Room at the BVSD Education Center, 6500 East Arapahoe, Boulder

SEAC is a district wide group open to all. Our monthly meetings include forums with our special education leadership team, parent education of BVSD services as well as presentations from community organizations. We are looking for parent representatives from every BVSD school to join SEAC. Contact Anna Stewart, SEAC Coordinator at 720-561-5918 or anna.stewart@bvsd.org

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Look for us on the web!
www.bvsd.org

>>Calendar of Classes & Events

OCTOBER 2012

Monday, Oct. 15, 6:30-8 p.m.

PEN Presents - "Miss Representation"

You Can't Be What You Can't See

Monarch High School, 329 Campus Dr., Louisville

Like drawing back a curtain to let bright light stream in, "Miss Representation" uncovers a glaring reality we live with every day but fail to see. Directed by Jennifer Siebel Newsom, the film explores how mainstream media contribute to the under-representation of women in influential positions in America and challenges the media's limiting and often disparaging portrayals of women, which make it difficult for the average girl to see herself as powerful. (Documentary film) Adults \$10

Saturday and Sunday, Oct. 20 & 21

Colorado Ocean Coalition's 2nd Annual "Making Waves" Ocean Symposium

The Colorado Ocean Coalition (COCO) will host the *Making Waves 2012* weekend on October 20 -21 in Boulder. Now in its second year, *Making Waves* is an educational event focused on building awareness of critical ocean conservation issues and creating a community of engaged ocean advocates. The symposium brings together prominent ocean scientists, activists, educators, and artists with interested members of the community. Featuring **Jean-Michel Cousteau** as the keynote speaker, the highlight of the weekend will be the free ocean symposium from 8:30 a.m. to 5:00 p.m. on October 21 in the Wolf Law Building at CU-Boulder. Other notable and inspiring ocean leaders scheduled to speak include **Dr. Sylvia Earle, Dr. Wallace J. Nichols, Jim Toomey, Gregory Stone** and youth activists **Milo Cress**. The weekend will include many youth-oriented events and an exclusive showing of films provided by the prestigious San Francisco Ocean Film Festival. Detailed information can be found at <http://coloradoocean.org>.

Monday, Oct. 22, 6:30-8:30 p.m.

PEN - Community follow up discussion (Miss Representation documentary film)

Monarch High School, 329 Campus Dr., Louisville - Join this discussion questioning the messages of mass media. Presented by Diane DeBella, CU Gender Studies Dept., and Melissa Walker, MA, R-DMT. *Donations welcome.*

Thursday, Oct. 25, 6:30-8:30 p.m.

PEN Presents - Raising Resilient Girls

Monarch High School, 329 Campus Dr., Louisville

Join Simone Marean, Executive Director and Co-Founder of the Girls Leadership Institute. Simone will share how to help girls practice assertive self-expression, emotional intelligence and healthy relationships, preparing them for a life of personal and societal leadership. Admission is free. Donations accepted. Suggestion donation \$10.

Thursday, Oct. 25, 6:30-8:30 p.m.

Facebook, Sexting, and Gaming, OMG!

City of Louisville Library, 951 Spruce Street, Louisville

A Pathways to Parenting Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Learn essential strategies for helping your child successfully navigate the wild world of technology.

Presenters: Dan Fox, LPC, and Karen Wilding, LCSW

Saturday, Oct. 27, 9 a.m.-3 p.m.

Moving Your Life Beyond Graduation (geared toward Special Education students and their parents)

BVSD Education Center, 6500 East Arapahoe, Boulder

Beyond Graduation is a project of Family Link along with the ACL and BVSD. It includes a set of youth-centered tools designed to help young people who are neuro-diverse and supported through IEPs plan more effectively as they face these important decision and changes. Ideally, planning should start in middle school to make sure choices in high school align to your student's goals. This workshop is free and lunch is provided with pre-registration. Registration deadline is Oct. 22. For more information, please contact Anna Stewart, BVSD Parent Liaison at 720-561-5918 or email anna.stewart@bvsd.org.

Monday Oct. 29, 7-8 p.m.

ADHD ... or is it?

BVSD Ed Center Board Room, 6500 Arapahoe, Boulder

A Pathways to Parenting Success Workshop – Live from the BVSD Board Room!

Hear from experts, parents, and others about the diagnosis of ADHD and other disorders that mimic the same symptoms. Join the live audience in the BVSD Board Room, watch it on Comcast Cable Channel 22, or stream from your computer at <http://bvsd.org/BV22/Pages/PathwaystoParentingSeries.aspx>. Go to BPSBoulder.com for more info.

Moving Your Life Beyond Graduation

In the year 2012 more than ever before, young people leaving high school can belong and contribute to community life. Growing numbers of students are teaching us new ways to think about their lives and the positive futures they imagine for themselves. Limited service options have spurred students and their families to focus on their capacities and find new opportunities in their communities. Hear about processes others have used to become employed in real jobs, run their own micro-businesses, volunteer in valued roles...how to participate in civic, associational and neighborhood life.

Beyond Graduation is a project of Family Link along with the ACL and BVSD. It includes a set of youth-centered tools designed to help young people who are neuro-diverse and supported through IEPs, plan more effectively as they face these important decision and changes. Ideally planning should start in middle school to make sure choices in high school align to your student's goals.

Saturday, October 27th, 9 AM to 3 PM for youth 13 and up and their parents/family members and friends! Lunch is provided with pre-registration. This workshop is free and held at BVSD Education Center at 6500 Arapahoe in Boulder.

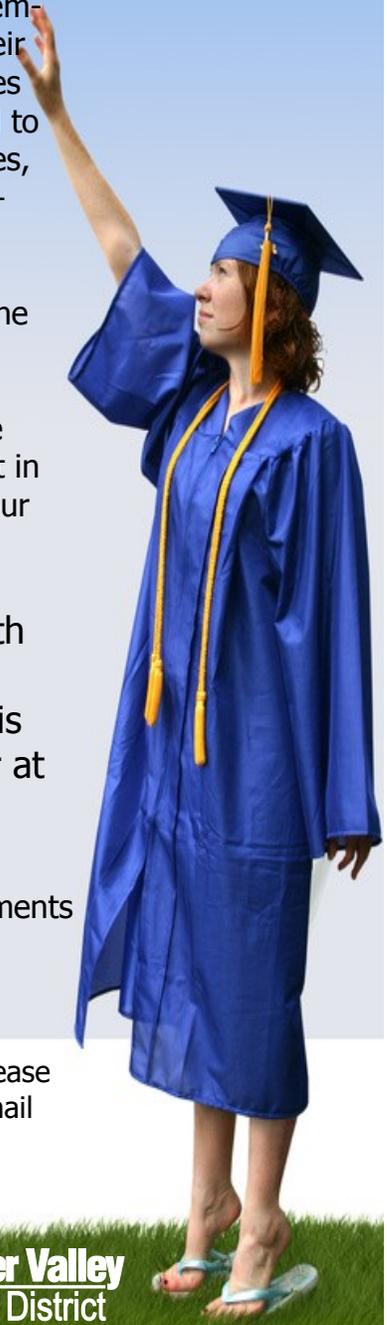
Thursday, **December 6th, 6-8 PM:** Gathering Data/Assessments

Thursday, **January 17th, 6-8 PM:** Creating an Action Plan

Coming in March 2013...Job Fair!

To register for Oct. workshop (deadline is Oct 22) or more info, please contact Anna Stewart, BVSD Parent Liaison at 720-561-5918 or email anna.stewart@bvsd.org

Beyond Graduation is sponsored by:



Sponsored by:



Girls Leadership Institute Real Parents, Real Daughters Workshop BVSD Workshops 2012-2013

For over ten years, the **Girls Leadership Institute** has awakened thousands of girls to a life of authentic leadership. Co-founded by bestselling author and girl-expert, Rachel Simmons, we are a national nonprofit organization providing unique, powerful programs to girls, their parents and their educational communities. In collaboration with the Parent Engagement Network (PEN), BVSD schools are proud to host the following *Real Parents, Real Daughters* workshops. The workshops are open to the public.

Empower your daughter to make real friends, communicate honestly and directly, and be her true self!

The **Girls Leadership Institute *Real Parent, Real Daughters Workshop*** series allows parents and daughters to laugh and learn about themselves in a safe environment. We encourage girls and parents to have fun together while learning about friendships, feelings, apologies and healthy approaches to conflict. Families learn techniques and establish healthy practices that will serve the girls well in elementary school and beyond. Costs vary and scholarships are available. Visit www.girlsleadershipinstitute.org or call 303-587-9171 to learn more and to register.

K & 1 st Grade	2 nd & 3 rd Grade	4 th & 5 th Grade	Middle School	Special Events
<p>Louisville Elementary School Mondays October 8, 15, 22, 29 4-5:00pm</p> <p>Coal Creek Elementary School Wednesdays January 9, 16, 23, 30 4-5:00pm</p>	<p>Louisville Elementary School Thursdays November 1, 8, 15, 29 6-7:30pm</p> <p>Coal Creek Elementary School Wednesdays February 6, 13, 20, 27 6-7:30pm</p>	<p>Monarch K-8 Tuesdays October 2, 9, 16, 23 6-7:30pm</p> <p>Louisville Elementary School Wednesdays January 9, 16, 23, 30 6-7:30pm</p> <p>Coal Creek Elementary Tuesdays April 9, 16, 23, 30 6-7:30pm</p>	<p>Louisville Middle School Friday-Sunday October 12, 13, 14 Friday: 6-9pm Saturday: 9:30am-5pm Sunday: 9am-1pm</p>	<p>Monarch High School Thursday October 25th 6:30-8:30pm PEN Presents Simone Marean, Girls Leadership Institute Executive Director, speaking on '<i>Raising Resilient Girls</i>' with a special introduction by Rosalind Wiseman, author of <i>Queen Bees & Wannabees</i>.</p>

The Girls Leadership Institute teaches girls the skills to live life boldly. We empower girls to know who they are, what they believe and how to express it. These skills allow girls to engage more authentically with others and create change in their world.

