

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

Volume 4 | Issue 2

SEPTEMBER / OCTOBER 2011

insideTHRIVE

- 2** Parent Engagement Network (PEN)
BVSD Lifelong Learning's Fall Classes for Adults, Teens and Kids
- 3** Helping Children Build Self-Efficacy
School transitions, anxiety and students with special needs
Community Connections: A Student Resource Guide
- 4** Calendar of Classes & Events
GROWE Foundation
Upcoming Events
- 6** Out Boulder's BOLD OffBeat Arts Program
- 7** PEN 2011-12 Calendar

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

>> Helping Your Child Succeed in School

During the school year, trying to keep your child up-to-date with school assignments can often result in conflict that can negatively impact the parent-child relationship. As the new school year begins, we have the opportunity to develop a more effective strategy that will encourage school success, while actually strengthening family relationships.

Most importantly, children need to be empowered to take ownership of their schoolwork. Using homework as an example, challenge your child to come up with a schedule regarding homework instead of simply imposing one on them. And if homework is not completed, allow the teacher to provide consequences instead of you.

Secondly, parents need to focus their attention and feedback on what the child is doing right academically, not just when they're not getting it done. This is the most effective way to promote the learning of new desired behaviors, like good study skills. Thus, when your child IS completing their schoolwork, that's the time to provide feedback, not just when they're not.

To initiate this approach, begin discussing your desire for a new approach at home regarding schoolwork as early as possible in the new school year. During these talks about how they need to meet their academic responsibilities, put effort into listening rather than lecturing. Encourage your child to offer suggestions as to how the family can improve this process at home. Whenever possible put your child's suggestions to use and do some "experiments" for 1-2 weeks, analyzing progress together after the agreed upon time for the experiment.

Remember that the larger goal is for your child to develop organizational and study skills that will continue on into use in college and beyond. Even if this approach initially results in some lower grades, the importance of attaining these more important long-term goals far outweighs that. For children to learn to be responsible, they need to be given responsibilities and all learning involves trial and error, so don't be too overly critical of mistakes along the way. Instead focus on their successes, as this will foster ongoing success in school and in life.

by Dr. Jan Hittelman
Licensed Psychologist

>> Parent Engagement Network

Welcome back! We hope that you are beginning to settle into the new school year. The BVSD Parent Engagement Network (PEN) is excited to announce its 10th anniversary and invites you to join in our year-long celebration. In honor of this special milestone, the PEN Community Conversations Calendar (attached to this newsletter) highlights many of the community collaborations that we have developed over the years. These collaborative efforts allow us to deepen our work and assist us in furthering *our mission of engaging and empowering parents and care givers in supporting and nurturing ALL families.*

The PEN Kick-off will be Wednesday, Sept 14, BVSD Ed Center, 6:30-8:30 p.m. Youth leaders will again be featured with a "Positive response to the Youth Risk Behavior survey." BVSD's new Superintendent, Bruce Messinger, will share insights in a Welcome to PEN parents. We are pleased with Dr. Messinger's focus on the Whole Child approach and look forward to working with him.

The PEN 101 Orientation and Equity/Inclusion Training series preview will be Thursday, September 22, 5-8:30 p.m., BVSD Ed Center. This Introduction to PEN is open to all who are interested in learning more about how to take PEN into Action. With the assistance of Bill De La Cruz, PEN Board member, and training provided by the Community Foundation, PEN will

provide resources that will assist PEN parent leaders to join with principals, administration, staff, parents, youth, and others at their schools to put equity/inclusion ideas into Action. A "train the trainer" model will be used and technical assistance will be provided to our volunteers.

Additional themes for the year include: LGBTQ, bullying prevention, learning disabilities, attention deficit disorder, mental health, suicide/depression awareness/prevention, girls and boys relate and learn differently, anorexia and bulimia, addiction, substance abuse prevention, and autism.

Upcoming events will be announced in the Thrive Update newsletter. You may also visit our website to sign up for our monthly newsletter, register for events, volunteer, or get up-to-date information about our organization at www.parentengagementnetwork.org.

Please join the PEN community as we work together to empower parents, families, community, and youth by engaging with each other in circles of connection.

Paula.nelson@penbv.org or Eugenia.brady@penbv.org

by **Paula Nelson and Eugenia Brady**
PEN Co-chairs

>> BVSD Lifelong Learning's Fall Classes for Adults, Teens and Kids

Have you seen the new BVSD Lifelong Learning Fall Catalog? It's full of fun, energizing and informative adult classes. In addition to the many popular classes we offer every year, BVSD Lifelong Learning has some unique new offerings. Here's a sample:

- Urban Agriculture
- Introduction to Cloud Computing, Google Apps, and Gmail
- Green Building and Preparing for the LEED Green Associate Exam
- Abstract Expressionist Painting Techniques
- Introduction to Zimbabwean Marimba
- Ski Technique and Biomechanics
- Sibling and Peer Conflict: Helping Children Learn to Work it Out

There's more to BVSD Lifelong Learning than our adult classes, though. Our catalog of **Afterschool Classes for Kids and Teens** will be available soon and distributed to schools. For kids, we offer after-school classes in the arts, outdoors and adventure, fencing, digital photography, video production and science (taught by Science Matters!) Additionally, our Thanksgiving Break, Winter Break and No-School Day Camps are very popular with kids (and parents, too!).

Teen classes include Driver's Education, ACT Prep, SAT Prep, High School Success, Writing the College Application Essay, and College Basics 101.

To receive fall BVSD Lifelong Learning class information, call 720-561-3768 or visit our website at www.bvsd.org/LLL.

>> Helping children build self-efficacy

Helping children transition back into a new school year can be tough. Promoting a healthy self-esteem within our children can often help them to navigate life's transitions; however, another important characteristic to consider is self-efficacy.

"Self-efficacy" is often defined as a person's belief in their own competence. Psychologist Albert Bandura has defined "self-efficacy" as one's belief in one's ability to succeed in specific situations. As parents we often pay attention to our child's competence in various situations, but understanding a child's **perceived** competence is equally, if not more, important.

Through the projects and activities involved in the YWCA's youth programs, we work to help students to proclaim, "I know what I want, I can say what I want, and I can get what I want." While many children can comfortably set goals and work toward achieving these goals, there are segments of the population where they may have more challenges in seeing their own potential. This often includes under-served, low-income and minority populations. Teen girls are another group that is sometimes challenged. At the YWCA, we often see a pattern where girls lose some of their self-efficacy as they enter adolescence.

The more positive behaviors, attitudes and outcomes that children are exposed to, the more likely they will be to exemplify positive behavior. All adults can influence a child's belief in herself by exhibiting the resiliency and self-efficacy that we want for our children. This includes modeling this behavior for not only our own children, but those around us whether it is a Girl Scout Troop, a sports team or in school activities.

One good resource is the YWCA's EDGE Academy: Youth Empowerment Programs that promote leadership and resiliency skills leading to self-efficacy. This series also includes the Puente (Bridge) Program, which is designed specifically for Latina students to assist them in their transition from middle to high school. To learn more, www.ywcaboulder.org.

by Janet Beardsley
Executive Director, YWCA of Boulder County

>> School transitions, anxiety and students with special needs

For students with special needs, starting a new school year brings the anxiety of a whole new world: buildings, peers, teachers... new expectations, not always looked at enthusiastically by students who could have poor social skills. Like most adolescents, they do not share easily their feelings or concerns with parents, teachers or friends.

A study published by *Pediatrics*, the official journal of the American Academy of Pediatrics, January 2010, states: "...the conditions most strongly associated with internalizing symptoms (of anxiety and depression) were autism (70.7 percent ASD), behavior problems (69 percent), and developmental delays (61 percent). These results highlight how prevalent depressive and anxiety symptoms are among children with special needs. This is particularly worrisome among adolescents... by age 12, close to 40 percent of these children are experiencing noticeable levels of anxiety and depression."*

This can also be said for gifted and twice exceptional students.

Even though it is normal to have some level of anxiety at the beginning, we need to look for lesser levels of anxiety as the school year develops and keep close attention to the possible presence of anxiety or depression at any time.

As we interact with these students every day, we need to provide empathy, understanding and space for the students with special needs to cope with their own anxiety... just as we do with our own.

* Ghandour, R, Kogan, M., Blumberg, S., & Perry, D. (2010). *Prevalence and Correlates of Internalizing mental health Symptoms among CSHCN*.

by Eugenia Brady
Outreach Liaison for the Autism Society of Boulder
Parent Engagement Network (PEN) Co-Chair

>> 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 filled with enriching activities and services that support the health and wellbeing of children and youth. Categories include athletics, health and support services, camps and classes, tutoring and the arts. Paper copies can be found at schools or you can request a copy in English or Spanish from Marla Riley at 720-561-5250, marla.riley@bvsd.org.

>> Calendar of Classes & Events

Help BVSD Students GROW! by supporting these two great fundraisers

The Great Zucchini Race

Sept. 3rd – 5th, 2011
10:30am – 5:00pm
Boulder Creek Home Town Fair
To benefit Growe and their Garden to Table programs

A Fun Family Farm Day
Saturday, October 1st, 3:00 – 7:00pm
Isabelle Farm @ Thomas Open Space
Baseline Rd., Lafayette
Food, kids activities, live music, hayrides
Family Rates: Pre-Registered \$30 Day of Event \$40
Pre-Purchase and additional pricing at
www.growefoundation.org



All proceeds to benefit the GROWE Foundation's Garden to Table Programs.
To learn more, visit www.growefoundation.org



SEPTEMBER 2011

Wednesday, Sept. 7, 6-8 p.m.

BVSD AD/HD Parent Support Group

Fireside Elementary School, 845 West Dahlia Street, Louisville

This monthly meeting is open to any parent in BVSD who has a child with attention issues.

For more information contact Anna Stewart, BVSD Parent Liaison, at 720-561-5918 or email to anna.stewart@bvsd.org

Thursday, Sept. 8, 3:15-3:40 p.m.

Heavy Metal Teens!

Boulder High School, Art/Science stairwell, 1604 Arapahoe Avenue, Boulder
Help celebrate the completion and installation of a new sculpture at Boulder High with photographs, stories, thanks and cake. *This project was funded by a grant from the Boulder Arts Commission, an agency of the Boulder City Council.*

Monday, Sept. 12, 7-8 p.m.

Parents Speak Out!

Pathways to Parenting Success Series - Live from the BVSD Board Room!

BVSD Ed Center Board Room - 6500 East Arapahoe Road, Boulder
Find out what's on the mind of parents in our community and join in the conversation as we identify key challenges and brainstorm solutions. **Moderator: Dr. Jan Hittelman.** 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.

Wednesday, Sept. 14, 6:30-8:30 p.m.

PEN Presents: How are All the Children?

10th Annual PEN Kick-off

BVSD Ed Center, Aspen Room, 6500 East Arapahoe Road, Boulder
Celebration! Let's Hear From Our Youth! A Positive Response to the Youth Risk Behavior Survey www.parentengagementnetwork.org
Welcome: Bruce Messinger, Superintendent of BVSD

Wednesday, Sept. 14, 6-8 p.m.

Special Education Advisory Committee (SEAC) Meeting

BVSD Ed Center, 6500 East Arapahoe Road, Boulder

We are a district-wide group of parents, students, administrators, educators, and community members. We want to have a parent representative from each school who will be the conduit of information between their school and SEAC about special education. Every meeting is open to all. For more information, contact BVSD parent liaison **Anna Stewart** at 720-561-5918 or anna.stewart@bvsd.org.

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local experts
and parents

THRIVEupdate Editorial Board

Managing Co-Editors

>> **Leisha**
Connors Bauer
Boulder Healthy
Youth Alliance

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

Copy Editor
>> **Maela Moore**
BVSD Communications

Publication Designer

>> **Allison Maurer**
BVSD Communications

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

>>Calendar of Classes & Events

SEPTEMBER 2011

Monday, Sept. 19, 6:30-8:00 p.m.

Launching Instructions

Learn how to keep your teen from remaining a perpetual adolescent

Facilitator: Dan Fox, LPC

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

Meadows Branch Library, 4800 Baseline Road, Boulder www.BoulderPsychologicalServices.com

Thursday, Sept. 22, 5-8:30 p.m.

PEN presents - PEN 101 Orientation

BVSD Ed Center, Aspen Room, 6500 East Arapahoe Road, Boulder

Equity and Inclusion training series preview from Bill De La Cruz and Betsy Fox, PEN Parent Coaches

b.delacruz@comcast.net; foxbetsy123@msn.com

Monday, Sept. 26, 6:30-8:00 p.m.

Helping Parents Get a Clue

Bring your teen for this open discussion between teenagers and their parents.

Facilitators: Kat Austin, LAC & Harmony Barrett Isaacs, LPC

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

Meadows Branch Library, 4800 Baseline Road, Boulder www.BoulderPsychologicalServices.com

OCTOBER 2011

Monday, Oct. 3, 7-8 p.m.

The Bully and the Bullied

Pathways to Parenting Success Series - Live from the BVSD Board Room!

BVSD Ed Center Board Room - 6500 East Arapahoe Road, Boulder

Hear from parents, students, school staff and counselors, as we discuss how you can help your child avoid becoming the bully or the bullied. *Moderator: Dr. Jan Hittelman.* 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.

Tuesday, Oct. 4, 6:30-8:00 p.m.

PEN Book Group Kick-off

Louisville Middle School Library, 1341 Main Street, Louisville

Fawnda Hathaway, PEN Book Group Coordinator; fawnda@comcast.net

Wednesday, Oct. 5, 6-8 p.m.

BVSD AD/HD Parent Support Group

Fireside Elementary School, 845 West Dahlia Street, Louisville

This monthly meeting is open to any parent in BVSD who has a child with attention issues.

For more information contact Anna Stewart. BVSD Parent Liaison, at 720-561-5918 or email to

anna.stewart@bvsd.org

Wednesday, Oct. 5, in the morning

International Walk to School Day

Lace up your shoes and join millions around the world for an international event that celebrates walking, cycling, and health. Shoot the Moon and the Eco-Cycle used shoe collection take place the entire week of October 3-7.

Go to <http://www.bvsd.org/TRANSPORTATION/TOSCHOOL/Pages/ToSchoolHomePage.aspx> for more information or email the event coordinator at julielreland@comcast.net.

>>Calendar of Classes & Events

OCTOBER 2011

Saturday, Oct. 15, All Day Conference

Celebrating Queer Identities: Living Great, Being Terrific!

A Positive View of LGBTQ: Embracing Identity and Cultivating Well-being"

Sharon Rostosky PhD, Ellen Riggle PhD

CU-Boulder, Center for Community

A PEN collaborative with Boulder Valley Safe Schools Coalition (BVSSC) www.bouldersafeschools.org

Monday, Oct. 17, 6:30-8:00 p.m.

Facebook, Sexting, and Gaming, Oh My!

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

Facilitators: Dan Fox, LPC & Karen Wilding, LCSW

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

Meadows Branch Library, 4800 Baseline Road, Boulder www.BoulderPsychologicalServices.com

Wednesday, Oct. 19, 6:30-8:30pm

PEN Presents - The Bully, the Bullied, and the Bystander: Breaking the Cycles of Violence and Creating Circles of Caring

Monarch High School, 329 Campus Drive, Louisville

Barbara Coloroso, National Speaker; Author of *The Bully, The Bullied, and the Bystander*

See www.kidsareworthit.org for more information.

Monday, Oct. 24, 6:30-8:00 p.m.

Strengthening Reading Confidence and Skills

Bring your elementary-age children, a fun book, and learn effective strategies for reading.

Facilitator: Iris Lee

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

Meadows Branch Library, 4800 Baseline Road, Boulder www.BoulderPsychologicalServices.com

>> Out Boulder's BOLD OffBeat Arts Program

Out Boulder's BOLD Youth program empowers youth through art, activism and community. This program offers LGBTQ & Allied Youth ages 13-20 a space to connect through creative endeavors. Fall of 2011 will consist of the three programs: creative writing group, a back-to-school open mic and art show, and our famous filmmaking project! All these projects are designed with the intention to increase awareness about the lives of LGBTQ youth and to help them raise awareness amongst their peers.

Creative writing group will be held on Tuesday afternoons from 5-6:30 at Out Boulder's Pride House (2132 14th St). This is a drop-in group with a casual atmosphere. Creative writing group is a youth-created, youth-led activity. Each week a youth volunteers to lead in writing prompts and sharing. It's fun!

The Back-to-School event is going to be held Saturday, September 24, and will include a youth art show, open mic, and BBQ social. Planning meetings for this event will be held Tuesday afternoons from 4-5 at the Out Boulder Pride House August 23-September 20. All youth are welcome to participate in the planning and/or the event!

Out Boulder's BOLD Filmmaking project is a great opportunity for young people to voice their experiences, learn about LGBTQ influence in film and film in general, and to learn a fierce and useful skill. Youth will write, direct, film and edit their own short film with the guidance of a professional videographer. This project is a time-commitment, and totally worth it! The filmmaking project will be held 12-3 p.m. on Saturdays beginning Oct 8 thru the end of December. This is a downright amazing project and space is limited!!! Cameras, tapes, and editing software are all included!! **ALL PROJECTS ARE FREE!!!!** More info? B. Mann, BOLD Program Coordinator. bmanna@outboulder.org. 720-248-8183

2011-12 Community Conversations

September 14 Wednesday	6:30-8:30pm BVSD Ed Center Aspen Room	“How are All the Children?” 10th Annual PEN Kick-off Celebration! Let’s Hear From Our Youth! A Positive Response to the Youth Risk Behavior Survey	Welcome: Bruce Messinger, Superintendent BVSD BVSD Peer Educators And other youth
September 22 Thursday	5-8:30 pm BVSD Ed Center Aspen Room	PEN 101 Orientation Equity and Inclusion training series preview	Bill De La Cruz, Betsy Fox, PEN Parent Coaches b.delacruz@comcast.net foxbetsy123@msn.com
October 4 Tuesday	6:30-8:00pm LMS Library	PEN Book Group Kick-off	Fawnda Hathaway, PEN Book Group Coordinator fawnda@comcast.net
October 15 Saturday	All Day Conference CU, Boulder Center for Community	Celebrating Queer Identities: Living Great, Being Terrific! “A Positive View of LGBTQ: Embracing Identity and Cultivating Well-being”	Sharon Rostosky PhD, Ellen Riggle PhD Collaborative with Boulder Valley Safe Schools Coalition (BVSSC) www.bouldersafeschools.org
October 19 Wednesday	6:30-8:30pm Monarch High	The Bully, the Bullied, & the Bystander Breaking the Cycles of Violence and Creating Circles of Caring	Barbara Coloroso, Nat’l Speaker/Author <i>The Bully, The Bullied, and the Bystander</i> www.kidsareworthit.com
November 9 Wednesday	5:45-8:45pm BVSD Ed Center Aspen/Black Diamond Room	Boys and Girls Relate Differently; Celebrating Family Relationships Speak Out, Speak Up!	Michael Vladeck www.connectwithyourteen.com Shari Leach www.womenswilderness.org Dinner, inclusive panel of women/youth/men
January 26 Thursday	6:30-8:30PM First Presbyterian Church	HOPE: Providing Hope and Inspiration in the area of Suicide and Depression prevention and awareness	Collaborative with HOPE Coalition, Colie’s Closet, First Presbyterian Church www.hopecoalitionboulder.org www.coliescloset.org
March 8 Thursday	6:30-9:00pm Fairview	We Are All Special The Gift: LD/ADHD Reframed <i>The Short Bus</i>	Jonathan Mooney, Nat’l Speaker/Author www.jonathanmooney.com Collaborative with Boulder Valley Gifted & Talented (BVGT) www.bvgt.org
March 21 Wednesday	6:30-8:30pm New Vista High School	Natural Highs: Research-based alternatives to risky behavior; Tools for parents and youth	Avani Dilger, MEd, CAC III Creator, Natural Highs Program avani@naropa.edu
April 26 Thursday	6:30-8:30pm Fairview	What’s Mental Health Got To Do With It? One woman’s story of healing and recovery from anorexia, bulimia, depression, and addiction	Marya Hornbacher, Nat’l Speaker/Author www.maryahornbacher.com Collaborative with Interfaith Network on Mental Illness INMI
April 30 Monday	6:30-8:30 Centaurus High	The Minds of Boys and Girls; Helping Our Sons and Daughters Do Their Best In School and Life	Michael Gurian, Nat’l Speaker/Author www.michaelgurian.com Collaborative with Parent Information Network (PIN)
May 8 Tuesday	11-1pm Spice of Life	10 th Annual PEN Celebration!	Maria Guajardo Lucero Maria.guajardo@denvergov.org

FREE Events

Interpretation Provided

Donations appreciated

PEN Community Conversations: *Interactive *Provide Resources/Networking *Build Relationships & Circles of Connection

*Research-based *Best Practices *Engage parents and families to increase resiliency in youth

Questions: Kathy Valentine, PEN Calendar Chair, valstone2@hotmail.com 303-810-6456 or

Betsy Fox, PEN Lead Coach foxbetsy123@msn.com, 720-563-7007