

Thrive update



Enhance Inspire
Inform healthy kids make better learners

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APRIL 2014

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

Try to make appointments, vacations etc during holiday breaks or after school when possible; missing school really adds up and affects learning!

– Kimberly Gannett,
Counselor, Peak to Peak
Charter School

>> Help children navigate life's transitions

As adults, we know that life is a series of transitions – starting our first job, getting married, having children, aging, dealing with health-concerns, retirement, and ultimately dealing with end-of-life issues. Our children go through a wide range of transitions as well: moving up from pre-k to elementary to middle to high school, and then college and beyond. The way we respond to these changes can often impact our overall emotional well-being and ultimately our success in life.

Transitions can be difficult because many of us are resistant to change, and transitions require us to adapt to new circumstances. The ways in which we perceive these shifts often dictates our response to them. If we focus on the potentially negative aspects that changes may bring, we will likely become sad, anxious and avoidant. Conversely, if we view a transition as a new adventure or an opportunity to conquer a difficult task, it can be something that we look forward to and enjoy, despite the inherent challenges that it may bring. Unfortunately, human beings tend to be naturally negative, whether it's about situations in our lives, our children or ourselves. Consequently, having a positive attitude about impending transitions may take conscious effort in order to resist our natural impulse to focus on the negative and to develop a more productive approach to meet the challenge.

For children, even transitioning from one activity to another can be challenging, particularly if they need to stop an enjoyable activity (e.g. playing a game) for a another one (e.g. starting their homework). Helping children to become more resilient to change and transitions now will allow them to develop the skills necessary to meet these challenges throughout their lives. Here are some suggested strategies:

- **Provide structure:** If transitioning from play to homework is a problem, develop clear guidelines regarding the amount of playtime allowed (for young children, consider using an egg timer) and try to be consistent.
- **Use empowerment:** Include your child in discussions regarding transition challenges and seek their input regarding strategies that may be effective.
- **Reinforce effort:** Provide positive feedback to your child regarding successful transition behaviors.
- **Improve self-talk:** Help your child to reframe their thoughts in a more positive light regarding the potential benefits of this new activity or adventure.
- **Be a good role model:** Be thoughtful about how you respond to transitions yourself and think out loud in terms of the challenge, the upside, and the satisfaction of meeting life's challenges successfully.

by Dr. Jan Hittelman
Licensed Psychologist

>> Transitioning from elementary to middle school

Back in the day, girls were brought into one room and boys into another room. For the girls (the only room I can speak to) a pink-hued film strip showed the “wonders of adolescence.” The voice-over said “as we change...” It was embarrassing, awkward and downright weird. But the truth is, when we usher elementary school students into middle school, the “as we change” voice-over becomes very real.

Thanks to a generous grant from Boulder County Healthy Youth Alliance, middle school parents are gaining more information and skills to support their adolescent children through “the change.” The curriculum covers several key shifts that occur between elementary and middle school. These include:

1. The differences between the two school structures, including changing classes, having lockers, and choosing electives
2. Changes in the adolescent brain, including the late development of the frontal lobe that is responsible for decision-making, organization and impulse control
3. Risk and protective factors in understanding why some youth are more involved in risky behaviors
4. How to continue to parent your child into adolescence

When we make a habit of putting twice as much energy into listening as we put into talking, adolescents will eventually take advantage. Really listening to them lets them know we're interested and that we respect their thoughts and opinions. If we truly listen, even disagreements will be more productive!

– Robin Sackmann,
Counselor, Aspen Creek K-8

Avoid placing your own nervousness and fears onto your child. They are their own person and will have a different experience than you did. Never underestimate their ability to adapt and be resilient. Kids are usually more powerful than we give them credit for!

– Sennen Knauer,
Counselor, Broomfield Heights
Middle School

Many parents begin to step away, thinking that as their children change, they need more freedom. It is important to remember that with great freedom comes great responsibility. Middle school students need to continue to show responsibility in order to earn freedom. Parents MUST continue parenting in middle school even though middle school students are developmentally pushing parents away as they begin to figure out who they are.

Middle school is about identity. Who am I? Who am I apart from my parents? How can I express how different I am? As a parent, all this must be negotiated while keeping our children safe. The transitions program supports parents in doing just that.

To find out more about the middle school transition program, contact Lisa Cech at lisa.cech@bvsd.org.

Do you want to increase your understanding of adolescent development and its impact on child behavior and family interaction? Join the next free webinar entitled:

“Are You Ready For Adolescence? From Tween to Teen” on Wednesday, April 9, from Noon to 1 p.m, with Dan Fox, LPC. To register for the interactive webinar, go to BoulderPsychologicalServices.com/free-webinars

by Lisa Cech
Angevine Middle School counselor

1. Focus your child on a growth mindset. Help him/her to recognize the “voice” inside that is doubting or fearful. “Are you sure you can do it?” or “I’ll never be good at this.”
2. Help your child recognize he/she has a choice in how challenges are faced and approached.
3. Cultivate a growth mindset voice in your child. “I’m not sure I can do this now but I can learn with time and effort.” Incorporate character behavior language on grit, perseverance and optimism.
4. Enact a growth mindset by encouraging your child to find solutions and to self-advocate. To take action! This will develop his/her independence as well as self-efficacy and sense of competence!

– Elizabeth Burrows,
Counselor, Summit Middle School

>> Transitioning from middle to high school

High school can be an incredible time for your student to grow and explore who they are as a person and it can also be frustrating, scary, and challenging. To a freshman, it can feel like they are at the bottom rung and everyone knows it. In this article, we'd like to share some helpful things that my son and I learned about the transition to high school:

- Encourage your student to handle challenges on his or her own. It will help them learn how to advocate for themselves. Let them know that you are there to help but don't force your help on them.
- Continue to be involved but change your involvement. There are fewer opportunities to get involved the way you used to. Attend the welcome picnics, Back to School Nights, conferences and other school events with your freshman.
- Help your student establish routines. It lowers stress. It's more stressful when routines get significantly disrupted.
- Have students monitor their own progress on Infinite Campus. Infinite Campus is useful but don't overuse it. If there is something that they aren't entirely proud of, don't flip out about it the first time. Wait to have a calmer discussion.
- Foster your child's strengths, talents and interests. High school has a lot more clubs and athletics than middle school. Encourage your student to join a sport or club at the beginning of the fall semester based on their talents or interests as a way for them to connect socially.
- Get to know the school a little better ahead of time. Go to at least one of the school functions to have a better understanding of the school. The students who give the tours for incoming eighth graders give useful information about classes and social life.
- Encourage your student to use the resources available at the school to support them. For example, the freshman seminar provides useful information about school and life in general plus freshmen got to know each other better. If your student is struggling academically, encourage them to talk to other students in the class, friends who have already taken the class or their teacher. Let them know they can always come to you and you can help them make a plan to seek out additional school resources.

As a parent, the most important things you can do to support your student's transition to high school include:

- continuing to let them know that you are there for them,
- setting clear boundaries and expectations, and
- establishing reasonable consequences.

by **Leisha Conners Bauer**
Boulder County Healthy Youth Alliance

& **Brendan Bauer**
Fairview Sophomore

The beginning of high school is not the time to let go and assume students can handle everything on their own! Most ninth-grade students still need help with time management, checking Infinite Campus, fulfilling responsibilities, etc. It is a great time to support them advocating for themselves; however, they will need guidance around how to do this successfully.

– **Mary Campbell**,
Counselor, Peak to Peak
Charter School

Try not to do anything for your child that they are able to do for themselves. You rob them of the experiences that build their self confidence. For example: high school students should do their own registration for courses in Infinite Campus for the next school year. Be involved with your child about which courses he/she will be requesting, but don't do the selection for them.

– **Mary Power**,
Counselor, Monarch High School

High school is a big transition and the next one, into the "real world" after high school, is huge! Start preparing your son/daughter now by having them communicate with adults, make more choices and have more responsibilities. (Just think, that could mean no more laundry for you!)

– **Jill Benisch**,
Counselor, Monarch High School

>> Happy family home just got bigger

The average American family was once comprised of 2 parents, 2.5 children and a friendly golden retriever playing out back.

These days, American households have transformed into different multigenerational and not-so traditional situations. Leave it to Beaver we are not.

With the economic crises of recent years, we are adding fewer households than in the past, and we are more likely to move in with our children, move back home with our parents – known as “boomerang” kids – or even move in with a family member or friend.

According to the 2011 report “Family Matters: Multigenerational Families in a Volatile Economy,” one in six Americans – 51 million people – were living in multigenerational households. That’s a jump of more than 10 percent.

For many, the transition of becoming a multigenerational home can be a difficult adjustment. Having younger children, older children and one or both of your parents all in one home can feel, well, a bit overwhelming. Let’s be honest, it’s nuts! But integrating the generations and solidifying the bond of mutual support between the age groups can also be incredibly rewarding.

Each member of your family should have their own hobbies, friends and interests. If your mother just moved in, sign her up for a water aerobics class, book club or a gentle yoga class. It’ll get her out of the house and help her build a group of friends. Same goes for the kiddos... Even your son who moves back home after he graduates from college.

On the other hand, it’s also important to find activities that can progressively bring the whole family together. Simply put, have some fun: board games, hiking, ice skating, whatever it is that everyone in your not-so traditional home can agree upon.

Tip from the Y

Bring the family together around something positive, entertaining and active. Don’t talk about chores or homework... just enjoy the act of being together. Take monthly field trips: Denver Museum of Nature & Science, the Denver Zoo or the Butterfly Pavilion. Go camping or swimming.

Story by Andra Coberly, communications specialist for the YMCA of Boulder Valley.

The Y supports the community through programs that focus on healthy living, youth development and social responsibility. Financial assistance is available. The Y is currently registering for a variety of summer camps, including Fun in the Sun Day Camp, Adventure Camp, Sports Camp and YMCA Camp Santa Maria. For information on summer camps, visit ymcabv.org.



>> BVSD School Age Care registration open now

Registration is now open for BVSD School Age Care (SAC) for the 2014-2015 school year. SAC offers an inclusive, fee-based, licensed program that provides a safe and enriching environment for children before and after school. This high-quality program operates in 15 BVSD schools.

Here are some of the things parents and kids love about SAC:

- Convenient and Safe School Location
- Trained and Professional Staff
- Full Day Programming on No-School Days
- Arts and Crafts
- Field Trips and Community Presenters
- Family Nights
- Healthy Snacks
- Computer Labs
- Structured Homework Time
- Science and Engineering
- Fitness, Games and Teambuilding
- Fun!



To find out more and to register online, visit www.bvsvd.org/sac or call 720-561-5974.

>> BVSD Bike to School Day is April 22

Kick off the spring cycling season with your family on Tuesday, April 22. It's Earth Day, too!

Bicycling is Hot!

Whether it's the feeling of fresh air on your face, the chance to get a little exercise, doing your part to reduce greenhouse gas pollution, or simply taking a break from the family car, more of us are bicycling. There are many reasons for this movement in BVSD towards two-wheels and health, and the sixth annual event of BVSD Bike to School Day is one.

Registration & Rewards

Please make your trip count by registering online at bvsd.org/toschool. The school with the greatest participation, based on registration, will be rewarded with a smoothie party.

Registration* opens for students and staff on April 1. Registering helps the event organizers to track how many students and staff participate and enables us to calculate the contribution that you and this event make toward reducing vehicle emissions.

Appreciation

Our generous partners: BVSD School Food Project, BVSD TO School Program, BVSD Trip Tracker, Cat Eye, Fire Up Your Feet, Full Cycle, Green Guru, Heads Up Campaign, Pedal to Properties, and Boulder Nites Classic.

*All parents are invited to participate but only students and staff may register.



by **Landon Hilliard**
TO School Program Coordinator & **Julie Ireland**
Event Coordinator

>> Heads UP crosswalk safety program continues



The City of Boulder, in partnership with Boulder Valley School District, will promote its crosswalk safety program in middle schools for the 2014 spring campaign.

"Heads Up: Mind the Crosswalk" teaches kids safe crossing practices, raises awareness of crosswalk ordinances and reminds cyclists, walkers and drivers of their role in crosswalk safety.

Heads Up campaign highlights will include:

- CW- The 9'6" mascot will make appearances at schools and throughout town this spring.
- Middle School Assemblies – A team will deliver an interactive crosswalk safety assembly in which a real-life crosswalk victim shares his dramatic story with students.
- Art Project – Julie Ireland, local artist and parent, will work on a creative art installation that will appear at the three targeted middle schools.
- Giveaways – Students at targeted schools will receive Frisbees and more.
- Posters at every school

For more information, visit www.bouldersafeststreets.com or bvsd.org/toschool.

>> BVSD Community Connections: Resources for kids and teens

As summer approaches, are you looking for enriching activities or supportive resources for your child or teen? Visit BVSD's online guide, Community Connections: Resources for Kids & Teens, found at <http://guide.bvsd.org>.



The goal of Community Connections is to bring parents and providers together to enrich the lives of children. The guide is a valuable resource for educational and transformative opportunities in a variety of categories, including Academics and Tutoring, Camps and Classes, Health and Support, Sports and Fitness, the Arts, Adventure, College Planning and more.

Please note: BVSD does not endorse organizations and individuals listed in Community Connections (other than BVSD programs). Individuals and organizations pay a fee to advertise in this guide and have not been screened in any way.

To learn more about Community Connections or to discuss advertising options, please contact Marla Riley at 720-561-5977 or marla.riley@bvsd.org.

>> Helping girls and women develop a positive self image

CREST Women's Clinic and the CU Dept. of Outreach and Engagement are hosting a presentation and subsequent workshop aimed at helping girls and women develop a healthy body image.

Thursday, April 17, 6 p.m.

Helping Girls and Women Develop Healthy Body Image: A Community Conversation with Carolyn Becker, PhD
CU Wolf Law Building, Room 206, 2450 Kittredge Loop Road, Boulder, CO 80309

This event is free and free parking available

You have the power to make a difference in the lives of girls and women. Join CREST Women's Clinic and the CU Department of Outreach and Engagement for a community conversation with Dr. Carolyn Becker, Professor of Psychology at Trinity University. Learn ways to get free from an excessive focus on physical appearance and celebrate one's capacities and agency in the world. Following brief opening comments from Melody Fairchild, elite athlete and coach, Dr. Becker will discuss over a decade of research on developing and disseminating proven strategies to prevent eating disorders and develop healthy body image. To learn more about Dr. Becker's work, visit www.youtube.com/watch?v=uVOj2hrWcpc.

Following Dr. Becker's presentation, a panel of community experts will discuss the topic and welcome audience questions and comments. Our panel includes counselors from BVSD (Jeanne Cooper, M.S.Ed., & Megan McDonald, M.S.Ed.), the Chief Clinical Officer from the Eating Recovery Center in Denver (Craig Johnson, Ph.D., FAED, CEDS), the Founder of La Luna Center in Boulder (Malia Sperry, Psy.D.), and CU faculty leading a program to promote healthy body image and prevent eating disorders (Tina Pittman Wagers, Psy.D., & Samantha Strife, Ph.D.). If you have community resources for supporting girls and women, please bring them for our resource table.

Visit www.outreach.colorado.edu/takingaction or email crest@colorado.edu for more information. To register for the free talk, visit www.regonline.com/beckertalk2014

Friday, April 18, 9 a.m.-12:30 p.m.

**Helping Girls and Women Develop Healthy Body Image:
A Workshop for Clinicians with Carolyn Becker, PhD**

CU UMC Building, Room 247, 1669 Euclid Avenue (corner Broadway & Euclid Ave), Boulder, CO 80302

Body image concerns plague many girls and women, some of whom will struggle with full threshold or sub-threshold eating disorders. The Body Project, a cognitive dissonance-based prevention, is a body image improvement program that has been found to reduce onset of eating disorders in high school and college aged females. This workshop will introduce practicing clinicians to the dissonance approach, review the empirical support and existing research, and provide experiential training in delivering core components of The Body Project. Participants will learn brief and practical interventions that can be adapted to a variety of clinical formats to help girls and women develop healthy body image. Please join us for this innovative training opportunity to enhance your clinical practice! CEUs are available upon request.

Visit www.outreach.colorado.edu/takingaction for more information.

To register for the workshop, visit www.regonline.com/beckerttraining2014

Cost: \$95 for professionals, \$75 for students ([email crest@colorado.edu](mailto:crest@colorado.edu) for discount code). Discounted Rates are available for BVSD Teachers K-12 and School Counselors.

>> Calendar of classes & events

APRIL 2014

April is International Autism Awareness Month

Monday, April 7, 7-7:30 p.m.

Marijuana and Our Youth

BVSD Ed Center Board Room, 6500 Arapahoe, Boulder

Join in on a discussion about Marijuana with local teens and community experts. A Pathways to Parenting Success Presentation - Live! Join us live or watch on Comcast Ch22 or streamed on www.BVSD.org.

www.BoulderPsychologicalServices.com

Tuesday, April 8, 2014, 9:30-11 a.m.

ADHD - How the Brain Works

INcahoots Meeting Place, 4800 Baseline, Suite A-112, Boulder, CO, 80303

(Located in The Meadows Shopping Center, southeast corner)

Hillside teacher Rachel Paradis will facilitate this group meeting that focuses on topics of interest to parents of children with learning differences. Need directions? Email Kathy at kasherman@hillsidelearning.org. Free. Refreshments provided. This presentation is sponsored by the Hillside School Parent Resource Group, 303-494-1468

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

Wednesday, April 9, 11 a.m.-1 p.m.

Special Education Advisory Council (SEAC) meeting

BVSD Education Center, 6500 East Arapahoe Road

Discuss issues, information and services for students with disabilities. Contact Anna Stewart at 720-561-5918 or anna.stewart@bvsd.org for more information. SEAC is a forum designed to bring together parents, staff, students and the community to support the education experience of BVSD students with disabilities.

Wednesday, April 9, Noon-1 p.m.

Are You Ready for Adolescence? From Tween to Teen

A Pathways to Success Webinar Series

Increase your understanding of adolescent development and its impact on child behavior and family interaction.

Register at BoulderPsychologicalServices.com/free-webinars

Wednesday, April 9, 6:30-8:30 p.m.

Searching for Meaning: Bright Minds, Idealism, Disillusionment, and Hope

Manhattan Middle School, 290 Manhattan Drive, Boulder

Dr. James T. Webb describes strategies, both healthy and less healthy, that gifted children and adults use to cope with their disillusionment as they search for meaning in life and offers practical suggestions to nurture idealism, hope, and life satisfaction. A \$5 donation and advance registration online are appreciated.

www.bvgt.org/events

>>Calendar of Classes & Events

Thursday, April 10, 6:30-8:30 p.m.

Making a Smooth Transition

BVSD Education Center, 6500 East Arapahoe Road, Boulder

Presenter: Anna Stewart, Parent, School and Community Liaison for BVSD. Anna has worked with many parents navigating transition especially those with special needs.

Learn ways to prepare yourselves and your children for a successful and balanced transition into middle or high school. Sponsored by BVSD and the Parent Engagement Network. For more information, contact BVSD Parent Support Center at 720-561-5918 or email anna.stewart@bvsd.org. Childcare and interpretation are available when registering online. This presentation has been approved for two hours of credit for BVSD faculty. Teachers seeking credit need to sign up in Avatar AND register for the event at www.parentengagementnetwork.org/events/making-a-smooth-transition

Monday, April 14, 6:30-8 p.m.

Are You Ready for Adolescence? From Tween to Teen

Mamie Doud Eisenhower Library, 3 Community Park Road, Broomfield

Increase your understanding of adolescent development and its impact on child behavior and family interaction. A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Tuesday, April 15, 6:30-8 p.m.

Ahhh...3 Techniques to Reduce Stress Now!

City of Louisville Library, 951 Spruce Street, Louisville

Learn simple yet highly effective stress management techniques that will immediately improve your well-being. A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Friday, April 18, and Monday, April 21 – Spring Conference Exchange Days – No School

Tuesday, April 22 – BVSD Bike to School Day (see article on page 5)

>> CU Athletic Events in April

CU Women's Lacrosse

Come out and support the CU Women's Lacrosse team as they play in their inaugural season. Games are played at Kittredge Field (located behind the Coors Events Center) and admission is FREE.



- Friday, April 11, CU vs. USC, 4 p.m. – First 300 fans to the game will receive a FREE CU Lacrosse t-shirt
- Sunday, April 13, CU vs. San Diego State, 1 p.m. – Postgame Skills & Drills Activity with the CU Lacrosse team for kids 8th grade and below
- Friday, April 18, CU vs. Old Dominion, 4 p.m. – First 200 fans will receive a FREE pair of CU Lacrosse socks
- Sunday, April 20, CU vs. California, Noon – CU Lacrosse Egg Hunt. This game will be played at Prentup Field located at Colorado & 33rd.

CU Track and Field

Come watch the CU Track and Field athletes this year as they strive to make it back to the NCAA Outdoor Track and Field Championships.

- Friday, April 11 and Saturday, April 12, Colorado Invitational, All Day – Outdoor home meets are at Potts Field located at Colorado and 33rd and admission is FREE.

CU Football Spring Game & Healthy Kids Day

Come watch the CU Football team on Saturday, April 12 and get a sneak preview of the upcoming season as we transition into a new year with head football coach Mike MacIntyre. Following the spring game, kids 8th grade and below will have the opportunity to participate in skills and fitness stations with CU student-athletes. Activities schedule below;

- Noon – CU Football Spring Game, Folsom Field – Postgame: Healthy Kids Day. Participate in skills stations on Folsom Field for kids (8th grade & below) and interact with your favorite CU student-athletes. Free admission to all activities.

For more information on these April events, visit CUBuffs.com or call 303-492-4356.