

Thrive update



*Enhance Inspire
Inform healthy kids make better learners*

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NOVEMBER 2017

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>> Tips to developing healthy relationships

For the last nine years, the Thrive newsletter has provided hundreds of articles on a variety of topics to empower BVSD families with useful, scientifically valid knowledge to support healthy youth development. Each year, we dedicate at least one edition to the theme of healthy relationships. Given our current national and international climate, the concept of healthy relationships never seemed more important. Developing healthy relationships takes effort. Here are some strategies that each of us could benefit from in our relationships with others:



- **First look inward:** Each of us brings our own emotional strengths and challenges to every relationship. Thus a good place to start is to first focus on ourselves. If, for example, we have unresolved anger issues, it will color our relationships with friends, coworkers, and family.
- **Practice kindness:** Put effort into practicing acts of kindness towards those you know and (even better) with those you don't. Discover the sense of fulfillment that comes from helping others.
- **Look for the good:** Left to our own devices, we often tend to focus on the negative. Make a conscious effort each day to look for the good in yourself and others. Share your positive feelings towards others in words and actions.
- **Listen more:** Put conscious effort into trying to listen more closely to others and put yourself in their shoes. By doing so, it shows that you really care. An empathic listener is often a valued friend.
- **Address conflict:** Conflict is part of any healthy relationship. The key is to work hard to effectively address the conflict in order to achieve resolution, which allows the relationship to strengthen and grow.
- **Foster mutual respect:** Whether it's a coworker, spouse, sibling, or even a young child, everyone wants to feel respected. Put conscious effort into treating others as respectfully as you can, even when you disagree.
- **Value shared moments:** We often take time with loved ones for granted. Take a moment to reflect on your blessings and how fortunate you are to have those you care about in your life.

It's easy to get distracted by all the day-to-day commotion and let our relationships stagnate on autopilot. Putting more effort into strengthening our relationships with others will only serve to increase our own happiness and life satisfaction.

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

Dr. Jan Hittelman, Ph.D.
Boulder Psychological Services

>> Nurture positive connections

Children are shaped by relationships with their peers, teachers and parents. Building positive interactions with these groups will keep connections healthy. After-school activities provide the perfect atmosphere for kids to develop ties with all three groups.

Making new friends can be challenging and stressful for kids of any age. Learning something new together immediately creates common interests to start a friendship. Solving problems in a fun class can cement lasting bonds. Whether it's building *art skills* or adopting a stuffed furry friend while you *learn about being a veterinarian*, friendships are bound to blossom.

Child/teacher relationships are based on students' ability to listen, follow instructions and contribute in class. Gaining practice in a more informal atmosphere outside of the usual classroom can give kids better skills when they head back to school.

While parents may play a limited role in their children's school life, BVSD Lifelong Learning offers chances to learn alongside your kids with several adult/child class options. When you *cook, create* or *learn self-defense together*, you model a positive attitude toward learning and have fun. The skills you both develop will give you things to talk about and moments to share.

Healthy relationships are built on many factors, and putting kids in a setting that fosters teamwork, camaraderie and fun is a step in the right direction. Find the best opportunity for you and your child at www.BVSD.org/LLL.



>> To have friends, teach your kids how to be a friend

Whether you're 5 or 50, most likely your friends are some of the most important people in your life. Friendships and the support they provide are invaluable to having a full, balanced and happy life. Studies have shown that people with close friends are overall happier, healthier and live longer.

As parents, you can impact the kinds of friends your child has as well as what kind of friend they are. When they are younger, you have a direct role in helping your child build relationships since you set up play dates and sign them up for sports and activities. Your influence lessens as they grow older, but you can still give advice and act as a real-life role model for how healthy friendships should look.

One of the most important things you can teach your children is not only to have friends — but how to be a good friend. By teaching them how to be a friend, you give them important skills that will benefit them for the rest of their lives.

Tips from the Y

1. Teach them about empathy. It's a cliché for a reason, but teaching your child how to walk a mile in someone else's shoes before judging them will help your child to be kind and respectful to their friends and classmates.
2. Help them learn how to have an argument. Getting into difficult spots with friends is unavoidable, but if you can teach your child how to rationally and calmly settle an argument with skills like negotiation, they'll be able to build stronger friendships.
3. Saying "I'm sorry" and meaning it can be difficult, but those two words mend rifts. When your child says, "I'm sorry," they learn how their actions or words hurt other people.
4. Have your own friends and social life. Instead of feeling guilty for not fully focusing on your kids, realize that by having your own friends, you're modeling for your kids how to have healthy friendships and balance in your life.

YMCA of Boulder Valley is registering for after-school programs, falls sports and aquatics programs. Sign up now at ymcabv.org.

Molly Lord is the communications intern for the YMCA of Boulder Valley. The Y strengthens community through programs that focus on healthy living, youth development and social responsibility. Financial assistance is available.



>> Calendar of classes & events

NOVEMBER 2017

Sunday, Nov. 5, 12:30-4 p.m.

Struggling Readers 2017 Symposium

BVKID invites parents, students, teachers, and the Boulder Valley community at large to a reading symposium in the atrium of the CU Leeds School of Business, Koelbel Building. **12:30-2 p.m.:** Experience Dyslexia® Simulation \$10 - Experience some of the challenges associated with dyslexia. Purchase tickets at www.eventbrite.com/e/2017-struggling-readers-symposium-tickets-37812623575.

2-3 p.m.: Meet the Experts (free!) - Ask your questions to reading tutors, teachers, education therapists, neuropsychologists.

3-4 p.m. Presentation by Jonathan Mooney (free!) - Although he did not learn to read until he was 12 years old, Jonathan Mooney has overcome his difficulties and is now a well-known writer, activist, and entrepreneur. Come and be inspired! For more information, visit www.jonathanmooney.com. Organized by BVKID (Boulder Valley Kids Identified with Dyslexia). bouldervalleykid@gmail.com

Monday, Nov. 6, 6-7:30 p.m.

The Poison of Perfectionism

Horizons K-8 School, 4545 Sioux Drive, Boulder

Understand the dynamics that fuel perfectionism, why it's unhealthy, and how to help yourself or someone you love.

Presenters: Caroline Roy, LCSW, Tatym Oman Uhrick, LPC, and Leah Kaplan, LPC

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

Tuesday, Nov. 7, 6-8 p.m. at

High Performance Parenting,

Presenter: David Auday, counselor, teacher, coach

Southern Hills Middle School, 1500 Knox Drive, Boulder

This dynamic presentation covers skills for parenting in our fast-paced world including positive parenting techniques and applications, the myth of control, support vs. enablement, parent/school/activities partnerships, creating a community of parents as partners and creating a high-performance parent goal. FREE! Contact: Lisa Nibarger at lisa@nibarger.org.

THRIVEupdate for BVSD Parents

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and parents

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

Wednesday, Nov. 8, 7 p.m.

“Making a Living and a Life*”; A New View of ‘Environmental Careers’ program for middle-high school students, their parents and teachers

East Simpson Coffee Co., 414 E Simpson St, Lafayette

Are you a young person who wants to make the world a better place through your life's work? Are you a parent whose child wants to make a difference? This program brings concepts to envisioning a sustainable world based on “environmental literacy.” Learn ways environmental principles can guide ALL careers, not just those we think of as “environmental careers.” To RSVP, contact Martin Ogle at Martin@EntrepreneurialEarth.com or 720-612-0506. * “Making a Living and a Life” is adapted from “The Nature Principle,” and is used by permission from the author, Richard Louv.

Friday, Nov. 10 – Veterans Day Observed – No School in BVSD and District Offices Closed

Tuesday, Nov. 14, 6-7:30 p.m.

Life after High School

Lafayette Library, 775 Baseline Road, Lafayette

Help your child develop the emotional resilience and readiness skills needed to emerge into adulthood. Presenters: Dan Fox, LPC, Jenny Key, LCSW, and Harmony Barrett Isaacs, LPC. A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Tuesday, Nov. 14, 6-8 p.m.

Puzzled About How to Talk to Your Kids Regarding Drugs and Alcohol?

w/i Thrive and Platt's School Resource Officer

Platt Middle School, 6096 Baseline Road, Boulder.

This presentation and discussion includes: current drug trends, brain chemistry of substances, tools needed for teen drug prevention, what's happening at Platt. FREE! Contact Victoria Boydston at vboydston@gmail.com. RSVP at www.penbv.org/event/puzzled.

>> Calendar of Classes & Events

Tuesday, Nov 14, 12:15-1:45 p.m.

Dyslexia and Learning, Part II

Boulder JCC, 6007 Oreg Ave. on the corner of Arapahoe and Cherryvale

Presenter: *Kathy Sherman, MA, Director, Hillside School*

This forum will focus on new research related to learning and memory and why this knowledge is particularly important for dyslexic learners.

You will discover...

- what we know and don't know about learning
- how we understand long term memory and the 'illusion' of mastery
- why learning math is different
- what is 'spaced' review and why is it important
- ideas to enhance and strengthen memory of learned information

Kathy's lifelong passion for working with children who learn differently has led her to study and integrate the principles of neuroscience into her and the school's work as a way to better understand all aspects of a child's learning dynamic and well-being. Sponsored by The Zarlengo Foundation. Presented by Hillside School. Free and Open to all.

hillsidelearning.org/hilltopics, info@hillsidelearning.org or call 303-494-1468 for more information.

Wednesday, Nov. 15, Noon-1 p.m.

Webinar: Healing Emotional Wounds

Improve your understanding of what trauma is and the different approaches to treat it.

Presenters: *Kimberly Bryant, LPC, Brooks Witter, LPC, and Karen Eiffert, LCSW*

A Pathways to Success Workshop – Free and open to the public. From your home or office! All you need is Internet access.

To register, go to www.BoulderPsychologicalServices.com/free-webinars.

Thursday, Nov. 16, 6:30-8 p.m.

Counseling the Gifted by Linda Silverman, Ph.D.

Douglass Elementary School, 840 N. 75th St., Boulder

Gifted individuals often think and feel differently from their peers due to characteristics such as increased sensitivity, intensity, curiosity, perceptiveness, and perfectionism. Counseling is often needed to assist gifted children in dealing with their intense emotional lives and difficulties fitting in. Parents, educators, and mental health professionals are invited to come learn how to recognize and approach these issues. Spanish translation will be provided. Presented by Boulder Valley Gifted and Talented in partnership with BVSD. Tickets: FREE at www.bvgt.org.

Monday-Friday, Nov. 20-24 – Fall Break – No School in BVSD

Thursday & Friday, Nov. 23 & 24 – Thanksgiving Break – BVSD District Offices Closed

SHAKESPEARE CLASSES IN NOVEMBER & DECEMBER

Get more information and register at <https://cupresents.org/education>.

*Scholarships available - to apply, click and follow registration links or call 303-735-1181. Colorado Shakespeare Festival's School of Theatre

Saturday, Nov 4, 10 a.m. - 3 p.m.

Immersive Shakespeare (ages 10-18)

Teaching Artist: Gina Braswell

Step inside the world of a Shakespeare play - and bring the audience inside with you! This Immersive Shakespeare workshop explores how to make Shakespeare's stories interactive and invite the audience to participate in the story and the performance. Participants will sculpt the world of a Shakespeare play, practice improvisational techniques, and encourage the audience to share in creating a Shakespeare play with the performers! This one-day workshop culminates in an informal showing at 2:30 p.m. for friends and family. Open to students of all experience levels and abilities. Bring water, a lunch, and snacks to keep your energy going!

Saturdays, Dec 2 & 9, 1-4 p.m.

Stage It Like Shakespeare: Original Practices (ages 10-18)

Teaching Artist: Hadley Kamminga-Peck

Ever wonder how Shakespeare's acting company rehearsed and performed their plays? Come find out! Join CSF teaching artists as they guide you through an Elizabethan rehearsal process. In the first session on December 2, participants will learn about original practices and receive cue scripts, which they will take home and memorize during the week. On December 9, students will rehearse their parts and stage a performance for friends and family. Don't miss the chance to stage it like Shakespeare! Open to students of all experience levels and abilities. Bring water and snacks to keep your energy going!

>> Ace your child's parent-teacher conference

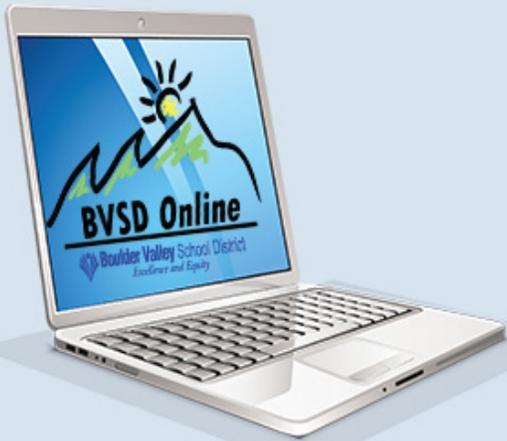
Here are some tips to help the meeting when your child is there, too:

1. Let your child take the lead.
2. Ask her to show some of her work.
3. Look for and comment on signs of progress.
4. Ask what she's most proud of.
5. Ask what her goals are for the term, semester or year.
6. Ask what you can do to help your child meet her goals.
7. Ask for an explanation of standards or goals you don't understand.
8. Praise effort rather than grades.
9. Save sensitive family or social topics for a private meeting with the teacher.

Source - "Mom, Dad: Welcome to the Conference," by Sue Shellenbarger, *The Wall Street Journal*, Wed., Oct. 18, 2017, p A11.



2018 Spring Courses Registration Opens: 11/27/2017



To Register Visit:
www.bvsdonline.org

- FULL SEMESTER COURSES
 - \$300
- CREDIT RECOVERY COURSES
 - \$250
- FREE AND REDUCED LUNCH STUDENTS
 - \$50



- FULL SEMESTER
 - Courses Run 01/16/18 – 04/30/18
 - Register by 01/10/18
- CREDIT RECOVERY SESSION 1
 - Courses run 01/29/18 – 03/12/18
 - Register by 01/26/18
- CREDIT RECOVERY SESSION 2
 - Courses run 03/19/18– 04/30/18
 - Register by 03/14/18