

Thrive update



Enhance Inspire
Inform healthy kids make better learners

Volume 10 | Issue 2

OCTOBER 2017

insideTHRIVE

2 Supporting students learning

Learning beyond the curricular day

3 Calendar of classes & events

>> Five easy ways to support your student

No matter whether you have a child who's just starting school or a senior about to graduate, your student needs some help and support. As your child gets older, it can be easy to let them exercise their independence and take a step back, but your involvement in their life is crucial to their success.



Scholars at the Southwest Educational Development Laboratory found that students with involved parents are more likely to have better grades and GPAs, enroll in advanced programs such as AP or IB, attend school regularly, and graduate and go on to college.*

Never underestimate the impact of your support. Here are some easy things you can do to be there for your kids as they progress through school.

Tips from the Y

1. Help them with their homework. Be available to answer any questions they may have or simply offer a word of encouragement.
2. Take an interest in their lives. Get to know what they like to do, what their favorite class is, who they hang out with. Encourage their passions and they'll thrive knowing that you're there cheering them on.
3. Make family dinners a staple in your house. Keep the TV off and eat dinner at the table. Talk about your kid's day and what's coming up in their life.
4. Encourage your student to make reading for fun a habit. Read to them, read with them and make a habit of reading for yourself so they can follow your example.
5. In an age where digital devices have taken over, make sure that your student spends time outdoors or being active. Encourage them to find an activity or sport that they love so that they have a well-balanced healthy lifestyle.

It's easy to get caught up with the hectic nature of life today, so it's important to take a step back to make sure your student is getting the support they need to be as successful as possible.

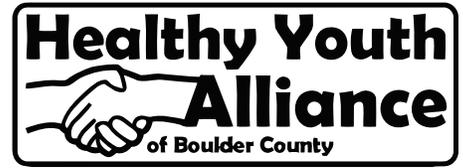
Molly Lord is the communications intern for the YMCA of Boulder Valley. The Y strengthens community through programs that focus on healthy living, youth development and social responsibility. The YMCA of Boulder Valley is now registering for after-school programs, falls sports and aquatics programs. Financial assistance is available. ymcabv.org.

*Center for Public Education – Back to school: How parent involvement affects student achievement www.centerforpubliceducation.org/Main-Menu/Public-education/Parent-Involvement/Parent-Involvement.html.

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

>> Supporting students learning

Adults have a huge challenge in this era to support children learning. We live in an incredibly complex society with rapidly evolving technology and social changes that compete with family relationships, indispensable for creating an effective learning atmosphere for children. They get easily distracted, can be hard to motivate, and are exposed to a high level of stimulus that increases their life pace and leaves little time to cultivate self-reflection and make thoughtful decisions.



What do parents need to know to support their children learning?

First, we need to understand how ideas connect to everyday life and create opportunities at home for them to apply what they are learning at school.

Second, parents need to know about technology and how to help their children use it in ways that enrich and support their learning rather than using technology just as a "toy."

Third, parents need to know about collaboration with the school and their communities, how to work with teachers to support learning experiences between school and home.

However, none of the above will work if adults don't take into consideration the social emotional learning that must happen simultaneously. It is imperative to embrace it as part of each learning opportunity, because these skills not only support children's academic learning but also their ability to become caring social beings.

Social emotional skills like patience, self-reliance, responsibility, bonding and self-control give children the ability to be present, to interact with and create knowledge, and to understand social dynamics. They are also the essence of love, compassion and empathy, abilities that are needed today more than ever. And parents have a fundamental role in this, not only as their children's main educators but especially as their children's role models.

By **Marinela Maneiro-Goodwin** – Family Coach
Boulder County Healthy Youth Alliance

>> Learning beyond the curricular day

Core classes and electives are the building blocks of education, and what happens after the bell is the mortar that holds them together. Following days filled with the "three Rs," students can dive into a vast array of after-school options that support their schoolwork.

Playing chess is a fun way to unwind after school, and also builds strategic thinking, problem solving and other life skills. BVSD Lifelong Learning offers many chess classes to learn the game and practice, along with tournaments if kids want to put their skills to the test.

Using a kitchen as a classroom wraps reading, following directions and measuring into fun and messy projects with a yummy reward at the end. Whether it's a **Sticky Fingers** course after school or a no-school day at **Food Lab**, kids will be excited to brag about their new recipes.

Instead of zoning out to endless YouTube videos, your future director can make their own stop motion film! **IncrediFlix** walks kids through the whole process of film making from writing to production and they finish with their own movie.

Give your child the best chance to succeed in the classroom by supplementing their school time with energizing options after the bell. Whether you send them on their own adventure or join them for an **adult/child class**, they will learn something new and enjoy the journey.



>> Calendar of classes & events

OCTOBER 2017

Friday, Oct. 6, 4-6:30 p.m.

Whittier International School's 135th Anniversary Celebration

Whittier is celebrating their 135th birthday of continuous years as a school. Many past principals, teachers and students will be there. For more information, contact Polly McDonald, Whittier Historian, at polymac05@msn.com or 303-818-7148.

Tuesday, Oct. 10, 12:15-1:45 p.m.

Dyslexia and Learning: What Every Parent Needs to Know - Part I

Jewish Community Center, 6007 Oreg Ave., Boulder, on the corner of Arapahoe and Cherryvale

Presenter Kathy Sherman, Director of Hillside School, will explain the causes and effects of dyslexia and dispel myths. Topics include the facts about dyslexia, signs to look for in your child, phonological processing, testing for dyslexia, factors that can interfere with academic progress, supporting success, and the impact of dyslexia on middle, high school, and college. Sponsored by The Zarlengo Foundation. Presented by Hillside School. Free and open to all. Visit hillsidelearning.org/hilltopics, info@hillsidelearning.org or call 303-494-1468 for more information.

Friday, Oct. 13 – District Professional Development Day – No School in BVSD

Saturday, Oct. 14, 8:30 a.m.-3 p.m.

2nd Annual Latino Parent Summit

Casey Middle School, 1301 High Street, Boulder

This event is an opportunity for Latino parents in Boulder County to connect with BVSD and dozens of community organizations. It will include workshops and community conversations covering many issues important to parents of young and school-aged children, including early support for reading and writing, understanding bi-lingual programming at BVSD, what parents need to know about discipline and bullying, how to talk to your children about drugs and pregnancy, the importance of parents caring for themselves so they can take care of their families, and many other topics! Free lunch and childcare will be provided, and parents will have an opportunity to win raffle prizes! For more information and to register for the event, please contact Patricia Molina at 720-690-4531. Co-sponsored by BVSD, Foothills United Way, Community Foundation Serving Boulder County, ELPASO, AMISTAD, "I Have A Dream" Foundation, Boulder Housing Partners and EFAA.

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local experts
and parents

THRIVEupdate Editorial Board

Managing Co-Editors

>> **Leisha**
Conners Bauer
CU Boulder
Community Health

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

Copy Editor

>> **Maela Moore**
BVSD Communications

Publication Designer

>> **Jade Cody**
BVSD Communications

Translator

>> **Eugenia Brady**
Approved BVSD Translator

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

Wednesday, Oct. 18, 6:30-8:30 p.m.

Encourage, Enhance, and Expand Executive Functions in Your Gifted Child

Summit Middle School, 4655 Hanover Avenue, Boulder

Does your child leave assignments until the last minute, forget to bring work home, or have trouble completing long-term assignments? Chronic issues with organizing schoolwork, anticipating deadlines, or not working to potential can indicate problems with executive functions. Chicago-based executive functions expert, Susanne Keeley, will talk about specific behaviors and techniques to help foster these skills in your gifted child. Presented by Boulder Valley Gifted and Talented in partnership with BVSD. Tickets: FREE at www.bvgt.org.

>> Calendar of Classes & Events

Wednesdays, Oct. 18-Nov. 15, 5:30-7:45 p.m.

Love and Logic: Early Childhood Parenting Made Fun™

YWCA of Boulder County, 2222 14th Street, Boulder, CO

This workshop provides practical tools and techniques that can change the way your family operates and makes parenting more fun. The early childhood class is geared toward parents of young children from ages 0-8. Cyndi Goldfarb, M.S., LCCE, has taught classes for parents in the Denver/Boulder area for 27 years. Originally an occupational therapist with a master's degree in pediatrics, Cindi has been teaching Love and Logic parenting classes since 2002. To register go online www.ywcaboulder.org or call 303-443-0419. Cost – \$35/person, \$60/couple. The registration fees for this program are at a greatly reduced rate thanks to the generosity of the Temple Hoyne Buell Foundation.

Thursday, Oct. 19, 6-7:30 p.m.

The Art of Aging

Louisville Library, 951 Spruce Street, Louisville

Discover ways to age well as you travel down the path of life. Presenters: Karen Eiffert, LCSW & Karen Wilding, LCSW. A Pathways to Success Workshop – Free and open to the public.

www.BoulderPsychologicalServices.com

NOVEMBER

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 and frustrations associated with dyslexia. Purchase tickets at

www.eventbrite.com/e/2017-struggling-readers-symposiumtickets-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! www.jonathanmooney.com. Organized by BVKID (Boulder Valley Kids Identified with Dyslexia). bouldervalleykid@gmail.com.

SHAKESPEARE CLASSES IN OCTOBER & NOVEMBER

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, Oct 21, 10 a.m.-3 p.m.

Shakespeare's Magic Moments (Ages 8-18)

Teaching Artist: Heidi Schmidt. Just in time for Halloween, explore Shakespeare's most magical, mystical, and mysterious moments. Bring any wands, capes, spellbooks, hats, costumes, talismans, cauldrons, or other magical gear (for yourself or to share) you'd like to use in the performance. 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!

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!