



February 26, 2015

Garden City High School

Childcare Check-In	Cafeteria	6:15 pm
Workshop Check-In	Cafeteria*	6:30 pm
Session I		7:00-7:45 pm
Session II		8:00-8:45 pm

*light refreshments will be available in the cafeteria for workshop participants

Registration Information

Registration is online ONLY February 2-11
at www.gardencitypu.com

Childcare will be available for children ages 4 to 12.
All children must be registered for childcare in advance - no exceptions!

Workshop offerings & descriptions are enclosed
Select 3 choices for Session I & 3 choices for Session II

You will be scheduled for 1 workshop per session
You will receive your workshop selection & classroom location
upon check-in.

Got Questions?
Contact a GCPU Member:
info@gardencitypu.com

Session I

Workshop Descriptions

7:00 - 7:45 PM

S1, offered in Session I
S2, offered in Session II

Grade Level
Target Audience

Book Love - Engaging all Readers with Choices & Voices

K - 8

Join staff developer and nerdybookclub member, **JoEllen McCarthy** as she discusses ways to “ignite a passion for learning”. In this workshop, she will focus on spreading book love and a joy for learning. She will share titles and tech tools to connect home and school learning lives. Participants will also explore *Kid Lit* resources and ways to use social media digital tools, like *Wonderopolis*, to support learning and engage all readers, writers and thinkers. **S1, S2**

Enhancing Resilience In Children

K - 12

In our modern society, the demands on children and their families often seem to be at odds with promoting healthy emotional development. The purpose of this workshop is to review ways to foster the development of resilience in children. **Dr. Steven Baron** will offer strategies to help families support their children on their journey to becoming independent, capable adults. The latest research on this topic will also be discussed. **S1, S2**

Supports for Siblings of Children with Special Needs

K - 12

From childhood through adolescence and adulthood, siblings of children with special needs are faced with challenges, opportunities, and benefits unique to their role in the family. In this workshop, **Lauren Kryzak**, will discuss common needs of siblings, the unique experiences they have, and how family members can work together to support each other. **S1, S2**

Hands On Stress Management

K - 12

Want to relieve stress in yourself and/or your children in an all natural, simple-to-learn way? Then come to this hands-on workshop (literally). **Maureen Fagan**, LMT, Board Certified Reflexologist will review the Reflexology Hand Map and you will learn relaxation techniques that can be used on yourself or on family members, including children with special needs. **S1, S2**

Conflict Resolution: A Tool for Social Success

K - 12

In this workshop participants will learn how to more effectively express and manage conflict. They will learn to identify the differences, tensions, and misunderstandings associated with social conflict. Social conflict can often escalate into a larger issue when it is not addressed. Parents will be provided skills to teach children how to better address and resolve social conflict with their peers. Presented by **Richard Faber**. **S1, S2**

Internet Safety

K - 12

This workshop will highlight best practices when allowing children on the internet and using social media. Using some of the most common operating systems for computers and mobile devices, we'll look at parental controls to block specific content for specific users. Popular social media sites and apps will also be discussed with an overview of their purpose and unintentional dangers/threats. Presented by **Kevin Pollitt**, GCTA. **S1, S2**

Overuse Injuries in the Child Athlete

K - 12

Dr. John Gaffney, Winthrop Orthopaedic Associates, will discuss the diagnosis, treatment and prevention of overuse injuries in children. Common overuse injuries involving the upper and lower extremity will be covered. Specific injuries associated with a particular sport will be reviewed. **S1, S2**

Session I Workshops continue on the next page

Register at www.gardencitypu.com

Session I

Workshop Descriptions

7:00 - 7:45 PM

S1, offered in Session I
S2, offered in Session II

Grade Level
Target Audience

Learn To Talk So Kids Will Listen & Listen So Kids Will Talk

3 - 8

Erika Stroh, MA presents a workshop focused on positive listening, verbal & nonverbal communication. Parents will learn to speak as well as respond in a way that promotes mutually respectful, open dialogue with their kids and teens. By gaining perspective, empathy & clear understanding, we can naturally develop the skills necessary to prevent conflicts, reduce frustration & create deeper more meaningful connections within families. **S1, S2**

Power of Parents

3 - 8

The goal of this workshop is to empower parents to talk to their children about the dangers of underage drinking as well as the danger of driving with someone who has been drinking. This workshop, "Power of Parents," is based on proven research from Penn State University. Everyone in attendance will receive a free a handbook to help equip you with the facts and tools to have a successful conversation about these dangers and how to keep you and your family safe. Presented by **Jani Majewski**, MADD. **S1, S2**

Puberty and Supporting Your Teen: Avoiding a Hairy Situation

4 - 10

Going through puberty presents many challenges, particularly for those witnessing it! This workshop will provide a brief overview of puberty, the changes your child will face and the emotional support that parents can provide to make puberty an enjoyable experience. Presented by **Dr. Mary Mehlman**, Winthrop-University Hospital. **S1, S2**

But My Neighbor Let's Them Do It!

6 - 12

Do you sometimes feel pressure to do what other parents in your neighborhood do, even if your instincts tell you it's not the best decision? The goal of this presentation is to empower parents to take a stand for what they believe is best for their children, without worrying about what others in the community are doing. We will discuss, as a group, how to handle various situations that come up with our teens. Presented by **Brittany Becker**, LICADD. **S1, S2**

Executive Function Tips, Tools and Strategies for the Disorganized Student

6 - 12

Executive Functions are the critical cognitive skills that are a strong predictor of academic success. When executive functioning is weak, students often feel overwhelmed, struggle to stay on top of responsibilities and have difficulty managing schoolwork and daily life. This workshop will provide tips, tools and strategies for the middle and high school student who has difficulty staying organized, managing time, planning, setting goals and priorities, getting started, staying on track, remembering what needs to be done and completing tasks. Presented by **Marjorie Harrison**, M.A./ Ed.M.,PTS COACHING. **S1, S2**

What Parents Need To Know!

6 - 12

This workshop will help parents become better informed about new drug trends that our youth are exposed to on Long Island. It will also highlight practical family prevention strategies that can help youth make positive choices. Presented by GCHS Social Worker **Lori Kuster**, LMSW and **Loretta Hartley-Bangs** LCSW, Director of the Mineola Community Treatment Center. **S1, S2**

Navigating the NCAA Recruiting Process

8 - 12

Everything parents need to know to navigate the athletic recruiting process from an athletic and academic perspective. This workshop, presented by **Dawn Cerrone**, GC's Director of Physical Education, Health and Athletics and **Tim Casale**, GCHS Guidance Counselor will provide fundamental information to assist in making informed decisions regarding your child's academic and athletic future at the collegiate level. **S1, S2**

Session I Workshops continue on the next page

Session I

Workshop Descriptions

7:00 - 7:45 PM

SI, offered in Session I

Grade Level
Target Audience

Nutrition for Student Athletes

8 - 12

LIU's **Alessandra Sarcona** will discuss the nutritional needs for the student athlete including: what to eat before, during and after competition; hydration and types of beverages to consume; and practical suggestions for snacks. **S1, S2**

Guiding Adolescents to Follow the Law: Fake IDs, DWI, and The Social Host Law

9 - 12

Nassau County Court **Judge Ricigliano** will discuss current laws and penalties pertaining to a young person being in possession of a fake ID, driving while under the influence of alcohol or drugs, or violating Nassau County's Social Host Law. Learn how an arrest for any of these offenses can affect college aspirations, future employment, and a possible criminal record. **S1, S2**

10 Deadly Teen Driver Mistakes

9 - 12

The goal of this workshop is to advise parents of the 10 Deadly Teen Driver Mistakes and give them tips on how to avoid making these mistakes by helping teens improve their judgment, knowledge, behavior and skills while operating a motor vehicle. Presented by **Dan Donza, AAA**. **S1, S2**

These Workshops are offered for Session I only

Math Comes Alive!

K - 2

This workshop received rave reviews at a recent PTA meeting and is back by popular demand. The Math Comes Alive workshop, presented by **Hemlock, Homestead and Locust teachers** will provide parents an opportunity to experience hands-on math tasks through a series of math stations designed to help children master math vocabulary and fluency. Parents will leave this workshop with the skills to make math relevant and fun at home. **S1**

Supporting the Grieving Child

K - 5

This workshop will help parents understand the impact of a variety of losses on the emotional, social, cognitive and physical development of their child. **Dr. Thomas Demaria** will offer strategies to parents to talk with their bereaved children about painful feelings and troubling thoughts. He will also offer suggestions about ways parents can help children better cope with transitions, changes in the family and grief triggers. **S1**

Music in Garden City & Beyond

K - 12

Wondering about NYSSMA, All County, and All State? Come hear all about it! Curious how music progresses through our school district? We'll talk about that too. Want to know about other music instruction in and around Garden City...this talk's got that as well. Presented by **Barbara McElroy**, President of the Garden City Friends of Music. **S1**

Helping Your High School Student Research and Read For Fun

9 - 12

Is your teenager frustrated by the research process? Do they need help navigating through the endless amounts of misinformation that can be found online? Do you want to learn more about how the GCHS Library supports the 6-12 mandated research initiative? **Margaux DelGuidice-Calemno**, GCHS Librarian, will provide answers, along with tools and tactics for parents to help their children navigate through the complex research process. Tips on how to encourage lifelong reading for learning and pleasure will also be shared. **S1**

Session II Workshops start on the next page

Session II

Workshop Descriptions

8:00 - 8:45 PM

S1, offered in Session I
S2, offered in Session II

Grade Level
Target Audience

Book Love - Engaging all Readers with Choices & Voices

K - 8

Join staff developer and nerdybookclub member, **JoEllen McCarthy** as she discusses ways to “ignite a passion for learning”. In this workshop, she will focus on spreading book love and a joy for learning. She will share titles and tech tools to connect home and school learning lives. Participants will also explore *Kid Lit* resources and ways to use social media digital tools, like *Wonderopolis*, to support learning and engage all readers, writers and thinkers. **S1, S2**

Enhancing Resilience In Children

K - 12

In our modern society, the demands on children and their families often seem to be at odds with promoting healthy emotional development. The purpose of this workshop is to review ways to foster the development of resilience in children. **Dr. Steven Baron** will offer strategies to help families support their children on their journey to becoming independent, capable adults. The latest research on this topic will also be discussed. **S1, S2**

Supports for Siblings of Children with Special Needs

K - 12

From childhood through adolescence and adulthood, siblings of children with special needs are faced with challenges, opportunities, and benefits unique to their role in the family. In this workshop, **Lauren Kryzak**, will discuss common needs of siblings, the unique experiences they have, and how family members can work together to support each other. **S1, S2**

Hands On Stress Management

K - 12

Want to relieve stress in yourself and/or your children in an all natural, simple-to-learn way? Then come to this hands-on workshop (literally). **Maureen Fagan**, LMT, Board Certified Reflexologist will review the Reflexology Hand Map and you will learn relaxation techniques that can be used on yourself or on family members, including children with special needs. **S1, S2**

Conflict Resolution: A Tool for Social Success

K - 12

In this workshop participants will learn how to more effectively express and manage conflict. They will learn to identify the differences, tensions, and misunderstandings associated with social conflict. Social conflict can often escalate into a larger issue when it is not addressed. Parents will be provided skills to teach children how to better address and resolve social conflict with their peers. Presented by **Richard Faber**. **S1, S2**

Internet Safety

K - 12

This workshop will highlight best practices when allowing children on the internet and using social media. Using some of the most common operating systems for computers and mobile devices, we'll look at parental controls to block specific content for specific users. Popular social media sites and apps will also be discussed with an overview of their purpose and unintentional dangers/threats. Presented by **Kevin Pollitt**, GCTA. **S1, S2**

Overuse Injuries in the Child Athlete

K - 12

Dr. John Gaffney, Winthrop Orthopaedic Associates, will discuss the diagnosis, treatment and prevention of overuse injuries in children. Common overuse injuries involving the upper and lower extremity will be covered. Specific injuries associated with a particular sport will be reviewed. **S1, S2**

Session II Workshops continue on the next page

Register at www.gardencitypu.com

Session II

Workshop Descriptions

8:00 - 8:45 PM

S1, offered in Session I
S2, offered in Session II

Grade Level
Target Audience

Learn To Talk So Kids Will Listen & Listen So Kids Will Talk

3 - 8

Erika Stroh, MA presents a workshop focused on positive listening, verbal & nonverbal communication. Parents will learn to speak as well as respond in a way that promotes mutually respectful, open dialogue with their kids and teens. By gaining perspective, empathy & clear understanding, we can naturally develop the skills necessary to prevent conflicts, reduce frustration & create deeper more meaningful connections within families. **S1, S2**

Power of Parents

3 - 8

The goal of this workshop is to empower parents to talk to their children about the dangers of underage drinking as well as the danger of driving with someone who has been drinking. This workshop, "Power of Parents," is based on proven research from Penn State University. Everyone in attendance will receive a free handbook to help equip you with the facts and tools to have a successful conversation about these dangers and how to keep you and your family safe. Presented by **Jani Majewski**, MADD. **S1, S2**

Puberty and Supporting Your Teen: Avoiding a Hairy Situation

4 - 10

Going through puberty presents many challenges, particularly for those witnessing it! This workshop will provide a brief overview of puberty, the changes your child will face and the emotional support that parents can provide to make puberty an enjoyable experience. Presented by **Dr. Mary Mehlman**, Winthrop-University Hospital. **S1, S2**

But My Neighbor Let's Them Do It!

6 - 12

Do you sometimes feel pressure to do what other parents in your neighborhood do, even if your instincts tell you it's not the best decision? The goal of this presentation is to empower parents to take a stand for what they believe is best for their children, without worrying about what others in the community are doing. We will discuss, as a group, how to handle various situations that come up with our teens. Presented by **Brittany Becker**, LICADD. **S1, S2**

Executive Function Tips, Tools and Strategies for the Disorganized Student

6 - 12

Executive Functions are the critical cognitive skills that are a strong predictor of academic success. When executive functioning is weak, students often feel overwhelmed, struggle to stay on top of responsibilities and have difficulty managing schoolwork and daily life. This workshop will provide tips, tools and strategies for the middle and high school student who has difficulty staying organized, managing time, planning, setting goals and priorities, getting started, staying on track, remembering what needs to be done and completing tasks. Presented by **Marjorie Harrison**, M.A./ Ed.M.,PTS COACHING. **S1, S2**

What Parents Need To Know!

6 - 12

This workshop will help parents become better informed about new drug trends that our youth are exposed to on Long Island. It will also highlight practical family prevention strategies that can help youth make positive choices. Presented by GCHS Social Worker **Lori Kuster**, LMSW and **Loretta Hartley-Bangs** LCSW, Director of the Mineola Community Treatment Center. **S1, S2**

Navigating the NCAA Recruiting Process

8 - 12

Everything parents need to know to navigate the athletic recruiting process from an athletic and academic perspective. This workshop, presented by **Dawn Cerrone**, GC's Director of Physical Education, Health and Athletics and **Tim Casale**, GCHS Guidance Counselor will provide fundamental information to assist in making informed decisions regarding your child's academic and athletic future at the collegiate level. **S1, S2**

Session II Workshops continue on the next page

Session II

Workshop Descriptions

8:00 - 8:45 PM

SII, offered in Session II

Grade Level
Target Audience

Nutrition for Student Athletes

8 - 12

LIU's **Alessandra Sarcona** will discuss the nutritional needs for the student athlete including: what to eat before, during and after competition; hydration and types of beverages to consume; and practical suggestions for snacks. **S1, S2**

Guiding Adolescents to Follow the Law: Fake IDs, DWI, and The Social Host Law

9 - 12

Nassau County Court **Judge Ricigliano** will discuss current laws and penalties pertaining to a young person being in possession of a fake ID, driving while under the influence of alcohol or drugs, or violating Nassau County's Social Host Law. Learn how an arrest for any of these offenses can affect college aspirations, future employment, and a possible criminal record. **S1, S2**

10 Deadly Teen Driver Mistakes

9 - 12

The goal of this workshop is to advise parents of the 10 Deadly Teen Driver Mistakes and give them tips on how to avoid making these mistakes by helping teens improve their judgment, knowledge, behavior and skills while operating a motor vehicle. Presented by **Dan Donza, AAA**. **S1, S2**

These Workshops are offered for Session II only

The Importance of Music in Early Childhood

K - 2

Everyone is born with the ability for musical expression and early childhood is the perfect time to develop a love of music. This workshop will explore the benefits music plays on the development of the child. Presented by **Fran Rissland**. **S2**

Supporting the Grieving Child

6 - 12

This workshop will help parents understand the impact of a variety of losses on the emotional, social, cognitive and physical development of their child. **Dr. Thomas Demaria** will offer strategies to parents to talk with their bereaved children about painful feelings and troubling thoughts. He will also offer suggestions about ways parents can help children better cope with transitions, changes in the family and grief triggers. **S2**

Tweet, Tweet: Are You A Connected Parent?

K - 12

Twitter used to be a fancy way of instant messaging a large group of people. Today, Twitter has grown to become the go-to source for discovering new trends, learning current events and just sharing fun moments. **Maria Kalorides** will deliver a hands-on workshop to help learn how to use and enjoy Twitter both for yourself as well as to keep on top of events relating to school and your children. **S2**

One more page!



Parent University is a community event, organized and sponsored by the following organizations:

Garden City Community Coalition
Garden City Friends of Music
Garden City PTA
Garden City SEPTA
Garden City Teachers Association
Garden City Union Free School District
The Men's Association

A special thank you to the Administration and the Board of Education for their generous support of this event and the use of the High School.