



Saturday, March 23

8:30 a.m. — 12:30 p.m.

Northville High School

Parent Camp is brought to you through a collaboration between Northville Public Schools & the Northville Educational Foundation



Presented by

**Michigan Educational
Credit Union**

Also presented by:



Program

8:30—9:00 a.m.	Refreshments <i>Main Hallway</i>
9:00—9:20 a.m.	Welcome <i>Auditorium</i>
9:30—10:20 a.m.	Breakout Session 1 <i>See room assignments</i>
10:30—11:20 a.m.	Breakout Session 2 <i>See room assignments</i>
11:30—12:20 p.m.	Breakout Session 3 <i>See room assignments</i>
12:30—1:30 p.m.	Showing of the film, <i>Resilience</i> <i>Auditorium</i>

About the film, *Resilience*,

Resilience: The Biology of Stress & the Science of Hope is a one-hour documentary that attempts to chronicle the promising beginnings of an important movement into the effects of childhood trauma, and it achieves its goal in an interesting way. It is a brilliant stepping stone to encourage this important conversation of trauma and attempting to get to the root of the problem, rather than just deal with the aftermath. [Resilience Trailer](#)

TOPIC & PRESENTER	ROOM NUMBER	SESSION 1 9:30-10:20	SESSION 2 10:30-11:20	SESSION 3 11:30-12:20
Time Management Tools for High School Students (Cheri Sclater, NPS)	Rm 147	X		X
Navigating Google Classroom for your child (Jennifer Lawson, NPS)	Rm 149	X	X	
How to Help Your Child Revise and Edit Their Writing (Markus Hartnett, NPS)	Rm 150	X	X	
STEM in Our Schools: Project Lead the Way in Action - Engineering and BioMed (Trish Krebs, Megan Palmer & Melissa Stendardo, NPS)	Rm 151	X	X	X
An Introduction to Schoolcraft Community College (Angela Ackman, Schoolcraft College)	Rm 152		X	
Creating Lifelong Readers (Suzanne Lipshaw, NPS)	Rm 155	X	X	X
High School Freshman Transition (Maureen Schneider, NPS)	Rm 156		X	
College Planning (Kate Schultz, NPS)	Rm 158			X
An Introduction to Oakland Community College (Keith Pawlovich, OCC)	Rm 159	X	X	
An Introduction to Northville Parents of African-American Students (NPAAS) (Tracey Stevenson, Tia Marie Sanders & Monifa Henry, NPAAS)	Rm 188	X	X	X
Raising Financially Literate Kids (Jeff Cusmano & Wendy Marquette, MECU)	Rm 186	X		
What Parents Need to Know about Opioids and Vaping (School Resource Officer Caroline Czelada & Lieutenant Chris Cox)	Rm 185	X	X	X
High School Student Panel (Diana Patterson & Students of NPS)	Rm 161			X
Promoting Positive Emotional Health in Teenagers at Home (Kerri Ann Sondreal, M.A., L.P.C.)	Rm 184	X		
Mindful Parenting: Helping You and Your Child through Stressful Times (Chelsea Simons, NPS)	Rm 179	X	X	
Little Trauma and Big Trauma: Learning How to Help Your Child Cope - Trauma Informed Care (Brianna Twombly, Starfish Family Services)	Rm 177	X	X	
The Building Blocks of Social & Emotional Intelligence (Drew Yanke, M.A., LLP)	Forum	X		
Unfriendly Friends: Our Children's World of Friendship (Kimber Bishop-Yanke, M.I.M., Kids Empowered Founder)	Forum		X	
What Parents of Empowered Kids Need to Know & Do (Kimber Bishop Yanke, M.I.M., Kids Empowered Founder)	Forum			X
Raise a Self Not a Selfie - Emotional Care for Your Child (Cheryl Jones, MSW)	Auditorium	X		
Raise a Self Not a Selfie - Developing Self-Awareness and Self Worth (Cheryl Jones, MSW)	Auditorium		X	
Raise a Self Not a Selfie - Building Identity and Coping Skills (Cheryl Jones, MSW)	Auditorium			X
Counteracting Anxiety with Mindfulness (Christina Witter & Mary Beth Connolly, NPS)	Rm 176		X	X
Keeping Your Child Safe in the Cyber World: Michigan Cyber Safety Initiative (Laura Ells, MI Attorney General Office)	Media Center Rm 200			X

BREAKOUT SESSION DESCRIPTIONS

Session 1 – 9:30 – 10:20

Session 2 – 10:30 – 11:20

Session 3 – 11:30 – 12:20

Time Management Tools for High School Students (Cheri Sclater, NPS) - Sessions 1 & 3

This session is designed for parents to gain insight into the types of technology tools your high school students will be exposed to. There will be components on helping your student manage their time and eliminate stress regarding a busy schedule.

Navigating Google Classroom for Your Child (Jennifer Lawson, NPS) - Sessions 1 & 2

Google classroom is a wonderful tool used by educators to help students. Learn the in's and out's of Google Classroom and how you can help your student.

How to Help Your Child Revise and Edit Their Writing (Markus Hartnett, NPS) - Sessions 1 & 2

In this session, for parents of K-12 students, you will learn how to help your child revise their writing and avoid the "editing" pitfall. You will learn techniques on how to praise your child's writing and how to ask questions that get them talking about their writing. Lastly, you will learn how to use the D.E.E.R. strategy to help your child improve their writing.

STEM in Our Schools: Project Lead the Way in Action - Engineering and BioMed (Trish Krebs, Megan Palmer & Melissa Stendardo, NPS) – Sessions 1, 2 & 3

This session will provide an introduction into the Project Lead the Way course offerings at the high school in addition to the many college-level science classes available.

An Introduction to Schoolcraft Community College (Angela Ackman, Schoolcraft College) – Session 2

Attend this session to learn about the benefits and programs of the #1 ranked community college in the state. Schoolcraft offers over 70 academic majors, transfer agreements for ease of credit transfer, an established dual enrollment program, and rigorous academics coupled with ample support services. It is very likely you will learn something new about this tremendous resource in your backyard!

Creating Lifelong Readers (Suzanne Lipshaw, NPS) – Sessions 1, 2 & 3

We all know that reading provides a critical foundation for success in school and the world beyond, but how do we get our kids to read beyond what is required for school? This session will introduce you to the key habits of lifelong readers and give you practical tips to help your child interact meaningfully with books.

High School Freshman Transition (Maureen Schneider, NPS) – Session 2

Presenting tips for a smooth transition from middle school to high school.

College Planning (Kate Schultz, NPS) – Session 3

The College Planning presentation will discuss ways to investigate and evaluate college campuses and the general process of applying to college, including what colleges are looking for during the college admission process.

An Introduction to Oakland Community College (Keith Pawlovich, OCC) – Session 1 & 2

An overview of OCC programs and support services with a focus on questions from audience.

An Introduction to Northville Parents of African-American Students (NPAAS) (Tracey Stevenson, Tia Marie Sanders & Monifa Henry, NPAAS) – Session 1, 2 & 3

Providing information about NPAAS, encouraging parents to become NPAAS members, and discuss how NPAAS can best serve the students of Northville Public School District.

Raising Financially Literate Kids (Jeff Cusmano & Wendy Marquette, MECU) – Session 1

Do your kids understand the value of money? Do they ask you to buy them something and get upset when you refuse? Are they starting to earn their own money but spend it as fast as they make it? This session will help parents teach their kids the basics of what they should know about money management. A few of the topics will include the importance of savings, interest rates, the power of compound interest, how to manage a debit card and fees, and how technology is impacting banking etc. Teach your kids now before they head off to college and then onto adulthood.

What Parents Need to Know about Opioids and Vaping (School Resource Officer, Caroline Czelada and Lieutenant Chris Cox, Northville PD) – Session 1, 2 & 3

Parents & the Police: Partnership in prevention- The Northville Township Police Department's School Resource Officer, Caroline Czelada and Lieutenant Chris Cox discuss awareness, intervention and the legal implications to vaping, alcohol consumption and opioid related issues.

High School Student Panel (Diana Patterson & Students of NPS) – Session 3

In this session, you will have the opportunity to hear from current Northville High School students as they share their experiences and talk about some of the benefits and challenges of being a student at NHS. The session is an open conversation, and students will share their own experiences and also take questions from parents. This is a unique opportunity to hear from current students as they share, from their perspective, what every day experiences look like in a high achieving high school environment.

Promoting Positive Emotional Health in Teenagers at Home (Kerri Ann Sondreal, M.A., L.P.C.) – Session 1

Teenagers are stressed out and many struggle with their emotional health. What can parents do to help? During this session we will explore what the research says is effective in promoting positive emotional health at home. Each participant will leave with concrete strategies that they can implement at home to emotionally support their teenager.

Mindful Parenting: Helping You and Your Child through Stressful Times (Chelsea Simons, NPS) – Session 1 & 2

Parenting is hard and it can be stressful at times. How do you slow down and be present through the chaos? Or better yet, why should you? Learn ways to build the practice of mindfulness into you children's lives (and yours!) and explore the important benefits of doing so.

Little Trauma and Big Trauma: Learning How to Help Your Child Cope - Trauma Informed Care

(Brianna Twombly, Starfish Family Services) – Session 1 & 2

This session will explore what trauma is and how it can lead to toxic stress and long-term health and social outcomes. The session will conclude with a discussion on resilience and how we can strengthen resilience in ourselves and our children.

The Building Blocks of Social & Emotional Intelligence (Drew Yanke, M.A., LLP) – Session 1

Learn over 30 ways to create an environment for your child that builds confidence, self-worth and personal power. Learn ways to be your child's guide through sticky situations while helping them build healthy friendships and relationships with other kids, take opportunities, and build a positive internal belief system. Parenting styles and specific things to do with children to empower them will be included.

Unfriendly Friends: Our Children's World of Friendship (Kimber Bishop-Yanke, M.I.M., Kids Empowered Founder) – Session 2

Helping our kids understand & learn strategies for dealing with situations when friends don't always act like friends. We will explore "hot and cold" friend behavior, relational aggression, hurtful actions from friends, as well as friends who suddenly don't want to "be friends" anymore. Parents will learn how to help their kids make friends, keep friends, be a friendly person, deal with sticky issues & what to do when they experience inconsistent friendship. Parents will learn how to teach their kids the do's & don'ts of friendships, how to be assertive with friends, & handle conflict.

What Parents of Empowered Kids Need to Know & Do (Kimber Bishop Yanke, M.I.M., Kids Empowered Founder) – Session 3

Participants of this session will receive the adult version of what the Kids Empowered participants are learning. You will acquire the skills to help your child become empowered in the most common social situations they encounter – on the playground, in the lunchroom and other unstructured scenarios. Tips will include: the right Body Language, how to Stay Calm, Kid-appropriate Problem Solving Strategies, effective Tone of Voice and Word Choice, and the Do's and Don'ts of Friendly Classmates. Included: the kid-tested back pocket responses every child (and parent) should know!

Raise a Self Not a Selfie - Emotional Care for Your Child (Cheryl Jones, MSW) – Session 1

Intrusive emotions regularly overwhelm children and adults disrupting lives, learning and entire households. Fortunately, research in neurobiology now provides us with brain based information to assist with these uncomfortable struggles. This presentation can help you create questions and conversations that manage intensity, clarify feelings and guide in problem resolution with your children. Learn to recognize and provide assistance with the feelings that drive troubling choices, instead of punishing undesirable behaviors with consequences that have no long-term beneficial effects. Get the real answers to questions like, "Why do you lie to me?" and "Why can't you survive without your phone?" With a few simple changes enhance your relationships with your children and further their emotional growth.

Raise a Self Not a Selfie - Developing Self-Awareness and Self Worth (Cheryl Jones, MSW) – Session 2

(This presentation builds on the material presented in Session 1, Emotional Care of Your Child, but is understandable and useful on its own.) To develop a satisfying life and appreciate their individuality it's vital that children can look inside themselves and identify their own beliefs, feelings and answers. Equally important is the skill of maintaining appropriate boundaries with peer influences as they're bombarded with the unrelenting intensity of social media. Learn how to use every day interactions to enhance your children's self-awareness and promote their wise decision making with friends. Understand how to uncover the powerful emotional "Why" behind behavior to help your children understand themselves.

Raise a Self Not a Selfie - Building Identity and Coping Skills (Cheryl Jones, MSW) – Session 3

(This presentation adds content beyond Session 1, Emotional Care of Your Child and Session 2, Developing Self-Awareness and Self Worth, but is understandable and enlightening on its own.) Learn specific interactions and questions that further develop a child's specific identity and create excitement about "me being me." Find out how to help your children endure and overcome difficult situations rather than avoid, deny or distract from them. Gain specific strategies useful in preparing children to manage the inevitable discomforts of life. Become your children's best resource as they struggle to confront and overcome the never before seen challenges that have unfortunately become routine.

Counteracting Anxiety with Mindfulness (Christina Witter & Mary Beth Connolly, NPS) – Session 2 & 3

A parent coming to our session will learn about the difference between stress and anxiety and how they impact a student's learning. We will also focus on what mindfulness is and things you can do at home to help your child practice mindfulness to reduce anxiety.

Keeping Your Child Safe in the Cyber World: Michigan Cyber Safety Initiative

(Laura Ells, MI Attorney General Office) – Session 3

This presentation provides a quick overview of the student seminars and emphasizes practical tools, including how to: 1) access the Michigan Sex Offender Registry; 2) understand the impact of digital footprints; 3) realize the risk of sharing photos with embedded location information; 4) identify the possible privacy risks of different apps; 5) recognize the potential dangers and legal ramifications of sexting; and 6) identify cyberbully warning signs and develop a plan of action. In addition, we discuss the OK2SAY student safety program and refer to many resources available on the Attorney General's Website regarding up and coming apps and social media and parental controls on various phone and gaming devices.