

# IT'S A FAMILY AFFAIR CONFERENCE

#pdsbparentengagement

## AGENDA:

6:00-6:30 Dinner and Registration

6:15: Welcoming remarks from Principal Sharron Kuhl

6:20: Welcoming remarks from Janet McDougald, Chair PDSB

6:30-6:45 Opening remarks: Peter Joshua, PDSB Director

6:45-7:25 Key Note: Miguel Martinez, President, MTC Life

'Speaking Their Language' The aim is to give insight into your loved one's mind. As humans, we have two fundamental needs-To belong and to Progress. Understanding how to fulfill these two needs will help better understand the principals of health, education, and stress management. Miguel will help you understand and communicate better with your child.

## Choice of one workshop: 7:35-8:30PM

**A) Managing Stress with a Smile:** You will explore the myths and learn the most common sources of stress for students along with some of the pressures they are facing. You will receive tools for effectively dealing with stressors and provide the skills you need to manage anxiety dramatically. (**Miguel Martinez:** President, MTC Life)

**B) Help-Do We Need it?** Often times it is difficult to know whether a child is in need of help. You will learn the difference between a developmental stage and a challenge that needs support, how to share your concerns with school staff, and what are the informal resources as well as community agencies. (**Maureen MacKay:** Social Worker/Mental Health Leader, PDSB)

**C) Social Media Addiction:** This interactive workshop will give participants an overview of the issues regarding youth and families impacted by the internet and internet gaming. The workshop will help parents understand why some youth are more vulnerable than others, what they can do to limit the impact of internet gaming on their families, and strategies that will help youth and families struggling with Internet Gaming. (**Garth Buckley:** Clinical Coordinator, Concurrent disorders Peel Children's Centre)

**D) PRO Grants and school partnerships:** This workshop will discuss creative ideas for PRO grant applications. Simplified ideas for completing the application and the benefit for forming school partnerships that allow for significant events to be held for large and small school when they come together. (**Theresa Pastore:** Executive Director, Parents Engaged in Education)

**E) Supporting your children/youth in transitioning from elementary to high school:** The move from elementary to high school is an exciting and challenging time not only for students but for parents as well. Learn about life in high school and steps you can take to help support a successful transition. This workshop will cover a variety of topics to empower parents in supporting their teens for a successful transition. Resources will be provided. (**Tajinder Bhotoia,** Guidance Counsellor, **Louise Arbour SS**)



**3<sup>RD</sup> ANNUAL CONFERENCE  
WHERE SCHOOL COUNCILS'  
LEARN AND SHARE,  
TOGETHER!**

**We have a lineup of dynamic speakers who will equip you with tools & resources to support your children. Don't miss out this great opportunity of learning and networking!**

**Wednesday, April 11<sup>th</sup>,  
2018**

**6:00PM-9:00PM**

**Louise Arbour SS  
365 Father Tobin Road  
Brampton, ON L6R 0R4**

Mandatory Registration Required

**Registration link:**

**<http://www.peelschools.org/PIC>**

Email: [parentinvolvement@peelsb.com](mailto:parentinvolvement@peelsb.com)

Twitter: [https://twitter.com/pic\\_pdsb](https://twitter.com/pic_pdsb)

**NOTE: \*Maximum of 2 parent members from each school**

**Registration deadline is**

**Friday, April 6<sup>th</sup> 2018**