Parent University
Fall Schedule 2018

DAY	DATE	TIME	COURSE TITLE	R	LOCATION	CODE
Mon.	10/8/18	6:00-7:00 pm	**STEM NIGHT** Come on out and join us for a fun filled evening of families building literacy together. All participants will be engaged in several workstations that will emphasize Science, Technology, Engineering and Mathematics. Families will work collaboratively to experiment and problem solve. Great fun and surprises!!	TEAM	LeyVa Room 6	TM
Mon. -Tues.	10/8/18	6:00-7:30 pm	**Forza Vital Dance Class / Nutritional Lifestyle:** October: 8 & 9, 15 & 16, 22 & 23, 29 & 30 / November: 5 & 6, 13 &14 meals? Do you want to learn how to be less stressed? You do not want to miss these classes. They are a blast as you are becoming physically fit in your mind and body. Take away some great recipes as well as some awesome moves!! October 8 & 9: also speaking about the nutritional and inspirational aspect. October 15 & 16: Beginning introduction with a brief explanation of what good nutritional understanding is all about. Open discussion on what a parent believes is important and necessary for their family to eat. October 22 & 23: Understanding the different food groups and how and when they benefit your body the most.	Kathia	LeyVa Room 6	KT

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			October 29 & 30: Addressing the obstacles and difficulties of creating a balanced appealing menu for your family and creating a daily diet log. Begin dance steps and rhythmic patterns. November 5 & 6: Culinary demonstration. Fitness component and additional steps and patterns to further create presentation dances while engaging different music, cultural and dance choreography. November 13 & 14: First preparation for an Exhibition Night in January 2019 at the Parent University Mini Conference. **Sign up today so that you are not left out.**			
Wed.	10/10/18	9:30-11:30 am	**Literacy Alive** Parents will learn foundational skills, which will enable them to feel more empowered to speak English and to use academic language. The classes will be held from October 10 through December 19.	Lolita Foster	LeyVa Room 6	LF
Mon.	10/15/18	6:00-7:00 pm	**Family Literacy Play Activities Using Common Core Standards** Bring your children to learn how you can use Common Core Standards in play activities. You and your children will complete a power lesson in reading, social studies, and math while using the Common Core Standards. (Grades 4, 5 and 6)	Dr. Mary Ann Burke	LeyVa Room 6	MB

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Tues.	10/16/18	6:00-7:00 pm	**Autumn Around the World** In this session, students and parents will actively participate in performing a diverse set of autumn-themed music. We will sing, move, and learn group percussion to accompany familiar tunes.	Lisa Anderson	LeyVa Room 6	LA
Thurs.	10/25/18	6:00-7:00 pm	**You Are What You Eat - Part 1** Are you & your family tired of eating the same old foods? Come to this session and find some new and delicious ways to give old recipes a new and healthy twist! Talk about your family recipes, activity level and calories. Make a plan for the year to eat healthy.	Lida Gaines	Bulldog Tech Caf	LG
Mon.	10/29/18	6:00-7:00 pm	**Career and College Exploration Activities Using Common Core Standards** Bring your Middle School children to this class to explore and document daily career and college preparation activities. You and your children will complete a resume writing activity when using reading, social studies, science, and math Common Core State Standards.	Dr. Mary Ann Burke	LeyVa Room 6	MB
Tues.	10/30/18	6:00-7:00 pm	**Collaboration** **The advisory class will be very informative** Topics of discussion will be: Participating in a Successful Parent Conference, Staying Involved in Your Child's Learning, Making a Connection with Your Child, and The Importance of Quality Time with Your Child. Lots of great resources will be available.	Team	LeyVa Room 6	TM
Wed.	11/7/18	6:00-7:00 pm	**Habits of Mind** Please join us for a fun and exciting class as we explore the Habits of Mind. These are dispositions or attitudes and behaviors that we want our students to possess enabling them to become more successful at school.	Williams	LeyVa Room 6	DW

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			Parents become aware of these dispostions and are shown how they can support them at home. Parents will receive great resources. Participation will determine if the class is continued.			
Tues.	11/27/18	6:00-7:00 pm	**Treat Your Child Like an Animal** exclaim "I was treated like an animal." This statement conveys that the individual was injured, mistreated or harmed in some way. But the truth is that if we treated each other as animals, our relationships would improve exponentially. Particularly in relation to our children many of the deficient aspects in our parenting would seize. For there is no better example than that of an animal as it raises, protects and prepares its young for their eventual lives. **How Full is your Bucket** Stress is the major contributor to many of our maladies and illnesses, both physical and mental, yet we feel many times like we cannot do anything to rid it from our lives or even control it. Though we may not be able to do away with it entirely from our lives, we can certainly do much to counteract its health threatening effects. This workshop will show participants what they can do in their lives and in their children's lives to fill their buckets with life giving and stress relieving activities. **The San Patricio Battalion** The Mexican-American War (1846) was lost by Mexico for a number of reasons. In this presentation we will be able to gain a historical perspective that will make us see	Gerry Lopez	LeyVa Room 6	GL

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			Americans to this day. But there is an incredible history that is often overlooked from this tragic war. It happened when more than 600 American soldiers of Irish ancestry deserted their US army and joined forces with the Mexican army. This presentation will inspire you to understand their plight and to continue the struggle for progress of all people.			
Thurs.	11/29/18	6:00-7:00 pm	**21st Century: Whole Child, Whole Family #3** **How to Develop Global Competency Through Community Service** Parents will learn how to help their children develop global competency through family and community service learning activities. Children can develop empathy and respect for diverse cultural communities while supporting the community development needs in their schools and communities with their parents and families. Great resources.	Iwasaki	LeyVa Room 6	BI
Thurs.	11/29/18	6:00-7:00 pm	**HOLIDAYS AROUND THE WORLD** In this session, students and parents will actively participate in performing a diverse set winter holiday-themed music. We will sing, move, and learn group percussion to accompany familiar tunes.	Lisa Anderson	LeyVa Room 6	LA
Thurs.	12/6/18	4:30-6:30 pm	**21st Century: The Whole Child, The Whole Family - Health and Wellness (Part 4)** Families will enjoy a very informative class on how to stay fit and well. They will receive many resources and services that will enable them to learn the importance of health and wellness and how it is correlated with student success. Come and make a healthy salad.	Lida Gaines and Team	Montgomery	LT

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Wed.	1/23/19	6:00-7:00 pm	**MINI CONFERENCE** Come and register for the next semester and hear about the new classes. Great resources will be available for parents. Great fun and surprises.	TEAM	TBD	