

Parents, Guardians and Caregivers

DRES Title I Social and Emotional Learning Day Series

You are invited to participate in a special series to help your children excel at school and at home! Come learn new ways to support your children’s social and emotional health. Healthy and happy students make successful students. Attendees will receive learning resources to use with their children at home.

Where: Deep Run Elementary School Cafeteria	
Date	Session Topic
November 4th 2:30-3:30 pm	<i>Supporting Your Child in Making and Keeping Good Friends</i> Learn and share strategies to facilitate positive peer relationships for your child. We will discuss what positive play and communication looks like at different developmental stages and provide strategies to teach children how to be a good friend, manage conflict, and initiate new friendships. This is a fun, interactive seminar. Parents will leave with play-date starters for home and community.
January 13th 2:30-3:30 pm	<i>Supporting Your Child in Developing Attention and Organization Skills</i> <i>Children can learn how to develop their abilities to sustain attention to school work and organize tasks and materials. We will share some facts about children's developing brains and how you can support your child in learning and practicing skills that will help them be successful in school.</i>
March 16th 2:30-3:30 pm	<i>Supporting Your Child in Managing Their Emotions and Impulses</i> <i>Managing emotions is a skill that can be learned! In this session, we will give parents strategies to help children match the size of their problem to their reaction and to develop a box of "tools" that children can use to calm down when they are upset.</i>
May 11th 2:30-3:30 pm	<i>Supporting Your Child in Developing Mindfulness Techniques</i> <i>Mindfulness is a calm mental state that focuses on the present. There has been research connecting mindfulness to better health and well-being. In this session, we will learn and practice mindfulness techniques and share mindfulness resources for parents to use at home with children.</i>
Please sign and return the bottom of the letter to your child’s classroom teacher by Friday, November 1, 2019.	

Student’s Name _____ Homeroom Teacher _____
Parent’s Name _____ Phone # _____
Email: _____

Classroom teachers, please return the responses to Kelly Snapkoski’s mailbox.

___ Yes, we will see you there on November 4th from 2:30-3:30 pm.
Number of family members attending: _____

Classroom teachers, please return the responses to Kelly Snapkoski's mailbox.