

# 3rd Annual Addison Parent University 2009

Saturday, November 14, 8 am to 12:30 pm \*\*\*\*\* It's FREE

Programs are placed in 4 tracks: **Preschool and Elementary, Middle School, High School, and Community.** You can attend programs in any of these tracks. A number of programs will be repeated in two different time slots. Some programs will be offered in Spanish.

## Preschool and Elementary Grades

- **Easy and Quick Home Activities for the Young Child** (*Session 1*): Stimulate your young child's learning by using materials that you have at home.
- **Learning Outside of the Classroom — Family Field Trips** (*Session 1*): Information will be shared on how you motivate and support learning outside of the classroom. You will learn how to help your children ask questions, explore interests, and spark curiosity by planning family field trips with learning as the goal.
- **Elementary School Reading Strategies for Home** (*Session 2*): Learn easy-to-apply strategies that you can use at home to help your children become better readers.
- **Elementary Homework Help Ideas** (*Session 2*): Implement strategies at home to help students get the most out of the time they spend on homework.
- **Elementary School Math Strategies for Home** (*Session 3*): Learn easy-to-apply strategies that you can use at home to help your children become better at math
- **Instilling Consistency and Discipline at Home for Your Elementary Child** (*Session 4*): Learn strategies to help establish guidelines and provide discipline to minimize behavior issues at home.

## Middle School

- **Family Access** (*Sessions 1, 3*): Learn how to login and navigate through the District #4 Family Access Website.
- **Middle School Reading Comprehension** (*Sessions 1, 2*): Learn reading strategies you can use at home to help your child become a better reader. Receive a list of resources and games that can increase students' comprehension and vocabulary.
- **Understanding Your Middle School Child** (*Sessions 1, 3*): Physical, cognitive, social and emotional changes occur in adolescence and impact the child-parent relationship. Learn effective parenting techniques that foster a healthy relationship between parents and adolescents.
- **Help in Understanding Your Child's IEP** (*Sessions 2, 4*): What is the terminology in your child's Individualized Education Plan (IEP) saying? We will walk through a sample IEP, cover some of the more common terminology, and describe the different service plans that are offered at Indian Trail Junior High to support your student. **This session is also appropriate for elementary parents.**
- **How to Help Your Middle School Child Be Organized for School** (*Sessions 2, 4*): Practical suggestions will be offered for helping your child stay organized both at school and at home. Various materials which can help with this life-long skill will be demonstrated.

- **Positive Behavior Interventions and Supports (PBIS)** (*Sessions 3, 4*): PBIS is a school-wide and classroom discipline program that teaches social skills and school norms. The PBIS workshop will focus on specific aspects of the program such as: trends in discipline, prevention of problem behaviors, Cool Tool lessons, rewards for positive behavior, parental support, and the program's overall impact at Indian Trail.

## Schedule

**Registration, FREE Continental Breakfast, Information Booths:**

8:00-8:30 am

**Introductions:** 8:30-8:45 am

**Session 1:** 8:50-9:35 am

**Session 2:** 9:40-10:25 am

**Visit Information Booths:**  
10:25-10:55 am

**Session 3:** 10:55-11:40 am

**Session 4:** 11:45 am-12:30 pm

**FREE Child Care for children  
3 years old to 12 years old**

All parents are invited to attend the 3rd Annual **Parent University**  
**Saturday, November 14 — 8 am - 12:30 pm — IT'S FREE**

**Indian Trail Junior High School**, Lake Street and Kennedy Drive

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### High School

- **Advanced Placement Programs (Session 1):** Learn about Advanced Placement (AP) courses and how your student can take college level courses in high school to earn college credit.
- **Services for Students and Parents (Session 2):** Learn about all the different programs and services available from every department at Addison Trail High School.
- **Four Year Plan (Session 3):** In the 4-year plan presentation, you will learn about requirements and classes that students will take during their high school careers. Additionally, you will find out about elective courses that students can take to help them prepare for their future goals.
- **Positive Behavior Interventions and Supports (PBIS) (Session 4):** Learn about "Blazer Pride" at Addison Trail High School. Blazers are Academically Engaged, Trustworthy, Honorable, and Safe. The PBIS program at Addison Trail as well as School-Wide Behavior Expectations and Student Acknowledgments will be explained. There will be time for questions and answers.

### Information Booths

Learn more about many community resources when you visit the booths.

### Community

- **Police as a Resource for Your Teen – Addison Police Department & Henry Hyde Resource Center (Session 1):** Learn about two after school programs—Student Participation Center and the Henry Hyde Resource Center—and the classroom curriculum taught by Crime Prevention Officers.
- **Learning Resources That Are Fun and Free – Addison Public Library (Session 1):** Learn about library programs and resources to help children of all ages succeed in school while they have fun.
- **Driving Laws Affecting Your Teens – Addison Police Department (Session 2):** Officers from the traffic unit will discuss the law concerning graduated drivers license, zero tolerance, and restrictions that apply to young adults.
- **Internet Safety – Addison Police Department and Addison Public Library (Session 2):** This workshop will help you keep your children safe when they use the Internet.
- **Serving the Community Today and Beyond – Addison Fire Protection District and Addison Park District (Session 3):** Discover fun-filled learning programs that include arts, cooking, sports skills, day-off school programs, and special events for the whole family from preschool thru adults to enjoy.
- **Gangs – Addison Police Department (Sessions 3 & 4):** The Gang Tactical Officers discuss the history, reason for joining, and the possible signs of gang activity in your neighborhood.
- **Police as a Resource for Your Family – Addison Police Department and Henry Hyde Resource Center (Session 4):** Learn about opportunities for family involvement in police programming hosted at the neighborhood resource center and the after school program as well as at the Addison Park District.

### Parent University Sponsors —

Addison Fire Protection District, Addison Park District,  
Addison Police Department, Addison Public Library,  
Addison School District 4,  
Addison Trail High School/District 88, DeVry University,  
District 4 Education Foundation, Focused Therapies, LLC,  
Henry Hyde Resource Center, Itasca Bank & Trust Co.,  
Sir Speedy–Addison, Village of Addison