The Utica City School District is excited to partner with ICAN to host monthly parent education presentations designed to both educate and inspire parents to more effectively support their children’s success in school. All presentations are open to all parents in the District. Please refer to the calendar below for topics and location.

**SEPTEMBER 2023**
**TOPIC: THE HOME & SCHOOL PARTNERSHIP**
- Understanding the importance of parental involvement in education
- Establishing effective communication channels between parents and teachers
- Building a positive home learning environment

**OCTOBER 2023**
**TOPIC: SUPPORTING CHILDREN WITH SPECIAL NEEDS**
- Understanding different learning and behavioral challenges
- Creating inclusive environments at home
- Collaborating with teachers and specialists

**NOVEMBER 2023**
**TOPIC: DIGITAL CITIZENSHIP & INTERNET SAFETY**
- Teaching children responsible internet use
- Safeguarding personal information online
- Recognizing and addressing cyberbullying

**DECEMBER 2023**
**TOPIC: SOCIAL-MEDIA & THE IMPACT ON MENTAL HEALTH**
- Understanding the role excessive screen time plays in impacting our Mental Health
- Strategies for protecting our children
- Ways to utilize technology to promote positive development and improved Mental Health
**MONTHLY PARENT EDUCATION SERIES 2023-2024**

**UTICA CITY SCHOOL DISTRICT / 2023-2024 / www.uticaschools.org**

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**JANUARY 2024**

**TOPIC: STUDENT WELLNESS**

- Understanding the importance of supporting the whole child
- The importance of nutrition/sleep/activity/connection
- Strategies and resources for improving emotional wellness

**FEBRUARY 2024**

**TOPIC: SUPPORTING CHILDREN'S SOCIAL & EMOTIONAL DEVELOPMENT**

- Recognizing and managing emotions in children
- Strategies for promoting positive behavior and discipline
- Developing resilience and coping skills in children

**MARCH 2024**

**TOPIC: PROMOTING POSITIVE MENTAL HEALTH**

- Importance of positive Mental Health
- What to do if your child is struggling
- Tips for supporting positive Mental Health

**APRIL 2024**

**TOPIC: ACE'S - ADVERSE CHILDHOOD EXPERIENCES**

- Exploring our own experiences with ACEs
- Understand how trauma as a child impacts long term health outcomes
- Recognizing early warning signs and providing appropriate interventions

**MAY 2024**

**TOPIC: HEALTHY LIFESTYLE & NUTRITION FOR CHILDREN**

- Importance of balanced diets and meal planning
- Promoting physical activity and reducing screen time
- Addressing common health concerns in children

**JUNE 2024**

**TOPIC: TRANSITIONING TO THE NEXT GRADE LEVEL**

- Preparing for the next academic year
- Strategies for smooth transitions between grades
- Addressing concerns and setting goals for the future

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We are an Equal Opportunity Employer which fully and actively supports equal access for all regardless of Race, Color, Weight, National Origin, Ethnic Group, Religion, Religious Practice, Disability, Sexual Orientation, Gender, Age, Veteran Status or Genetic Information.
# Hosted by

## MONTHLY PARENT WORKSHOPS

<table>
<thead>
<tr>
<th>MONTH</th>
<th>DAY OF THE MONTH</th>
<th>SCHOOL TO HOST</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
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<td>September</td>
<td>27th</td>
<td>DONOVAN</td>
<td>6:45PM</td>
<td>Auditorium</td>
</tr>
<tr>
<td>October</td>
<td>5th</td>
<td>JFK</td>
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<tr>
<td>November</td>
<td>8th</td>
<td>MLK</td>
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<td>Gymnasium</td>
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<tr>
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<td>17th</td>
<td>CONKLING</td>
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<td>28th</td>
<td>JEFFERSON</td>
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<td>19th</td>
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<td>18th</td>
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<td>Library</td>
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<tr>
<td>May</td>
<td>13th</td>
<td>GENERAL HERKIMER</td>
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