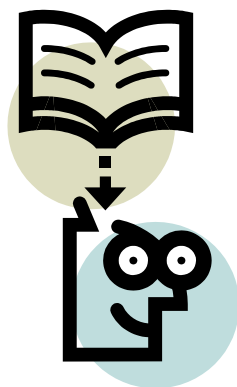


**Heights Elementary School**  
**Parent Education**  
**Workshop Series 2009-2010**



*Heights Elementary School*  
*Promoting lifelong learning and personal growth*

8/5/09

Dear Parents/Guardians,

It is with great pride that our Heights PTO, specifically the Parent Education Committee, sponsors the second year of workshops designed to assist the Oakland School Community in learning about issues of importance that are pertinent to their children and to themselves.

The workshops have been arranged to take place at Heights School at a variety of times to accommodate the different schedules of the people who live here and are open to all residents of Oakland.

I must extend kudos to Carol Guzzo, our new Parent Education Chairperson. Working with Carol are Laura Given and Suzi Stellenwerf. These women have expended personal time, effort, energy, and love, to make this year's program interesting and educational. We thank also, Frank Carti, PTO President, for his leadership and support. Their efforts will benefit the children of our school community.

It is the collaboration and communication between home and school that makes for successful, well balanced students, and this endeavor is but one example of how we work together to benefit all of our children.

Please join us at a workshop that appeals to you. We look forward to seeing you often throughout the school year.

With warm regards,

*Barbara A. Ciambra*

Barbara A. Ciambra  
Principal, Heights School

## Fall Series

### **October 6, 7:30 pm - Reading**

Heights Reading Specialist, Ms D'Ambosio will speak on grade level expectations, what to do when your child struggles, and tips to help parents at home.

### **November 10, 7:30 pm - Taming Sibling Rivalry**

Licensed Professional Counselor, Mr. John DeMarco M.Ed., LPC will teach parents how to help their children resolve conflicts without attacking or hurting one another. He will discuss the sibling rivalry mediation process.

### **December 10, 10:00 am - Peaceful Parenting**

Dr. Jerry Brubeck, head clinician at NYU Child Study Center will present Peaceful Parenting and Communication Strategies.

## Winter Series

### **January 12, 10:00 am - Communication Skills**

Heights Guidance Counselor, Amy Geisler will present a workshop on communication skills and self esteem. Parents will learn how to encourage their children to speak up for themselves and be heard in a positive way.

### **March 11, 7:30 pm - Organizational Strategies for School Success**

Dr. Richard Gallagher from the NYU Child Study Center will present Organizational Skills for School Success.

## Spring Series

### **May and June - Internet Safety and Summer Reading**

Dates and times to be announced

## **Parents as Partners Series**

Please join Ms. Ciambra and other Heights parents for an informal discussion and Q&A over coffee and a bagel. It is an open format with no set agenda. Sessions will begin at 10am. There's no need to RSVP. Come to any of the sessions that your schedule permits.

**October 7, Wednesday**

**December 9, Wednesday**

**February 11, Thursday**

**April 7, Wednesday**

**Jun 8, Tuesday**

# Parent Education Workshop Series for 2009-2010

## Registration Form



Please complete the registration form below for any of the **FALL workshops** you would like to attend. A registration form for the Winter and Spring workshop series will be sent home and published in December on the school website and in the NewsFlash.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

### Fall Workshops:

(Please put a check next to each workshop you would like to attend)

October 6 - Reading \_\_\_\_\_

November 10 - Taming Sibling Rivalry \_\_\_\_\_

December 10 - Peaceful Parenting \_\_\_\_\_

- Please return this form in an envelope marked **Parent Education**.
- If you have any questions please contact Carol Guzzo at 201-465-4116 or [carolagf@hotmail.com](mailto:carolagf@hotmail.com) or Suzi Stellenwerf at [suzistell@gmail.com](mailto:suzistell@gmail.com).
- Refreshments will be served.

Parent Education Committee: Carol Guzzo, Laura Givens and Suzi Stellenwerf