



Parent University-Effingham (09-21-2019)

Name: _____

Session Schedule

1st Session: 9:50 – 10:50

2nd Session: 11:00 – 12:00

3rd Session: 12:10 – 1:10

*CORE Classes are offered to teach, inform, update or clarify specific subject matter relevant to the home, school and community. The intent of CORE classes is to improve student achievement and strengthen the family unit. Shaded areas indicate class not offered.

Choose Sessions Here			*CORE	Credits	Classes Offered & Description (Subject to change)
1 st	2 nd	3 rd			
<i>For attendees arriving by 9:00 a.m.</i>				3	9:00-9:45 Graduation & General Session
3hour session			*	6	CPR Certification Class Only - (All day session) Limited to 20 participants on a "First Come, First Served" basis. This training will provide information and skills needed to perform CPR during many emergency situations. NOTE: First Aid Certification Class will be offered at the Winter Session February 8, 2020.
1 st	2 nd	3 rd	*	2	Newcomers Orientation - This is an introductory course to welcome all first-time attendees and Springfield Elementary School's third grade parents. Participants will learn more about Parent University-Effingham and how to get the most out of the sessions. The Parent University and the Effingham County Board of Education's Reading Initiative Program (an Early Language and Literacy Mini-Grant that partnered with Springfield Elementary School) will be explained. Commitment, Permission and Acknowledgement forms will be clarified and completed by participating parents. Family Literacy
1 st	2 nd	3 rd	*	2	Hurricane Preparedness: Make Your Plan! Were you ready for Hurricane Dorian? The hurricane season started on June 1st and runs through the end of November. It only takes one storm to change your life and community. You need to be prepared with a plan and gear. Come and learn how to be ready to run at a moment notice.
1 st	2 nd	3 rd	*	2	Why Dad Matters? - Dads have an important influence on their children's lives; maybe, even more so than mothers. This session will focus on the importance of an involved DAD. Come and learn how DADS can get and stay involved with their children's education by becoming a Bulldog D.A.D. Family Literacy
1 st	2 nd	3 rd	*	2	How to Teach Children Difficult Things - Participants will receive information on how to motivate the unmotivated. Tips will be provided that will set parents on the path to inspiring their children without pressure, promoting a stronger, more peaceful connection with their children. As a result, children begin tackling difficult tasks when no one is around. Family Literacy
1 st	2 nd	3 rd	*	2	Alerts for Parents – Social & Emotional Learning – This session addresses the critical role that social and emotional learning plays in promoting student success. Research shows that Social and Emotional Learning not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011). Come and find out how our school system supports Social and Emotional Learning for all students.
		3 rd		2	Fitness/Zumba –Zumba, the "Best Stress Reliever" medicine of all times, involves aerobic movements and dance. Put on your dancing shoes and enjoy the beats of various music while sweating away the worries.

2019-2020 Graduation Requirements - Parent University-Effingham Graduation will be held in the fall.

- ◆ Participants must complete five (5) CORE classes per year and have a total of fifteen (15) credits.
- ◆ Additional credits will entitle you to be an Honor Graduate.
To graduate with honors, a total of 25 credit hours (15 required hours plus 10 additional hours) are needed. Additional hours may be earned in other school functions as field trips, classroom visits, PTO/PTA/Booster Club functions, classroom visits and Parent/Teacher Conferences. Additional hours may also be earned by attending or participating in community activities e.g. Effingham Family Connection, Girls Night Out, Health Fairs, and E Connect Workshops.