



Parent University-Effingham (02-09-2019)

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 | 9:00-9:40 General Session |
| 3-hour session | | | * | 6 | First Aid 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 First Aid during many emergency situations. NOTE: CPR Certification Class will be offered at the Spring Session on April 13, 2019. |
| 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 second 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 |
| 1st | 2nd | 3rd | * | 2 | Simple Ways to Help Your Child Perform their Best on the Georgia Milestone Assessment - This session will provide simple strategies and supports parents can use that would make a BIG difference in their child's performance. Parents will leave with an understanding of the scoring and score report. |
| 1st | 2-hour session | | | 4 | Self-Defense for Females - This two-hour course will build self-confidence, awareness, and personal safety for women and girls ages 13+. Participants will learn practical and effective self-defense techniques from a certified and experienced Krav Maga Instructor in a non-threatening, non-intimidating atmosphere. Participants do not need to be in top physical condition or well-coordinated; however, you will be asked to sign a waiver. |
| 1st | 2nd | 3rd | * | 2 | Helping Parents Communicate Better with School and about School with their Students - This "Make and Take" Series is designed to assist parents with tools that improve communication between the school, home & your child. |
| 1st | 2nd | 3rd | * | 2 | Fatherhood Initiative II - Fathers 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 and how they can get and stay involved in their children's education. |
| 1st | 2nd | 3rd | * | 2 | How to Be an IEP (Involved, Engaged, Parent) - Come and learn ways parents can become a more active participant in the IEP process. The IEP components will be discussed and paperwork management will be demonstrated. |
| 1st | 2nd | 3rd | * | 2 | Health & Wellness - This session will focus on your personal health journey. It is designed to inform participants of the various aspects of health, which include physical activity, nutrition, and stress management. |

2019 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.
- ◆ To graduate with honors, a total of 25 credit hours (15 required hours plus 10 additional hours) are needed.