



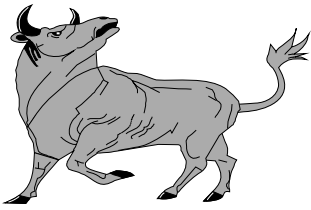
WINNIPEG SCHOOL DIVISION

PARENT SESSIONS & WORKSHOPS



**Compiled by:
Parent Education Committee
Prince Charles Education Resource Centre**

The following sessions are available upon request:



Bully Proofing Your School

This workshop summarizes information regarding the incidence of in-school bullying, the characteristics of victims and bullies, and specific strategies to reduce the incidence of bullying. It addresses the importance of school organizational factors, intervention programs and curriculum approaches.

To arrange a workshop for your school or parents' meeting please call:

Olga Wyshnowsky
Pupil Services Consultant
Telephone: 788-0203, ext. 117



Street Gang Awareness For Parents

What Can We Do To Solve the Problem?

Keeping children from joining gangs takes time. It requires both individual and group efforts. Parents empowered to fight youth gang involvement help their children to resist the lure of gangs as well as other unhealthy and dangerous activities.

Parents will learn:

- signs of gang activity - such as graffiti, hand signs, colours;
- why youth join gangs and how to counter those influences;
- communication and supervisory skills;
- how to work with law enforcement and other agencies to organize against gangs;
- indications that a child might be involved in a street/youth gang.

To arrange a workshop with the Winnipeg Police Service, Community Services, please call:

Olga Wyshnowsky
Pupil Services Consultant
Telephone: 788-0203, ext. 117



Addiction Awareness

To support their children and teens, parents must be aware of the various risks and harms associated with substance use and gambling.

The Addictions Foundation of Manitoba, Youth Services offers an evening parent Intervention & Support Program. This 4 evening program aims to increase awareness of AFM's youth service programming and philosophy in working with adolescents; to strengthen parent's understanding of how a person's substance use and gambling affects families; to introduce parent response strategies that may assist adolescents in making healthier choices; to introduce principles of self-care; to aid parents in maintaining health; to decrease isolation of parents/caregivers by (a) introducing them to and providing information about available community supports and (b) providing a network of mutual encouragement and support.

For dates, times and registration, please contact:

**Addictions Foundation of Manitoba
Youth Services
944-6235**



Asthma and Life Threatening Allergies in the School

This workshop is planned for school staff and parents.

Topics include:

- * asthma symptoms
- * triggers
- * medication
- * anaphylaxis
- * risk reduction
- * recognizing and responding to an allergic reaction

Epipen use will be demonstrated.

To arrange a workshop, please contact:

**Kerry Heather
Nurse Educator
Telephone: 788-0203 Ext. 135**



Internet Safety

In today's world of global communication it is almost a necessity for school age children to receive information about the Internet. Currently 24 million youth in North America are using the Internet on a regular basis. This number continues to grow. The Internet provides many benefits to our youth, but there are some risks. Most parents want to identify these and develop strategies to reduce the risks.

The Winnipeg Police Service has developed a new program called "TAKE ACTION IN SCHOOLS". One component provides information to adults and youth about the following:

- ◆ What is the Internet?
- ◆ How do I access the Internet?
- ◆ What are the benefits?
- ◆ What are the risks?
- ◆ How do I reduce the risks?
- ◆ What offences occur on the Internet?
- ◆ How do I identify these offences?
- ◆ How do I report Internet crime?

To arrange a workshop, please contact:

**The Winnipeg Police Service
School Resources Unit
Telephone: 986-6322**

Workshops for New Canadian Parents

Community Liaison Officers are available to make presentations to school personnel or parents in the Division on the following topics.

- Cultural Specific Sessions
- The School System for Parents
- The Credit System for Parents
- Parenting Issues
- Cross Cultural Issues

To arrange a workshop please contact:

**Val Georges
Director of Aboriginal Education
Prince Charles ERC
Telephone: 788-0203**



Talking to Your Kids about Sex

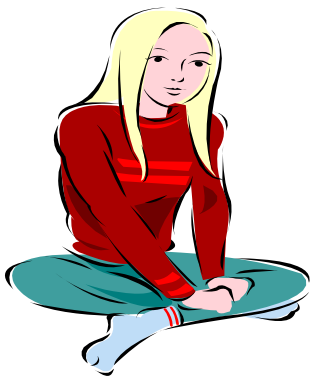
Skills for Parents of Children of All Ages

These days, our children have little time before they must deal with sexual issues. They are hit with sexual messages in the media. Peers may pressure them. They get information and advice from all kinds of sources. Often they receive inaccurate information.

Children want and need guidance on sexuality, and it is important that they get it from you, their parents. Communicating means more than just giving the facts. It means honestly sharing opinions, ideas and feelings, and being a good listener, too.

To arrange for a parent workshop on this topic at your school, contact:

Nori Korsunsky
WSD Health Education Consultant
Telephone: 788-0203, ext. 112

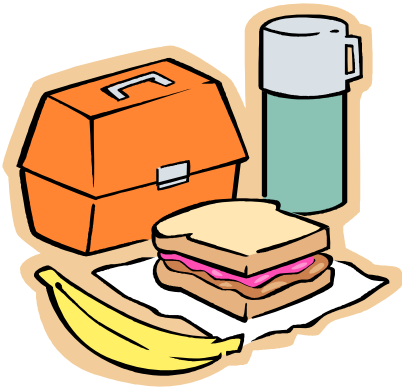


Body Image Dilemmas

Youth today are bombarded with images in the media of extremely thin models and superstars. Many young people are concerned with their weight and body image. Often this concern can lead to a preoccupation with weight, including frequent dieting, bingeing, starving, and excess exercise or even an eating disorder such as bulimia or anorexia nervosa.

To arrange for a parent workshop on this topic at your school, contact:

Nori Korsunsky
WSD Health Education Consultant
Telephone: 788-0203, ext. 112

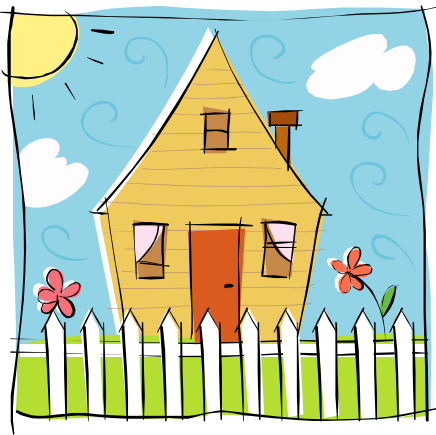


Preparing Healthy Snacks and Lunches

Parents often find preparing healthy snacks and lunches for their children challenging. This discussion will give parents some food for thought on simple ways to incorporate fun and nutritious foods in their child's lunches and snacks.

Nori Korsunsky
WSD Health Education Consultant
Telephone: 788-0203, ext. 112

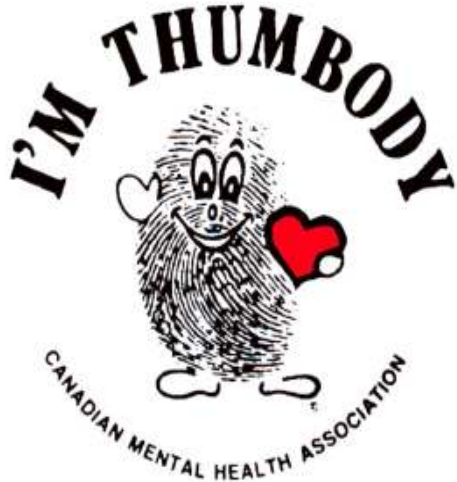
HOUSING Inservices



Workshops on landlord/tenant issues, and tenant's and landlord's responsibilities are available.

For further information, contact:

Darren Cooper
Residential Tenancies Branch
Phone: 945-4435



I'm Thumbbody

**"I am me! There's not another person
in the whole world exactly like me.
I have my very own thumbprint.
I AM SPECIAL."**

"I'm Thumbbody" is a self-esteem program for Grade 3 students which helps to :

- ◆ **build healthy self concepts;**
- ◆ **stimulate the development of self-confidence;**
- ◆ **instill feelings of self-worth, individuality and responsibility;**
- ◆ **enhance self-awareness;**
- ◆ **develop an understanding of each person's unique skills and interests and the value of these differences, strengths, and individuality.**

Originally developed by the Canadian Mental Health Association, the program is unique in that it is presented by trained parent/community volunteers to the Grade 3 children in their home school.

The program has proven to be a wonderful opportunity for both children and parents to gain a greater awareness and understanding of the importance of healthy self esteem in children.

For further information on "I'm Thumbbody", please contact:

**Carmen Court
Coordinator of Volunteer Services
474-1513**

The following **INSERVICES** are available for **PARENTS** and **VOLUNTEERS**
To Register Call: Volunteer Services, Earl Grey School, 474-1513



Fine Motor Development

Children play to explore the world. Play develops both a strong body and stronger finger and hand skills (fine motor). Come and try out some activities to have fun at home while helping your child develop fine motor skills necessary for school.

Thursday, October 2, 2008

1:15 p.m. – 3:15 p.m.

Robertson School

550 Robertson Street

PRESENTER: Penny Morka, Early Childhood Consultant



Read With Me: Ways to Develop Language Skills and a Love For Books

This workshop will:

^ Explore the relationship between language & reading.

^ Demonstrate how by reading to your child, you can create attachments that will foster learning.

^ Help parents and volunteers become active participants in the development of a child's most fundamental language skills - **TALKING & LOVE for READING.**

Wednesday, October 15, 2008

1:30 p.m. – 3:00 p.m.

Wellington School

690 Beverley Street

PRESENTER: Kathy Gerylo, Speech / Language Pathologist, CGC

**The following INSERVICES are available for PARENTS and VOLUNTEERS
To Register Call: Volunteer Services, Earl Grey School, 474-1513**



Raising Confident, Competent Children

This seminar will show parents how to use positive parenting principles to teach children important values and skills, such as:

- Encourage respect and cooperation
- Learning to be independent
- Learning how to develop healthy self-esteem
- Learning how to become good problem-solvers

Wednesday, November 5, 2008

6:30 p.m. – 8:00 p.m.

Meadows West School

150 Inkster Garden Drive

PRESENTER: Karen Naumiuk, Community Support Worker



We Have Ways of Making Them Talk

A good understanding of language is the first step to success in reading and writing. Join us to learn how to change your style of interacting with children to get them talking and keep them talking.

Tuesday, November 18, 2008

1:15 p.m. – 3:15 p.m.

Mulvey School

750 Wolseley Avenue

PRESENTER: Kathy Gerylo, Speech / Language Pathologist, CGC

The following **INSERVICES** are available for **PARENTS** and **VOLUNTEERS**
To Register Call: Volunteer Services, Earl Grey School, 474-1513



Raising Resilient Children

This seminar will focus on how parents can help children learn how to:

- Recognize and accept feelings appropriately
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with an upsetting or stressful life event

Thursday, February 19, 2009

1:30 p.m. - 3:00 p.m.

Robert H. Smith School

315 Oak Street

PRESENTER: Karen Naumiuk, Community Support Worker