

RCSD Office of Parent Engagement

UPARENT UNIVERSITY

February, 2015

Common Core

Family Fun Day at the Memorial Art Gallery

"The Arts" coming together with Common Core English and Language Arts.

Gallery Tours ~ Activities ~ Entertainment ~ Refreshments

Date: Thursday, February 19, 2015

Time: 11:00 am – 2:00 pm

A list of math Models used in the Common Core Math Curriculum can be found at:

[http://www.engageny.org/sites/default/files/resource/attachments/how](http://www.engageny.org/sites/default/files/resource/attachments/how%20to%20implement%20a%20story%20of%20units.pdf) to implement a story of units.pdf

Cultural Responsiveness

I ACT - Improving Awareness of Current Trends

Series- a series of discussions featuring:

Victory T. Saunders,

VTS Specialist: Youth Invention Strategies

First of the series:

"From the Pond to the Ocean"

Discusses the issues and challenges young people face transitioning from sixth grade to the larger school setting.

Date: Feb., 26, 2015

Time: 5:30 pm to 7:30 pm

Location: David Gantt R-Center, 700 North Street, 14605

Financial Literacy

NeighborWorks Rochester Homebuyer's Orientation

Date: Monday, February 2, 2015

Time: 6:30 pm-8:00 pm

**Location: Neighborhood Works
570 South Avenue**



Want to produce a positive environment that is conducive to learning for your child? Want to provide a secure, safe, and stable place for your family? Want to increase your child's chance of graduation by 25%? Then consider buying a home. Attend this course and learn about down-payment and closing cost assistance programs, homebuyer education classes, mortgage products, and financial/credit repair guidance that are available.

FREE Tax Return Preparation

C.A.S.H. – Creating Assets, Savings & Hope

*Volunteers prepare and file your taxes **for FREE** and can also connect you to free credit reports, home buying programs, affordable banking and more!!*

For location near you go to: www.empirejustice.org/cash or call (585) 242-6485

Health & Wellness

Understanding the Heart and How to Lower Blood Pressure

Date: Saturday, February 21, 2015

Time: 5:30 pm - 7:00 pm

Location: RCSD School Without Walls Commencement Center, 480 Broadway, 14607

'Understanding The Heart and How to Lower High Blood Pressure' addresses the main functions of the heart and the factors affecting blood flow. Attention is drawn to blood sugar, mineral deficiencies and plaque build-up as increasing blood pressure. The role of salt, as well as other misconceptions are addressed. This lesson gives attendees a better understanding of the heart, and preserving its natural function.'

In It to Win It! "The Power of 2" Free Exercise & Healthy Eating Classes

Date: Tuesdays, January 13 to March 10, 2015

Time: 6:00 pm-7:30 pm

**Location: Dr. Charles T. Lunsford School No. 19
465 Seward Street, 14608**

Free Eight week program includes healthy eating tips, line dancing, emotionally-balanced lifestyle, yoga and news for parents/guardians, students, teachers and community. Limited space available.

Information Technology

Microsoft Word

Date: Mondays and Wednesdays, January, 2015

Time: 1:00 pm-2:30 pm

**Location: Baden Street Settlement
ATTAIN Lab
13 Vienna Street, 14605**

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Parenting & Early Childhood

The Fatherhood Connection featuring Reginald Cox

Men's Parenting/ Personal Development Group

Topics covered in this 13-week program will include: Parenting, Boyhood, Manhood, Fatherhood, Communication skills, Healthy Relationships, Conflict resolution, Problem Solving, Re-entry/Recovery

Date: Wednesday, January 21, 2015 to April 14, 2015

Location: 210 W. Main Street, 14604 *Lunch Provided

**For more information & to register for the following trainings, call Mental Health Association
320 N. Goodman Street, 14607
585-325-3145, x137**

Teen Drugs, Sex, and Violence

If you want to influence what your teens DO regarding drugs, sexuality, and violence, you have to influence what they THINK about these risks. For caregivers of preteens and teens.

Date: Tuesday, February 10, 2015

Time: 6:00 pm to 8:00 pm

Winning at Parenting

One of the most frustrating aspects of being a caregiver is having to handle an angry child, who simply refuses to do what you ask. For caregivers of school-age children.

Date: Monday, February 9, 2015

Time: 10:00 am to 12:00 pm

The Single-Parent Family

Parenting can be wonderful and rewarding. In a two-parent family today, it can be pretty difficult. In a single parent family, it can be more than twice as tough! It's a challenge, but it can be done! For caregivers of children of all ages.

Date: Friday, February 13, 2015

Time: 10:00 am to 12:00 pm

Understanding & Redirecting Misbehavior

Do you ask your children, "Why did you do that?" or "What were you thinking?" Strategies to help you answer those questions and use your parenting skills more effectively. For caregivers of children ages 5-12.

Date: Tuesday, February 17, 2015

Time: 10:00 am to 12:00 pm

It's So Much Work to Be Your Friend

Teaching friendship and social skills in the classroom, at home, and in the community. For caregivers of school-age children.

Date: Friday, February 20, 2015

Time: 10:00 am to 12:00 pm

****All workshops are FREE**** Additional information online:
www.rcsdk12.org/parentuniversity or call 585-324-9999.