



Parent Prep VIRTUAL COURSES

REGISTER

wcsoh.org/ParentPrep

DATES

WEDNESDAY
MARCH 3, 2021

THURSDAY
MARCH 4, 2021

SATURDAY
MARCH 6, 2021

Sessions are for adults only due to topics addressed and content shared; no students or other children, please.

Parent Prep is sponsored by the Westerville City School District with support from Westerville Education Challenge and Westerville Parent Council.



DATES, TIMES & COURSE TITLES

WEDNESDAY, MARCH 3, 2021

Time Slot	Course
5:00 pm	Operation Street Smart (2-hour session)

THURSDAY, MARCH 4, 2021

Time Slot	Course (1-hour sessions)
5:00 pm	LGBTQ+ 101
6:00 pm	Confronting Hard History: What students want to know

SATURDAY, MARCH 6, 2021

Time Slot	Course (1-hour sessions)
10:00 am	Mindful Parenting Workshop: Supporting your child with mindfulness
11:30 am	Keep Calm and Parent On

COURSES, TARGET AUDIENCE & DESCRIPTIONS

Alphabetical order

Confronting Hard History: What students want to know (Q & A)

Session Description: Dr. Hasan Jeffries, associate professor of history at The Ohio State University will lead a Q & A session to address questions middle and high school students had after watching his TEDTalk: Confronting Hard History, in which he shared his experience visiting the late U.S. President James Madison's estate and the difficult truths that come with learning our history. Students had an opportunity after watching the TEDTalk video in class to write questions for Dr. Jeffries to answer during this Parent Prep session. *Please watch the TEDTalk video (www.youtube.com/watch?v=A9Lhhsd9EB8) prior to the session.* **Target audience:** Anyone

Keep Calm and Parent On

Session Description: Session will teach the concept of "Co-Regulation" and why it's so important for the adult in the room to model self-regulating behaviors. The aim is to help parents identify their own dysregulation first, and how to regulate themselves before engaging with a dysregulated child. **Target audience:** Anyone

LGBTQ+ 101

Session Description: Join WCS staff for this session. LGBTQ 101 offers basic/beginner information and awareness related to lesbian, gay, bisexual, transgender, and queer community. Content includes vocabulary/terminology, common misperceptions, stereotypes, and resources as well as ways to be supportive and inclusive of the LGBTQ+ community. **Target audience:** Anyone

Mindful Parenting Workshop: Supporting your child with mindfulness

Session Description: 2020 was a rough year, and mindfulness can help. Join **Youth Yoga Project** for a one hour, virtual workshop that will provide you with effective strategies to help your child - and you - process emotions, learn to calm down, and most importantly have fun. Every practice will help you and your child relieve stress and find connection. **Target audience:** Parent(s)/Caregiver(s) of elementary age children

Operation Street Smart

Session Description: Franklin County Sheriff's Office will provide an engaging session about current and up-to-date narcotics information (vaping will be included) on trends, terminology, paraphernalia, and physiological effects to those individuals who deal with today's youth on a daily basis. **Target audience:** Anyone