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## District 86 & Parent Teacher Network Presents.....

### Education Success - For Parents & Students

#### September Remote Events

*Parents and students are encouraged to participate*

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### Managing Anxiety During COVID 19:

Speaker: Dr. Patrick McGrath - Wednesday, September 16th

6 - 6:30 pm McGrath presentation

6:30 - 7 pm Question and answers

7 - 7:30 pm Student Speakers & District 86 Assistive Technology

<https://meet.google.com/kgb-qsfu-wmk>.

### Understanding Anxiety Related To Remote And Hybrid Learning During COVID 19:

Speakers: Stacy Gronek, LCPC, Madison Hewitt, LCSW and Dr. Maha Zayed

- Wednesday, September 23rd , 7 - 8pm Presentation / 8 - 8:30 pm Question and answers

This presentation will provide an overview of anxiety and how it may manifest in teens amidst COVID given the impact on their social and academic environments. We will highlight the differences between normal anxiety and clinically relevant anxiety as well as provide parents with strategies for helping their children adapt to change and tolerate uncertainty. Strategies include open communication, active coping skills, facing fears, and behavioral activation.

<https://meet.google.com/kgb-qsfu-wmk>.

### How To Create Family Structure And Academic Routine During COVID 19:

Speakers: Jelena Maistrenko, LCSW, Lauren Eldridge LCSW, and Dr. Maha Zayed

- Wednesday, September 30th, 7 - 8pm Presentation / 8 - 8:30 pm Question and answers

This presentation will address the challenges to family structure and academic routine during COVID.

The presenters will provide strategies aimed at helping parents create structure and routine during remote learning.

<https://meet.google.com/kgb-qsfu-wmk>.

***For questions regarding free registration, please contact any of the following co-chairs:***

#### **Parent Teacher Network Co-Chairs:**

Victoria Hinderliter      viktorija42578@gmail.com

Jane Mikita Gneiser      Janeandscott21@comcast.net

Theresa McClear      Growitgreenerchicago@gmail.com

Lori Thompson      lori\_a\_thompson@comcast.net

#### **District Student Support Teams**

Central guidance: <https://sites.google.com/hinsdale86.org/mrscullnan/student-support-teams?authuser=0>

South guidance: <https://d86.hinsdale86.org/domain/185>

TC website: <https://d86.hinsdale86.org/The%20Transition%20Center>

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# District 86 & Parent Teacher Network Presents.....

## Education Success - For Parents & Students

### October Remote Events

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To register for this remote event go to: [www.District 86 event.org/com?????](http://www.District86event.org/com?????) Registration is free.

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#### District 86 / Transition to High School:

##### For Families and students with IEP's and 504's..

Speaker: District 86 Staff - Wednesday, October 7th

7 - 8pm District 86 Presentation & D86 Assistive Technology

8 - 8:15pm Q & A

8:15 - 8:30 pm Student Speakers

<https://meet.google.com/kgb-qsfu-wmk>.

#### Tips On How Parents Can Motivate Students In A Remote And Hybrid Environment During COVID 19:

Speaker: Colleen Plpia, LCPC, Dan McInerney MSW, and Dr. Maha Zayed

- Wednesday, October 21st, 7 - 8pm Presentation / 8 - 8:30 pm Question and answers

This presentation will discuss the motivational challenges that exist with new approaches to learning during COVID-19. The presenters will address the importance of recognizing existing expectations around learning and will provide strategies to increase motivation and identify ways to create an environment that will maximize students' commitment and ability to learn.

<https://meet.google.com/kgb-qsfu-wmk>.

#### Signs Of Depression During COVID 19:

Robert Agnoli, clinical director at the Community House

- Wednesday, October 28th, 7 - 8pm Presentation/ 8 - 8:30 pm Question and answers

<https://meet.google.com/kgb-qsfu-wmk>.

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## Education Success - For Parents & Students

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## How To Help Manage Anxiety During COVID 19:

Speakers: D86 Staff Members, Jennifer Cave (social worker), Deanne Doherty (school psychologist) and Jim Kupres (social worker).

- Wednesday, November 4th

### Times and Presenters:

7 - 8pm Presentation 8 - 8:30 Question and answers

<https://meet.google.com/kqb-qsfu-wmk>.

## Habits For Successful Students

### Essential Skills For High School & Beyond:

Speaker: Matthew Wanzenberg, Ph. D.

Wednesday, November 18th

*Will remote learning be the wave of the future? Why it is important our students adapt to remote learning. How the pandemic may change how we learn and the method of education.*

### Times and Presenters:

7 pm PTN Co-Chair Welcome & Student Speakers

7:30 - 8pm Presentation 8 - 8:30 Question and answers

<https://meet.google.com/kqb-qsfu-wmk>.

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# **District 86 & Parent Teacher Network Presents.....**

## ***Education Success - For Parents & Students***

### ***Spring Events***

*Parents and students are encouraged to participate*

*To register for this remote event go to: [www.District 86 event.org/com?????](http://www.District86event.org/com?????) Registration is free.*

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### **Freshman Parent & Student Spring Orientation**

**More information to come.**

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