



WPMS Presents

Parent Workshops for Student Success

Parenting is tough, so is growing up

Students have the world at their fingertips, with all the benefits and challenges included. WPMS wants to partner with parents and our community to help our students navigate the challenges of growing up. Whether directly impacted, or just helping friends, all parents can benefit from these free presentations.

All SMUSD families are welcome to attend.

Google Classroom- *WPMS Staff*

- 9/10/19: WPMS PAC, 6:00pm –*English Only*
- 9/17/19: WPMS PAC, 6:00pm– *Spanish Only*
- Learn about Google Classroom- what it has to offer and how to use it.

Introduction to Bulldogs Thrive- *WPMS Counseling Department*

- 9/25/19: WPMS PAC, 6:00pm
- Get a snapshot of what our 6th graders will be learning over the course of the year in our social emotional learning program called Bulldogs Thrive.

Can You See Through the Smoke?- *San Marcos Prevention Coalition*

- 10/2/19: MHHS, 6:00pm
- Learn about the impact of electronic smoking devices, such as vape pens, and current trends.

I Choose My Future- Beyond Saying No to Drugs- *Rocky Herron, DEA Agent*

- 10/17/19: SEMS, 6:00pm
- 10/23/19: MHHS, 6:00pm
- Participate in a new drug abuse prevention program.

Restorative Practices- *WPMS Staff*

- 11/6/19: WPMS PAC, 6:00pm
- Learn what restorative practices are, how WPMS is incorporating them at our school and how you can use this framework at home as well.

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Continued

Check Your Mood Week/HERE Now Program- *North County Lifeline (NCL)*

- 12/5/19: WPMS PAC, 6:30pm
- Our 7th graders will participate in the Check Your Mood Week prevention and early intervention program where they will learn about the signs of suicide and bullying and how to help themselves or a friend. Join us so you can learn more about the program as well as how to best support your child.

Digital Safety- *Jon Moffat*

- 1/22/20: WPMS PAC, 6:00pm
- This workshop will help parents stay aware and keep their child safe online by learning about how to monitor electronics at home and set boundaries.

Child Development & Effective Discipline Practices- *Mental Health Systems*

- 2/19/20: WPMS PAC, 6:30pm
- It can be hard to tell the difference between warning signs and normal adolescent development, Mental Health Systems (MHS) will educate you on the difference as well as provide you with techniques using the positive discipline approach.

Boundaries and Balance- *WPMS Counseling Department*

- 3/18/20: WPMS PAC, 6:00pm
- It seems to be more and more challenging to find balance in our lives which can lead to stress. Learn about the importance of prioritizing balance and how to help your child set healthy boundaries with their peers.

All presentations are held in both English and Spanish unless otherwise specified.

Dates and times may be subject to change, please check the WPMS website for the most up to date information.

Childcare is not provided, these workshops are intended for parents and caregivers only.

