



WINTER WELLNESS Expo

Saturday, January 26, 2019 at PSLA at Fowler
227 Magnolia Street | Syracuse, NY 13204



8:00 AM Doors Open

Speakers

12:00 PM Superintendent Jaime Alicea
Police Chief Kenton Buckner

12:30 PM Lunch

Workshops and shuttle buses will be offered throughout the day at various timeslots.

Workshop & Activities

- Mental Health First Aid
- Healthy Heart Wellness Fair
- SUPAC Services & Special Education Resources
- Hands-only CPR Training
- Parent Engagement Notebooks (PEN)
- Talk Saves Lives: Suicide Prevention
- Cooking with Heart (with Demonstration)
- ...AND MORE!

Defensive Driving

8:30 AM - 3:00 PM
\$20/ Person (First come/ first paid basis)
Register by calling (315) 435-6275



Free childcare and transportation will be offered for this event.



www.syracusecityschools.com/parentuniversity
(315) 435-6275

Syracuse City School District
Jaime Alicea, Superintendent

WINTER WELLNESS Expo

WORKSHOPS

Mental Health First Aid

8:00 AM - 5:00 PM

By Coordinated Care Services

Limited to 20 People

Mental Health First Aid is a public education program that helps parents, first responders, faith leaders, and other people identify, understand, and respond to signs of mental illnesses and substance use conditions.

Participants learn a 5-step action plan to reach out to a person in crisis and connect them to professional, peer, or other help.

Defensive Driving

8:30 AM - 3:00 PM

By Debbie Kogut

Limited to 40 People

\$20/Person

Save 10% on your NYS auto insurance, reduce points on your license or just learn to become a better driver. Must be pre-registered.

Talk Saves Lives

8:30 AM-9:30 AM

By Contact Community Services

60-minute, community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

safeTALK

9:30 AM - 12:00 PM

By Contact Community Services

Learn how to identify if someone is having thoughts of suicide and how to apply the TALK steps (Tell, Ask, Listen and KeepSafe). The KeepSafe step includes connecting the at-risk person to a helper or organization with suicide intervention expertise.

Promoting Early Literacy at Home

10:00 AM - 12:00 PM

By Marisa Montalto, SCSD Early Literacy Coach (Sponsored by Syracuse Teacher Center)

We will discuss skills from oral language development to setting your child up for success with writing. You will also make and take home tools to use with your child(ren).

The Special Education Process

10:30 AM - 12:00 PM

By Parent Outreach Specialists (SUPAC)

The special education process can be complex and difficult to navigate for many families. This training will cover everything you need to know from referral to resolving disagreements and much more.

8:00 AM **Doors Open**

12:00 PM **Speakers**

Superintendent Jamie Alicea (Welcome)

Police Chief Kenton Buckner (Keynote)

12:30 PM **Lunch**

Hands-Only CPR Training

11:00 AM - 12:00 PM

1:00 PM - 2:00 PM

By David Shalala

American Medical Response train thousands of people to save lives through compression-only CPR. Compression-only CPR allows bystanders to keep blood flowing through a victim's body just by pressing on the chest in a hard, fast rhythm. It has proven to be effective in saving lives.

Parent Engagement Notebooks (PEN)

10:30 AM - 11:30 AM

By SCSD Family Engagement Facilitators

Parents learn about the new tools for families that will help them follow along with their child's academic process. This year, the PEN is being shared with families with children in grades K, 3, 6, & 9 and will be available for ALL students' families in the next 4 years.

Cooking with Heart

10:00 AM - 11:00 AM

11:00 AM - 12:00 PM

By American Heart Association and St. Joseph's Health

Join the American Heart Association and St. Joseph's Health for a healthy cooking demonstration and learn simple tips to keep your family eating well, all while on a budget.

Understanding the Individualized Education Program (IEP)

1:15 PM - 2:45 PM

By Parent Outreach Specialists (SUPAC)

The IEP is the cornerstone of the special education process. This workshop will walk families through the standard IEP form and will help them understand the various components of the IEP, how it impacts their child's education, who writes the IEP, and what *individualized* means.

Supporting Children with Autism Spectrum Disorder (ASD)

1:15 PM - 2:45 PM

By Samantha Pierce & Kelly Buck

Learn how ASD can impact behavior, communication, and learning. Gain perspective on life, learning, and parenting a child diagnosed with ASD. Facts vs. perceptions will also be discussed.

Banking Basics

1:15 PM - 2:45 PM

By Thom Dellwo

Students examine checking and savings accounts, find out what fees to look for, and learn how each account can help them accomplish their goals.

TRANSPORTATION SCHEDULE



Transportation

Transportation is provided for the Family Conference at the locations and times listed. Please be sure to arrive at the bus stop at least ten minutes in advance.

Who can I contact for questions?

Please direct questions to Andrea Bernard, Director of Parent University, at (315) 435-6275.

From Conference:

Buses will be leaving PSLA at Fowler at 12:00 PM and 3:00 PM.

To Conference:

Departure Times		Pickup Location
9:00	11:00	Clary (100 Amidon Dr.)
9:30	11:30	Danforth (309 W. Brighton Ave.)
9:50	11:50	Dr. King (416 E. Raynor Ave.)
9:20	11:20	Dr. Weeks (710 Hawley Ave.)
9:15	11:15	Franklin (428 S. Alvord St.)
9:35	11:35	Frazer (741 Park Ave.)
9:00	11:00	Grant (2400 Grant Blvd.)
9:10	11:10	Huntington (400 Sunnycrest Rd.)
9:30	11:30	HW Smith (1130 Salt Springs Rd.)
9:40	11:40	Roberts (715 Glenwood Ave.)
9:50	11:50	Seymour (108 Shonnard St.)
9:50	11:50	Southwest CC (401 South Ave.)
10:00	12:00	Syracuse Latin (345 Jamesville Ave.)
9:20	11:20	Van Duyn (401 Loomis Ave.)
9:00	11:00	Webster (500 Wadsworth St.)
9:55	11:55	WSA (312 Oswego Street)

REGISTRATION

Register using the form below, at www.scsd.us/parentuniversity, OR call (315) 435-6275



Winter Wellness Expo
January 26, 2019

Return form to: Parent University
1005 W. Fayette Street, 4th Floor
Syracuse, NY 13204
OR fax to (315) 435-6210

PARENT INFORMATION

Last Name	First	M.I.
Phone ()	Cell Phone ()	
Gender	Email	
School your child attends:	Zip Code:	
Will you need transportation? YES NO	Will you need child care? YES NO	
If YES: See bus stops under "Transportation Schedule"	If YES: Please complete child care registration form (back)	

WORKSHOP SELECTION

- | | |
|---|--|
| <input type="checkbox"/> Mental Health First Aid 8:00 AM-5:00 PM | <input type="checkbox"/> Hands-Only CPR Training 1:00 PM-2:00 PM |
| <input type="checkbox"/> Defensive Driving 8:30 AM-3:00 PM
<i>\$20/ Person (Must pre-register)</i> | <input type="checkbox"/> Parent Engagement Notebooks (PEN) 10:30 AM-11:30 AM |
| <input type="checkbox"/> Talk Saves Lives 8:30 AM-9:30 AM | <input type="checkbox"/> Cooking Class 10:00 AM-11:00 AM |
| <input type="checkbox"/> safeTALK 9:30 AM-12:00 PM | <input type="checkbox"/> Cooking Class 11:00 AM-12:00 PM |
| <input type="checkbox"/> Promoting Early Literacy 10:00 AM-12:00 PM | <input type="checkbox"/> Understanding the IEP 1:15 PM-2:45 PM |
| <input type="checkbox"/> Special Education Process 10:30 AM-2:00 PM | <input type="checkbox"/> Autism: This Kid's Not Broken 1:15 PM-2:45 PM |
| <input type="checkbox"/> Hands-Only CPR Training 11:00 AM-12:00 PM | <input type="checkbox"/> Banking Basics 1:15 PM-2:45 PM |

Board of Education

Derrick Dorsey, President
Katie Sojewicz, Vice President
Patricia Body
David Cecile
Mark D. Muhammad
Rita Paniagua
Dan Romeo

Superintendent

Jaime Alicea



Stay Connected
Stay Involved
facebook.com/scsdparentuniversity

NOTICE OF NON-DISCRIMINATION

The Syracuse City School District hereby advises students, parents, employees and the general public that it is committed to providing equal access to all categories of employment, programs and educational opportunities, including career and technical education opportunities, regardless of actual or perceived race, color, national origin, Native American ancestry/ethnicity, creed or religion, marital status, sex, sexual orientation, age, gender identity or expression, disability or any other legally protected category under federal, state or local law.

Inquiries regarding the District's non-discrimination policies should be directed to:
Civil Rights Compliance Officer
Syracuse City School District
725 Harrison Street • Syracuse, NY 13210
(315) 435-4131
Email: CivilRightsCompliance@scsd.us

CHILD CARE REGISTRATION FORM				Return form to: Parent University 1005 W. Fayette Street, 4 th Floor Syracuse, NY 13204 OR Fax to (315) 435-6210	
CHILD #1	<i>Does this child have any special issues? (ADHD, allergies, behavior issues...)</i>			YES	NO
Name	Age	Grade	School		
Special Concerns					
CHILD #2	<i>Does this child have any special issues? (ADHD, allergies, behavior issues...)</i>			YES	NO
Name	Age	Grade	School		
Special Concerns					
CHILD #3	<i>Does this child have any special issues? (ADHD, allergies, behavior issues...)</i>			YES	NO
Name	Age	Grade	School		
Special Concerns					
CHILD #4	<i>Does this child have any special issues? (ADHD, allergies, behavior issues...)</i>			YES	NO
Name	Age	Grade	School		
Special Concerns					

I hereby give the children listed on this form permission to attend SCSD Parent University Child Care while I attend the Winter Wellness Expo on Saturday, January 26, 2019. I release Syracuse City Schools, their staff, volunteers and employees from any claims or liabilities from any injuries that may be sustained or medical treatment received.

Signature _____ Date _____