



# 2017–2018 PARENT CONNECTION WORKSHOP SERIES

Parent Connection is an outreach of Virginia Beach City Public Schools (VBCPS) to link Virginia Beach families to classes, training, resources and other opportunities to help connect parents to their students' education. Learn more about Parent Connection offerings at [www.vbschools.com/parentconnection](http://www.vbschools.com/parentconnection) and be sure to view the online Parent Connection calendar, sign up for monthly newsletters and daily tips, get engaged in school partnerships and volunteerism opportunities and attend the Parent Connection Workshop Series.

All Parent Connection Workshop Series sessions are offered at no charge and online registration is on a first-come, first-served basis. Parents will receive an invitation to register from [parent.connection@vbschools.com](mailto:parent.connection@vbschools.com) approximately two weeks before each Parent Connection Session. Space is limited and registration is required to attend Parent Connection Workshops. You may also contact the Community Engagement Office at 757-263-1936 or email [parent.connection@vbschools.com](mailto:parent.connection@vbschools.com) should you have any questions.

**FEB. 15  
2018**

## **THE TWICE-EXCEPTIONAL (2E) LEARNER**

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**Thursday, Feb. 15, 6:30 – 8 p.m.  
Salem Middle School Auditorium**

Can gifted students need academic support and be identified for special education services? Can a special education student exhibit remarkable strengths and abilities and be identified for gifted services? The answer to both questions is a resounding yes!

It is this paradox of the twice-exceptional (2e) student that drives both special education and gifted educators to recognize and meet the needs of this unique population.

Join Barbara Kennedy, coordinator for gifted programs, and Jennifer Stratton, coordinator for special education, for an informative, strategy-focused look at the twice-exceptional learner. Attendees will learn about characteristics of 2e learners, how to address areas of concern, strategies to assist the 2e student at home and school and how to effectively advocate for the twice-exceptional learner.

**MAR. 1  
2018**

## **ANXIETY AND STRESS IN KIDS: HOW TO RECOGNIZE IT, COPE WITH IT AND ALLEVIATE IT**

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**Thursday, Mar. 1, 6:30 – 8 p.m.  
Landstown High School Auditorium**

The incidence of clinical anxiety in children is at record, epidemic highs, and most children experience some degree of stress and anxiety. Today's society places many pressures on youth today. As parents, we need to understand what factors contribute to stress and anxiety, how we can help our children cope effectively with these inevitable emotions, and what we can do to reduce some of the tremendous pressures they face.

Presenter Dr. Heather Tedesco, an applied psychologist from McLean, Va., will help parents address concerns in their family life and show parents how they can support their children if they struggle with anxiety. Dr. Tedesco uses a combination of psychological research and proven techniques to make parenting less stressful, more effective and more enjoyable.

**MAR. 15  
2018**

## **DO YOU SEE WHAT I SEE?**

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**Thursday, Mar. 15, 6:30 – 8 p.m.  
Corporate Landing Middle School Auditorium**

There is an old adage that reminds us that a picture is worth a thousand words. This can be particularly true when working with students. Educators use visual reminders, prompts and schedules to help students stay organized and engaged. These same strategies can be adapted by parents for use at home. Staff from VBCPS' Laskin Road Annex behavior specialist team will lead this presentation and discussion on the use of visual schedules and how they can help parents further support their children.