

PARENT SYMPOSIUM

Tell Me More

Presented by AHISD Heart of Heights

Breakout Sessions

College Admissions

Zoe Jackson
AHHS College Center

Room 500

In this session, parents can expect to learn about the basics of College Admissions. In addition to learning about exploring college options and the timeline of College Admissions, we will also have a discussion about Naviance, a college and career prep software for high school students.

CHEF Program

Beth Murguia
CHEF Program
AHISD

SECOND SESSION ONLY
Room 501

Rooted in the belief that food is medicine, CHEF is a Culinary Health Education Program that teaches children and families basic nutrition and practical cooking skills, with the long-term goal of motivating individuals and communities to adopt and sustain healthier eating habits. Come listen and learn how Cambridge is teaching this important life skill to their students.

CHEF Recipe for Life:

Cook Well – Learn simple skills to cook healthy foods at home

Eat Well – Explore wholesome and delicious flavors

Live Well – Embrace good food as your body's best medicine



Coping with Stress & Anxiety

Kirsten Guerrero
Art Teacher
AHHS

Room 502

Teenagers are under more pressure than we might think. This session explores reasons for stress, positive and negative coping strategies, and the difference between stress and anxiety disorders. Kirsten will share feedback from her high school students regarding specific things that cause them stress. After the brief presentation, parents will practice a mindful breathing exercise and have time to discuss strategies and supports as a group.

Academic Supports

Dr. Jimmie Walker
Executive Director of
Curriculum & Instruction
AHISD

Room 504

In this session, participants will learn about the different academic support programs available for students: Response to Interventions, 504, Dyslexia, English as a Second Language, and Special Education. Come learn about how to begin the process or understand the different levels of support.

Parental Boundaries

Kelli Mathias
Kaleidoscope Counseling

Room 505

This presentation will address how to effectively use boundaries in your parenting. We will start with a discussion of what boundaries are. Then we will move into a discussion of the types of boundaries, how to develop healthy boundaries, and boundaries as part of discipline.



Digital Parenting

Jamie Locklin
Director of Technology
AHISD

Room 506

Want to be smarter about what your kids are doing online? Want to be “in the know” of what apps your kids are asking for? Need to take control back over your student’s device? You will learn about strategies for that not only make you smarter, but also give you back the control over your student’s device.

Vaping, Sexting, Bullying & Beyond

Kevin Collins
Attorney at Law

Room 508

Teenagers actions have consequences. In this presentation we will discuss those consequences from the legal perspective. Topics will include school code violations versus criminal offenses, explicit materials on electronic devices, expulsion hearings, possession cases, being held responsible for the company you keep, tobacco offenses, and bullying behaviors.

GRATITUDE:

Thank you to the Alamo Heights School Foundation for its continued funding and support of the Wellness Program and Breaking the Silence series. The purpose of these programs is to be informative, help to improve family communication and strengthen community bonds.

