

Mark your Calendars



Saturday,
February 5, 2011

Lyons Township
High School
South Campus

8:15 am - 1:30 pm

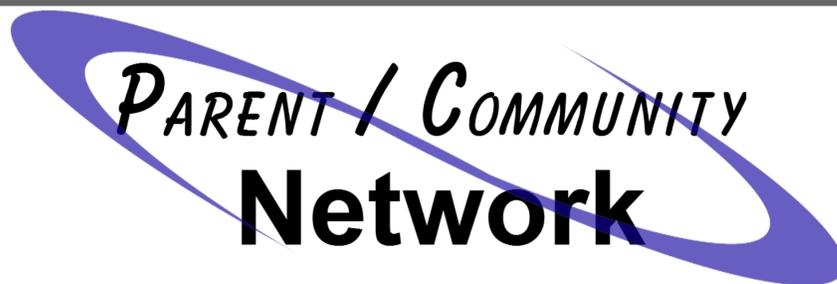
Keynote Speaker Maureen O'Hara

*Parenting: the Great
Balancing Act -
When to step in and
when to let go*

Selected Breakout Session Topics:

- Anxiety in Children and Teens
- Parenting For College Readiness
- Child's Play: What Children Learn From Play
- Teaching Your Kids About Money
- Bringing Out Their Best
- Grounded & Connected Families
- Magnificent Morning to Blessed Bedtime
- The Risky World of Today's Teens
- Parenting from Mars & Venus
- Understanding Siblings
- Raising Boys
- Nutrition & Health
- **And more!**

Sharing,
Learning
Supporting,
Inspiring,
Connecting



Issue 17

Winter 2010/2011

Teaching Social & Emotional Skills

La Grange's Cossitt School featured in front page Chicago Tribune article as a "national model" for embracing a culture of social and emotional learning

Excerpted from the October 6, 2010 article:

Youngsters in the classroom are acting out scenarios that call for offering friends a little extra support — such as when a pal loses an art contest or is the target of a rumor. The role-playing speaks volumes about the culture at Cossitt School in La Grange, where thinking about how your behavior affects others is as much a part of the day as reading and math. "You can't just assume kids know how to show kindness or resolve conflict," said Principal Mary Tavegia. **"You've got to give them the tools as soon as they walk in the door."**

In 2004, Illinois became the first state in the nation to require all school districts to teach social and emotional skills as part of their curriculum and daily school life. That means students are expected to meet certain benchmarks, such as recognizing and managing feelings, building empathy and making responsible decisions.

The touchy-feely stuff doesn't have to come at the expense of intellect. New evidence **shows a strong link between interpersonal skills and academics**, said Roger Weissberg, a professor of psychology at the University of Illinois, Chicago, who has studied social and emotional learning for more than 25 years. Weissberg and his colleagues recently completed an analysis of 300 scientific studies and reached two important conclusions:

- Students enrolled in such programs scored at least **10 percentage points higher on achievement tests** than peers who weren't.
- At the same time, **discipline problems were cut in half.**

"Some teachers may be skeptical about (Social and Emotional Learning) at first, but they are won over when their **students learn more, are more engaged and better problem solvers,**"

said Weissberg, president of CASEL, the Collaborative for Academic, Social and Emotional Learning, based at UIC. The nonprofit promotes the benefits of acquiring such abilities, from preschool to high school.

"In a perfect world, parents would teach these skills ... but it doesn't always work that way," explained Joan Duffell, executive director of Committee for Children, a Seattle-based nonprofit that developed the Second Step, one of the programs used at Cossitt and dozens of other Chicago-area schools. "Even in the finest schools, classroom management is a problem. You can throw millions of dollars at a great math program, but if the classroom is out of control and the teacher can't teach ... then the best curriculum in the world won't improve your scores.

Bruised feelings, rude jabs and hallway shoves have always been a part of the preteen and adolescent landscape, but a growing body of dispiriting statistics confirms that bad behavior is on the rise and more psychologically harmful than what was endured by earlier generations.

It's easier to manage behavior by being proactive rather than reactive. Beyond playground politics, developing coping strategies now can be an inoculation against setbacks later, whether it's a layoff, a vanishing 401(k) or divorce, experts say.

RESOURCES:

www.casel.org
Collaborative for
Academic, Social &
Emotional Learning
[www.cfchildren.org/
programs/](http://www.cfchildren.org/programs/)
Programs, including
Second Step, by
Committee for Children

Helpful Web Sites for Parents

National Institute on Alcohol Abuse and Alcoholism (NIAAA):
www.niaaa.nih.gov

Substance Abuse and Mental Health Services Administration:
www.samhsa.gov/prevention

Parents - The Anti-Drug
www.theantidrug.com

KidsHealth
www.kidshealth.org



Internet Safety Checklist

Keep near your computer

- Don't give out address, phone number or school name - keep these private.
- Keep passwords secret, even from friends.
- If you use a chat room, use a nickname.
- Never send anyone your photo without checking with parents first.
- Let parents know right away if you come across any information that makes you feel uncomfortable.
- Never agree to get together in person with anyone you "meet" online without making sure it's okay with parents.
- Never write or respond to mean or hurtful messages and never write any threats.

Source: *When Parents Ask for Help: Everyday Issues Through an Asset-Building Lens*

Awesome Mexican Pie Recipe from March 31 PU Continued Event

Easy recipe to create and eat with your kids...from Mary Gail Bennett of Deliciously Yours

3-4 C chopped bbq pork (1 pd) or 2 C bbq chicken/beef	2 C frozen corn
1 C bbq sauce	1 lime, juiced
1/2 tsp chili powder	8 oz shredded Monterrey jack cheese
2 (15.5 oz) cans black beans, rinsed and drained	1 (15 oz) or 2 (6-8 oz) packages of cornbread mix (plus ingredients to make mix)
1 (28 oz) can diced tomatoes, slightly drained	Salt & Pepper to taste



PU Continued Cooking Event

Makes one 9 x 13 casserole (8-10 servings) or 2 (9 inch) casseroles (4-5 servings). You can store one in freezer by wrapping dish tightly with oiled plastic wrap and then foil. Refrigerate for up to 2 days or freeze.

Stir together bbq meat, sauce, chili powder, black beans, diced tomatoes, corn and lime juice. When thoroughly mixed, stir in cheese. Season with salt & pepper to taste. Transfer mixture to one large 9x13 baking dish or 2 (9 inch) dishes. Prepare cornbread mix as directed on package. Spread the cornmeal topping evenly over the filling pushing it to the edges of the dish. Bake uncovered at 350 degrees until the filling is bubbly and the crust is baked through and golden, about 40 minutes.

Q's? Email deliciouslyyours@comcast.net

Teen girls who have family dinners 5 x week are 33% less likely to develop eating disorders.

Teens who have family dinners 5 x week are 45% less likely to drink and 66% less like to do drugs.

70% of teens who ate often with their families said they would go to their parents if they had a problem.

Source: National Center on Addiction and Substance Abuse at Columbia University www.casacolumbia.org

Healthy Eating for Kids!

By Laura Hornell, dietetic intern, DuPage Dietitians (www.dupagedietitians.com)

A healthy, balanced diet is important for people of all ages, but especially for kids who are growing and developing. Providing kids with a diet that contains a variety of nutrient rich foods is the best way to ensure they are meeting all of their nutritional needs. Focus on balance, variety, and moderation from all five of the food groups each day to meet these needs.

- **Grains:** Aim for 6 oz. equivalents each day with at least half of the servings coming from whole grain sources.
- **Vegetables:** Eat the rainbow! Choose veggies of all sizes, shapes and colors to ensure kids are getting all the vitamins and minerals they need. Shoot for at least 2 ½ cups per day.
- **Fruits:** Fruits are natural sweets! Try to limit juice and only choose 100% varieties. Try for 1 ½ cups per day.
- **Dairy:** Calcium is essential for healthy growth and development.

Kids 2-8 should get at least 2 cups of dairy foods per day. Look for skim, 1%, low-fat, or fat-free varieties of milk, yogurt, and cheese.

- **Meats and Beans:** Protein, too, is vital for growth. Shoot for 5 oz. of lean protein such as chicken, turkey, fish, nuts, seeds, and beans each day.

Because kids can be very picky when it comes to their food choices, try to make meal times fun and interactive:

- Involve kids in grocery shopping by making your grocery list into a scavenger hunt;
- Host your own "cooking show" with your kids as the guest chefs when preparing and serving meals;
- Ask kids for their input on what to serve for meals and have them design a fun menu to be used at the meal;
- And most importantly, be a great nutrition role model by eating healthy balanced meals and enjoying them!

I Have the Power

Courtesy of Denep Guerra, LTHS participant of "Watch My Feet" at CEP Youth Leadership



Highlands Middle School recently hosted an inspiring program on bullying, titled *Rachel's Challenge*.

Below is their Mission Statement - Are **you** up for the challenge?

We exist to inspire, equip and empower every person to create a permanent positive culture change in their school, business and community by starting a chain reaction of kindness and compassion.

www.rachelschallenge.org

- I have the power to change the bad into good, the weak into strong, the negative to positive.
- I have the power to believe and achieve all my heart's desires, to grow into the person I want to be.
- I have the power to change lives forever and turn those cold hearts to warm, loving people.
- I have the power to bring light into darkness.
- I have the power to be unique and stand out, but most important of all,
- I have the power to be myself and not be affected by others opinions.

Parenting Resources from the LG Library

by Kelly Durov, Head of Youth Services and Bridget Bittman, PR and Marketing Coordinator



It's not easy being a parent! The La Grange Public Library offers many resources to help parents find the answers to many of their questions and their children's questions.

In the Youth Services section on the first level, there is a **collection specifically for Parents and Teachers**. These books are primarily written for adults about either raising or teaching children. There are picture books here appropriate for younger children on sensitive subjects such as death and divorce and great books on parenting and child development in our Adult collection on the second floor. Books on issues, such as sexuality and drug use, *that parents of teens and teens themselves face*, can be found in the Young Adult Room on the second floor.

Check out the great multimedia kits to help with reading and learning foreign languages.

- Hooked on Phonics** – reading instruction kits for pre-readers to 2nd grade
- Muzzy Language Courses** – choose to learn English as a Second Language, French, German, Spanish, Italian, or Chinese for all ages
- Speak Spanish with Dora and Diego** – everyone's favorite explorers teach kids Spanish in this child-friendly kit for preschool and beyond

The library subscribes to a number of helpful online databases which are resources which can be accessed from anywhere by anyone with a library card. These are great for kids to use for researching topics related to homework, reports and science fair projects. Some which may be of interest to parents are:

- Novelist** – A great resource to find readalikes for your child (or your) favorite books, complete with reviews, lexile number and information about the author.
- D.I.Y.** – Check the Do It Yourself databases to access *Chilton's Auto Repair*, *Culinary Arts*, *Gardening*, *Landscape and Horticulture*, and the *Home Improvement Collection*.
- Health** – Access the *Health and Wellness Resource Center* to read about illnesses, symptoms, treatments and prescription drug information. Also, check the *Alternative Health* Module for holistic treatment options.
- Newsbank** – Access newspapers from around the world on the day they are published.

To access the databases, visit www.lagrangelibrary.org and click on "Research". Click on "Databases by Subject" to browse the database offerings. Don't hesitate to contact the library (708.352.0576) if you need help navigating this area or are simply looking for a particular book or magazine. The library offers many reading programs and events too!

14th Annual



Saturday, February 5, 2011

Better Parenting
Through Education

Help keep this event strong! Volunteers are greatly needed to help with PCN or PU, contact Jeanne Widing, 708.579.6507
jwiding@lths.net or
pcn4it@yahoo.com

Quotes from past attendees:

"Fantastic - wished my husband was here!"

"Excellent keynote - great start for the day!"

"Very informative. Useful info presented in a very comfortable parent to parent kind of way..."

"So many sessions to choose; glad I came"

"Looking forward to next year!"

"Great job - very real role playing - it makes you realize what is okay with family life and what you can do to change some things..."

Re-energize your parenting skills ...

Connect & Learn
at Parent
University 2011!



P.O. Box 129
Western Springs, IL 60558

Contact Jeanne Widing

Phone: 708.579.6507
E-mail: jwiding@lths.net
Email: pcn4lt@yahoo.com



Stay Connected!



[www.facebook.com/
pages/
Parent-Community-
Network/
114885431855487](http://www.facebook.com/pages/Parent-Community-Network/114885431855487)

Parent Community Network (PCN) is a volunteer group made up of parents, educators and community members from the Lyons Township area, who share the goal of ongoing parental education and support for each other to raise healthy, well adjusted, substance abuse-free and violence-free children.

Through Parent University (PU) and other educational programs, newsletters and social media, Parent Community Network's (PCN's) mission is to enhance communication, sharing of information and support among parents, schools, and other community groups in promoting and creating a healthy and safe environment for our youth.

PCN encourages parents to learn, connect and talk with one another and their children, keeping the lines of communication open.

Parent Community Network

Non-Profit Organization
U.S. Postage Paid
La Grange, IL 60525
Permit No. 86

The distributor of this flyer may not endorse or sponsor this organization or activity represented in this material. Distribution or display of this material is provided as a community service.

Achieving Self-Esteem

Source: When Parents Ask for Help: Everyday Issues Through an Asset-Building Lens

It is possible to instill a sense of self-worth in young people. When we don't expect them to make up for our own failings, when we let them know we believe in them no matter what, we help them learn to love and accept themselves. We help them feel at home and at ease in the world. This doesn't mean we lower expectations for them—it means we love them just as they are and want the best for them.

You can help your children discover specific ways to boost their self-worth.

Help them see the positive side of their personality traits. For example, a thought such as "I'm too emotional" can be viewed as "I'm in touch with my feelings". "I'm too pushy" can become "I'm assertive and get things done".

Encourage them to make a list of at least 10 positive traits and look at this list often.

Many people tend to focus on their negative characteristics; it's much healthier to look at the positive.

Have your children make a list of past successes, whether big or small.

Suggest they look over this list periodically. Or you may want to try making a scrapbook together of successes for each member of the family.

Use positive, authentic language when talking to and about your children.

Let them know what they're good at, even the little things. For example, you might comment on how responsible they are about getting to work or school on time.

Encourage your children to volunteer in the community or find ways to contribute to the community, side by side with you, modeling by example. Nothing builds self esteem more surely than helping others.

RESOURCES:

Stop Bullying Now - Dept. of Health & Human Services

<http://www.stopbullyingnow.hrsa.gov/kids/>

National Association of Self Esteem
www.self-esteem-nase.org