

# Attendance is **FREE**

Classes/Vendors/Lunch/Door Prizes Lunch from Zaxby's (Sigman Road Location) Sponsored by: Cannon Financial Services

# Saturday, March 21, 2015

8:30 a.m. - 2:30 p.m.

Rockdale Career Academy | 1064 Culpepper Drive, Conyers, 30094

Space is Limited — Please Register Your Attendance by March 18

Online registration available at <u>www.rockdale.kl2.ga.us</u>.

If you cannot register online, please complete both sides of this form and return to your child's school. Please call 770-918-6174 for more information.

**PLEASE PRINT** - Complete the front and back of the form. EACH participant (including Tweens/Teens) must complete a separate registration form.

Name:	
Home Phone:	Cell Phone:
E-mail address:	
Which school informed you about Parent Academy:	
Childcare Provided to Pre-R	egistered Participants Only
PRE-REGISTRATION REQUIRED FOR CHIL	DCARE! Childcare provided for children ages 3-10 ONLY.
If you need childcare to attend Parent Academy,	please list the names and ages of your children:
Name:	Age/Grade/School:
Name:	Age/Grade/School:
Name:	Age/Grade/School:
Please complete the following if your child	receives RCPS Special Education services.
• Yes, I need childcare for my child with special needs. A	Ny child's current teacher is
Parent Acade	my Schedule

8:30 a.m. - 9 a.m. | Registration in Commons Area 9 a.m. - 9:30 a.m. | Superintendent's Welcome 9:45 a.m. - 10:45 a.m. | Session One

II a.m. - I2 noon | Session Two

12 noon - I p.m. | Lunch and Vendor Displays

I p.m. - 2 p.m. | Session Three

Door Prizes at 2:15 p.m. in the Auditorium

# Register for Classes on Back of this Form

FOR OFFICE USE ONLY   Check box 🔲 if form has been entered online.	
Parent Liaison: Please enter form online. When online entry is complete, please send the form via courier t	to
Darci Gilreath, Student Support Services, or fax to Darci at 770-860-4177. Please enter forms on line by 3/18	3/15.

Parent Academy Classes – March 21, 2015 – Select ONE Class from Each Column		
SESSION 1 - 9:45 a.m 10:45 a.m.	SESSION 2 - II a.m I2 noon	SESSION 3 - I p.m 2 p.m.
Select ONE from this Column	Select ONE from this Column	Select ONE from this Column
O The Truth About E-Cigarettes, Vapes, and E Hookahs	O Staying Healthy in School	<b>◯</b> Zumba
Learn about this dangerous trend!	Get tips from a school nurse.	Wear your workout clothes!
O Agree to Disagree: De-escalate a volatile situation	O Simple Stress Reducing Strategies (interactive session)	O Recognizing the Signs and Symptoms of Bullying
In other words – avoid an argument!	Reduce your stress levels.	When your child won't tell you.
O Ready, Set, Grow! Helping Your Child Be a Lifelong Learner	Games People Play	O Brain Booster for Children (K-5)
Making learning fun for every day.	Using familiar games for instruction.	Getting off to a good start.
Test-Taking Strategies	O Zeroing in on the Math Milestones for Grades 3-8	O Milestones - New State Testing (This testing replaces CRCT)
Help for improving test grades.	Get ready for this important test.	What parents should know.
O Digital Citizenship	Microsoft Word 201	Microsoft Excel 101
Understanding one-to-one technology.	Tips and techniques for using Word.	Get started using Excel.
O Helpful Hints for Household Budgeting	O Communicating with Love to Your Children	O Couponing to Stretch Your Money
How to stretch your monthly expenses.	You words make a difference.	Easy strategies for saving in the stores.
O How Can I Afford to Send My Child to College?	O Preparing for the College Application Process	O Making the Leap from High School to College
Finding funding options for college.	Real talk from parents and professionals.	Helping your kids get ready for college.
O Positive Parenting	O Expectations, Boundaries, and Discipline	O Love & Logic: Teaching Your Child Respect & Responsibility
O Automotive Essentials for Women (Part I)	O Automotive Essentials for Women (Part 2)	Personality Styles: Why Do People Do What They Do
MUST ATTEND BOTH SESSIO		Now you know
O GA Parent and Teen Laws Protecting Your Family	O GALILEO Online Research Tool	Online Tutorials through Kahn Academy (MS/HS)
Know laws affecting you and your teen.	A great resource for the entire family.	FREE resource you can use from home.
O Unable to Attend Session I	O Unable to Attend Session 2	O Unable to Attend Session 3
Classes for Spanish-Speaking Families		

SESSION 1 - 9:45 a.m 10:45 a.m.	SESSION 2 - 11 a.m 12 noon	SESSION 3 - I p.m 2 p.m.
Select ONE from this Column	Select ONE from this Column	Select ONE from this Column
Microsoft Word 101	O Milestones - New State Testing (This testing replaces CRCT)	Healthy Relationships
Hands on learning – the basics.	What parents should know.	Setting the standard for your family.
O Unable to Attend Session I	O Unable to Attend Session 2	O Unable to Attend Session 3

## Classes for Families of Students with Disabilities

SESSION 1 - 9:45 a.m 10:45 a.m.	SESSION 2 - II a.m I2 noon	SESSION 3 - I p.m 2 p.m.
Select ONE from this Column	Select ONE from this Column	Select ONE from this Column
O Behavior Management Strategies	Autism from A to Z	Getting in the Zone for Emotional Regulation
Tips and strategies.	Learning the basics.	Teaching coping skills.
O Unable to Attend Session I	O Unable to Attend Session 2	O Unable to Attend Session 3

### **Classes for Tweens/Teens**

Select YOUR GRADE LEVEL.	Students attend classes based on their	r grade level only. (Lunch included.)
6 <sup>th</sup> and 7 <sup>th</sup> Graders	8 <sup>th</sup> and 9 <sup>th</sup> Graders	O 10 <sup>th</sup> - 12 <sup>th</sup> Graders
Community Service, Zumba, and The Power of Your Personal Brand	Zumba, Balancing Between Being a Leader and a Follower, and Overcoming Obstacles	What Kind of Leader Am I, Building Blocks of Leadership, and Zumba