

Intradistrict Communication

DATE: April 4, 2024

TO: All School Administrators

FROM: Michael Anderson, Associate Superintendent
Travis Hamblin, Director of Student Services
McKinley Withers, Health and Wellness

SUBJECT: Empowering Parents: A Conference on Wellbeing

The Health and Wellness Department, in Student Services is hosting a parent event scheduled for April 10th, 2024 at Riverton High School. This conference- style event aims to bring together professionals and education experts in the field of mental health and well-being to share their knowledge, insights, and research with parents in our JSD communities. This event aims to help parents to be best equipped to support their children with well-being.

We will offer resource booths near the entrance of the school from 5:30-6pm, and throughout transition time for parents to gain insight and information on helpful resources.

We will offer three(3) 30-minutes sessions between 6pm-8pm to maximize learning for parent participants. Some sessions will repeat more than once.

Topics will include best practices, research insights, or information that would be useful to parents of school-aged children. Including mental health issues in the schools and associated issues (bullying, stress, perfectionism, social pressures, etc.), risk, prevention, resilience and ways in which parents can help support their students. **See attachment for more details about resource tables and breakout sessions.**

There is a digital copy of more information attached(for printing and sharing), but a hard copy will also be sent to your school.

Please consider posting this flyer somewhere with high parent traffic (maybe the main office entrance).

Share with PTA!

Encourage parents in your communities to attend!