

WALNUT CREEK SCHOOL DISTRICT
PARENT EDUCATION SERIES
Winter 2022



The Walnut Creek School District is pleased to offer a series of training sessions for our parents. We will be covering topics ranging from managing stress and anxiety to how to navigate difficult conversations. Please join us for a time of learning, sharing and asking questions.

January 18th, 6:30-7:30 PM

***Tips for Stress Management and Resilience* - [Register for Webinar](#)**

Join us as we explore how to tap into self management skills, adaptability, and optimism to build resiliency and help kids and adults grow and during tough times. In this webinar, we will explore strategies that help us "bounce back" after a setback, manage common stressors, and strengthen our ability to cope during times of adversity.

Presenters: WCSD Wellness Coordinators: Adriane Winslow LMFT and Corey Cohen LCSW

January 24th, 6:30-7:30 PM

***Executive Functioning* - [Register for Webinar](#)**

This webinar will focus on a basic overview of key executive functioning skills that support school success and what parents can do at home to help develop and practice these skills.

Presenters: School Counselors: Dayna Wagner, Stephanie Arganbright, Julia Green

~~February 10, 4:30 - 5 p.m.~~ **Rescheduled: March 1 5:00 - 5:30**

***Next Generation Science Standards*- [Register for Webinar](#)**

Join us to explore what science instruction looks and sounds like in our classrooms with our recent adoption of NGSS aligned science curriculum in grades TK-8 and how you can support your student scientists at home.

Presenters: Pam Davis, Teacher of Special Assignment, Jan Rogenski, Assistant Superintendent Ed. Services

February 23 , 6:30-7:30 PM

***Equity EPOCH* - [Register for this Webinar](#)**

Come and learn about WCSD's Equity Plan which is supported by [Epoch Education](#). We'll review the RIR (Recognize It, Interrupt It, Repair It) Protocol, a tool we can use when addressing issues of inequity with compassion. Epoch Equity trainer, Rozina Kapadia, will also discuss the topic of implicit bias.

Presenter: Rozina Kapadia