# Parents Involved in Education 2023 Calendar

Sessions offered in Spanish with English interpretation provided.

Parent Schedule

#### Sept. 13 – School Safety

- Understanding policies and procedures during safety events
- Safety resources for students and families

#### Sept. 27 - What is literacy & biliteracy?

- The importance of literacy and how to promote it in early childhood
- Biliteracy seal

#### Oct. 11 - Mental Health Part 1:

#### For Caregivers and Parents

- Identify emotional states and be available to our children's needs
- Root causes of our problems and healthy ways to solve them

#### Oct. 25 - Mental Health Part 2:

#### For children and adolescents

- Mental health needs across the developmental stages
- Stressors and healthy coping strategies for all ages
- Warning signs and when to seek professional help

#### Nov. 8 - Creating Kind School Environments

- Meet Lulu Buck local children's author of Sue's Sky and SVVSD Equity Coordinator
- Understand SVVSD's approach to creating inclusive and safe schools
- Family "Paint Your Own Sky" activity

#### Dec. 6 - Quality Family Time & Connection

- Learn the many benefits of quality family time
  Tips, tools, and activities to strengthen family relationships
- Healthy family communication

# Timberline PK-8 233 E. Mountain View Ave. Longmont CO 80504

In-person 5:30- 7:30 Dinner served 5:30-6pm

*For more information please call: Krystal Ruvalcaba:* 303-413-7068 Childcare E Activities Schedule

- Sept. 13 Movement with Anima Arts & Mexican Art Crafts
- Children dress comfortably for movement activities.

#### Sept. 27 - Celebrating Hispanic Heritage Month & Pinata Decorating

• Children can dress in their favorite cultural outfits to celebrate Hispanic Heritage Month.

#### Oct. 11 - Movement with Anima Arts & Rock Painting

• Children dress comfortably for movement activities.

### Oct. 25 - Movement with Anima Arts & Sugar Skull Decorating

Children dress comfortably for movement activities.

#### Nov. 8 - Animal Yoga & Family Painting • Children dress appropriately for yoga and painting.

Dec. 6 – Holiday Pajama Party • Families wear your favorite pajamas!

Can't attend in person? Please join us online starting at 6pm: https://us06web.zoom.us/j/83859844622

Children's Success is Everyone's Responsibility



Scan QR code to see our new PIE website!

## www.padresinvolucrados.com



Boulder County Housing and Human Services (HHS), Boulder County Public Health Generations Program, Casa De La Esperanza, City of Longmont Children, Youth, and Families, Longmont Public Library, El Centro Amistad, Front Range Community College (FRCC), Boulder County Healthy Youth Alliance (HYA), Intercambio Uniting Communities, OUR Center, St. Vrain Valley School District (SVVSD), Wild Plum Center, Colorado Department of Public Health and Environment, Safehouse Progressive Alliance for Nonviolence (SPAN)