

LAST CHANCE TO REGISTER--

# ASPEN'S FAMILY UNIVERSITY

SATURDAY, FEBRUARY 4, 2017  
9:00 A.M. - NOON, LUNCH INCLUDED

ACCLAIMED AUTHOR AND SPEAKER KIM OLVER, ASPEN FACULTY & MR. FREDRICKSEN WILL LEAD ENTERTAINING AND INSIGHTFUL WORKSHOPS

All parents will select two workshops to attend (see back for details) taught by Kim Olver (Glasser Institute Executive Director), Mr. Fredricksen, Mrs. Gerjol, Mrs. Manchester, Mrs. Motley, Mrs. Szoke & Mrs. Carson.

AWESOME EDUCATIONAL CHILDREN'S PROGRAM for kids ages four and older (children MUST be 4 by 2.4.17 to participate in this program) taught by Mrs. Brocks, Mrs. Caby, Mrs. Cooper, Mrs. Kirby, Ms. Lardo, Ms. Lindquist, Mrs. Loiben, Mrs. Medbery, Ms. Sturgill, Mrs. Weiss & Ms. Wolfson. Kids 4 years old through 1<sup>st</sup> Grade will learn how to identify their basic needs and meet them responsibly through age-appropriate educational activities which include team-building games, physical exercise, creative projects and story-telling. Kids in 2<sup>nd</sup> Grade and up will learn about their Quality Worlds and meeting their needs effectively and responsibly through fun and engaging activities including the popular egg-toss experiment. A snack will be provided.

only \$5 per family



**Super Fun AND Educational for kids of all ages!**

 Please return this form and payment to school with your child no later than February 1, 2017.

Contact Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

ASPEN FAMILY UNIVERSITY PARENT PROGRAM PARTICIPANTS		CHILDREN'S PROGRAM-AGE 4 & Up ONLY For Currently enrolled Aspen Families
Parent's First & Last Name	Circle TWO Workshops	Child's First and Last Name, Age & Grade
	1 / 2 / 3 / 4	
	1 / 2 / 3 / 4	
	1 / 2 / 3 / 4	

Payment Options (\*Please make checks payable to Hawthorn School):

- \_\_\_\_\_ \$5 per Family for Parent Program, Children's Program & Lunch, OR
- \_\_\_\_\_ No Fee for Parents Only (attending without children and no Lunch)

# ASPEN'S 10<sup>TH</sup> ANNUAL FAMILY UNIVERSITY

Please select TWO of the following workshops you'd like to attend on the registration form on the front:

**(1) THE ABC'S OF ANXIETY—HOW TO HELP YOUR CHILDREN TRANSFORM ANXIETY AND WORRY INTO CONFIDENCE** with Kim Olver, Glasser Faculty & Executive Director of the William Glasser Institute

This workshop addresses anxiety and worry, two of the biggest challenges our kids face today. Learn strategies to help your anxious child challenge the tricks our brains play and gain more effective control over and confidence in their ability to handle worrying and anxiety. Kim's entertaining style is infused with humor, fun and great instructional anecdotes! Kim is the author of many books, including *Secrets of Happy Couples* and *Leveraging Diversity*, and is currently working on her book *Choosing Me: Letting Go of What Doesn't Work to Make Room for What Does*.

**(2) MEAN, PLAYFUL TEASING OR BULLYING-UNDERSTAND THE DIFFERENCES** with Mr. Fredricksen (Principal, Glasser Trained)

Visit any playground or lunchroom, and you will witness teasing, relational aggression, queen bees, boisterous boys, etc. This often carries over into the classroom, and at home, whether subtly or more noticeably. After discussing the definition of bullying and the district's policy, learn how to differentiate between what is bullying and what isn't, and prevention, early warning signs of bullying and intervention strategies from a Choice Theory perspective to help kids navigate today's social jungle.

**(3) CARING VS DEADLY HABITS—HOW TO BUILD LOVING, LIFE-LONG RELATIONSHIPS WITH YOUR CHILDREN** with Glasser Trained Teachers Mrs. Szoke (1st Grade), Mrs. Motley (4th Grade), Mrs. Gerjol (Learning Center) & Glasser Faculty/Parent/Guest Educator Mrs. Carson

Building life-long, lasting, strong relationships with our children, spouses, friends and family is the key to increasing happiness and decreasing stress! After we go over the basics of Choice Theory, we'll delve into how to use the Caring Habits to improve your connections and communication skills and enhance your relationships with your children.

**(4) MARVIN MARSHALL'S TEACHINGS** with Mrs. Manchester (Music Teacher, Glasser Trained)

Join Mrs. Manchester as she introduces you to Marvin Marshall's system outlined in his book, *Discipline without Stress@ Punishments or Rewards: How Teachers and Parents Promote Responsibility & Learning*. Mrs. Manchester has had great success employing Marshall's strategies throughout her teaching career.

**Registration fee of \$5 per family covers all supplies and lunch for your entire family. If you have any questions, please contact Nicole Carson at (847) 858-5602 or [nc.longdon@gmail.com](mailto:nc.longdon@gmail.com).**

## **CHILDREN'S PROGRAM SPECIFICS**

### **Age 4 through Grade 1 Program**

In small groups, children will participate in different rotations themed around "BUILDING UP" their basic needs.

**Love & Belonging:** Ms. Sturgill and Mrs. Weiss will build a love for self and others, as students locate their place in a chain of love by decorating strips of paper and linking them together to show the strength of love & belonging. Students will then enjoy a fun and loving snack.

**Power:** Mrs. Brocks and Mrs. Bonnem will read the students a book about the importance of inner strength and facilitate a discussion about how we build inner strength and power, and how we can use that as a shield to fend off negativity from others. Students will decorate a shield with what makes them feel powerful.

**Freedom and Fun:** In this session run by Mrs. Caby and Ms. Lardo, students will build creative masterpieces with Legos and share ideas about how constructing and making choices fulfills our freedom and fun needs.

**Survival:** Mrs. Kirby and Mrs. Loiben will lead a discussion on what the kids need to feel safe and survive in the world and the kids will illustrate this through exercise and by working together during team-building games in the gym.

### **Grades 2 and Older Program**

The students will be working together to complete team-building activities revolved around identifying their Quality World pictures and personal strengths that help to build intrinsic motivation. This program, taught by Ms. Wolfson, Ms. Lindquist, Mrs. Medbery & Mrs. Cooper, will include fun activities and an egg drop experiment where the kids will improve their understanding of our basic needs and how they are a driving force for preserving our Quality World pictures by using materials symbolizing our basic needs and wants that will help protect their egg from the fall. Once the egg (Quality World) is protected, the group will enjoy dropping the eggs off the banister of the second floor of our school.