

LAST CHANCE TO REGISTER--

ASPEN'S FAMILY UNIVERSITY

SATURDAY, FEBRUARY 3, 2018
9:00 A.M. - NOON, LUNCH INCLUDED

ACCLAIMED AUTHOR AND SPEAKER KIM OLVER, WILL PRESENT AND ASPEN FACULTY/STAFF WILL LEAD BREAKOUT SESSIONS Entertaining and Insightful, Kim Olver will wow parents with her presentation "Raising Children With Healthy Self-Esteem-How to Boost Your Child's Self-Esteem and Confidence While Raising a Humble Kid." Mr. Fredricksen, Mrs. Anderson, Mrs. Gerjol, Mrs. Manchester, Mrs. Motley, Mrs. Szoke & Mrs. Carson will lead breakout sessions following the presentation.

AWESOME EDUCATIONAL CHILDREN'S PROGRAM for kids ages four and older (children MUST be 4 by 2.3.18 to participate in this program) taught by Mrs. Brocks, Mrs. Caby, Mrs. Cooper, Ms. Green, Mrs. Kirby, Mrs. Loiben, Mrs. Medbery, Mrs. Saliba, Mrs. Williamson, Ms. Wolfson & Mrs. Zurek. Kids 4 years old through 1st Grade will learn how to identify their basic needs and meet them responsibly through age-appropriate, Olympic-themed educational activities which include team-building games, physical exercise, creative projects and story-telling. Kids in 2nd Grade and up will learn how to improve their self-esteem and help others through fun and engaging activities, including making their own Olympic Flags and playing a life-sized board game. For more details, see back. A snack will be provided.



All attendees entered in raffle for great themed prizes. THANK YOU to The Claim Company for catering our delicious Lunch



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 January 29, 2018.

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	Child's First and Last Name, Age & Grade

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 11TH ANNUAL FAMILY UNIVERSITY

RAISING CHILDREN WITH HEALTHY SELF-ESTEEM—How to Boost Your Child's Self-Esteem and Confidence While Raising a Humble Kid

Raising children with high self-esteem and self-confidence is a goal of many parents. Children with healthy self-esteem feel secure and worthy. This leads to positive relationships and confidence in one's abilities. Children with inflated self-esteem are more likely to engage in risky behaviors, bully others, be seen as arrogant and lack humility. Children with low self-esteem are more likely to experience bullying, depression and to personalize failures. At the same time that we'd like our children to possess a healthy sense of self-esteem, we also want them to remain humble. This workshop is designed to help you find that balance!

Building life-long, meaningful, strong relationships with our children, spouses, friends and family is the key to increasing happiness and decreasing stress! Join us to find new ways to improve your relationships with your children (and others!). Kim Olver's entertaining style is infused with humor, fun and great instructional anecdotes. Kim is a licensed clinical professional counselor (LCPC), certified in Choice Theory and Reality Theory (CT/RT), evidenced-based training that she has devoted much of her career to teaching. She is the creator of the Choice Coaching Program, and the founder and president of Coaching for Excellence. In addition, Kim is the executive director for the William Glasser Institute – US and of William Glasser International. Kim is the author of many books, including: *Secrets of Happy Couples*, *Leveraging Diversity At Work*, *Choosing Me Now* and *Empowerment Parenting (ebook only)*. Kim's paperback books will be available for sale (cash or check made payable to Kim Olver) for \$10 each, or all three books for a special price of \$25.

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.

CHILDREN'S PROGRAM SPECIFICS

Age 4 through Grade 1 Program

In small groups, children will participate in different rotations themed around The Olympics:

Love & Belonging: Mrs. Kirby and Mrs. Brocks will build a love for teamwork while building a real snowman inside! We will then enjoy a warm cup of hot cocoa and an Olympic themed healthy snack.

Power: Mrs. Loiben and Mrs. Saliba will help the students create their own Olympic Medal with three strengths about themselves.

Freedom and Fun: Mrs. Caby and Mrs. Cooper will lead students in winter skating activities. They will have fun while moving freely around the room, passing various obstacles, and skating to the rhythm of the music.

Survival: Mrs. Williamson, with the help of Aspen Graduates, will delve into what the kids need to feel safe and survive in the world by working together to make their way through the Olympic Rings as a team.

Grades 2 and Older Program

After learning about the meaning of self-esteem, the students will work together to navigate a life-size game board where kids go from Mopesville to Self-esteem City by solving their own problems and stating positive statements about themselves. Kids will learn their roles in the the different community groups in which they belong or are involved. They will design their very own Olympic flag with their strengths and positive phrases. Not only will students be empowered by learning how to raise their own self-esteem, they will also have fun in the process! This program will be taught by Mrs. Medbery, Mrs. Zurek, Ms. Wolfson & Ms. Green. A snack will be provided.