Providing parents with valuable information and insight to support life’s most important pursuit, raising well balanced, happy and successful children!
**Event Schedule**

8:30AM-9:00AM
Registration & Breakfast

9:00-10:15
Keynote Speaker Jessica Lahey

10:15-10:30
Keynote Q&A

10:40 -11:30
*Workshop #1

11:35-12:25
*Workshop #2

11:20-11:35 Book Signing

*Participants may attend the workshops of their choice!

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**Fostering Balanced & Safe Online Lives: Strategies to Promote Your Child’s Digital Citizenship**

**Workshop Presenters:** Erin Marone, School #2 Principal & Library Media Specialist

**Room:** 221

**Description:** During this workshop, you will learn how to increase your partnership with your child’s school to model and teach online safety, as well as receive an overview of popular social media platforms. Picture books and research from the bestselling book, “iGen” by Jean Twenge, will be discussed and analyzed as a foundation for screentime/facetime balance.

**Mean vs Rude vs Bullying**

**Workshop Presenters:** Roseanne Daly, LMHC & Kathleen Dunne, LMHC

**Room:** 114

**Description:** Based on the work of child therapist and author Signe Witson, we will explore the distinction between these troubling behaviors. By offering our children the ability to tell them apart, we offer them the ability to take effective action through the development of important coping skills and resilience.

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**Middle School Matters**

**Workshop Presenters:** Dr. Allison Glickman-Rogers, OMS Principal & Dr. Paul Guzzone, OHS Associate Principal

**Room:** 104

**Description:** This informative workshop will explore Why Middle School Matters and the significant role that the middle-level experience plays in promoting college and career-readiness. We will also address the powerful influence that families have over their child’s success during these critical years. Join us for this relevant workshop and prepare to be part of your child’s journey through adolescence!

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**Mindfulness & A Growth Mindset: The Perfect Pair**

**Workshop Presenters:** Samantha Jannotte, OSD Wellness Educator & Jennifer Frasca, OHS Teacher

**Room:** 100

**Description:** This workshop will dive into the power of using mindfulness at home to create a calm, open environment needed to sustain a growth mindset. Learn skill sets and strategies to comfortably communicate with your child and create an environment that promotes productivity and success!

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**Solve our Sleep from A to Zzzzz**

**Workshop Presenter:** Dr. Whitney Roban, Family & Educational Sleep Specialist

**Room:** 119

**Description:** During this workshop, participants will learn why sleep is important; The positive and negative effects of sleep deprivation; How to improve sleep for the whole family; Sleep myths; How much sleep do we need; Top 10 healthy bedtime habits; Top 10 family sleep tips.

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**The Happiness Track**

**Workshop Presenters:** Dr. Krissie Lamparello, Special Education Director

**Room:** 117

**Description:** This presentation is based on the book entitled "The Happiness Trap." The book explores the modern predicament of tirelessly chasing "happiness," but feeling that it consistently eludes you. This presentation will provide a brief introduction to the principles of Acceptance and Commitment Therapy as a means of reducing stress, breaking self-defeating habits, and overcoming self-doubt.

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**Why Can’t You Just…? Learning to Understand and Appreciate Your Child’s Unique Style**

**Workshop Presenters:** Janet Kahn-Scolaro, PhD, Lead Administrator at Mount Sinai South Nassau for Behavioral Health, Family Medicine and Internal Medicine & Child and Family Therapy Specialist

**Room:** 219

**Description:** This workshop is designed to decrease parental frustration with childrens’ unique, but sometimes challenging, reactions and behaviors. The key is identifying where the behaviors come from and responding accordingly. We will explore some ideas in the growing field of neuroscience to help parents understand and appreciate the uniqueness of each child and help them flourish.
This event was made possible by the contributions from the:

OSD Parent Teacher Associations
OSD Administrative Team
The Oceanside Professional Learning Center

Thank you to all our wonderful presenters!

Jessica Lahey, Keynote Speaker - Jennifer Frasca - Samantha Jannotte- Erin Marone - Roseanne Daly - Kathleen Dunne - Dr. Paul Guzzone - Dr. Allison Glickman-Rogers - Dr. Whitney Roban - Dr. Kristin Lamparello - Dr. Janet Kahn-Scolaro

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OSD Parent University Committee Members

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Parent Representative

Jaime Martinetion
Parent Representative

Josh McPherson
Principal of School #9E

Georgia Penn
Parent Representative

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Parent Representative

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Parent Representative

Jacqueline Schramm
Parent Representative

Tara Stromer
Parent Representative

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OPDC Director/School #8 Teacher

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Psychologist