



Bexley City Schools seeks to engage, equip and empower parents and community through the Bexley Parent Institute. Our Parent Institute is designed to connect families with school personnel, authors, and experts in a variety of fields in order to develop understanding around topics relevant to the growth, development, and education of children.

The next Parent Institute will be offered on **Sunday, September 22 from 1:00 to 4:00 p.m. at the Cassingham Complex**. Sessions will be 45 minutes in length and cover a variety of topics including social-emotional wellness, technology, a student-centered learning culture, and the levy. Please fill out the form below to register your attendance. Early registration closes on Monday, September 16.

[Link to Registration Form](#)

### Bexley City Schools Parent Institute Course Catalog

[Link to Registration Form](#)

Session 1 - 1:00 to 1:45	Session 2 - 2:00 to 2:45	Session 3 - 3:00 to 3:45
Social / Emotional Wellness	Social / Emotional Wellness	Social / Emotional Wellness
<p><b>Session:</b> Anxious Kids and How to Help  <b>Presenter:</b> Alex Beekman, MEd, LPC  <b>Description:</b> Learn how anxiety affects our brains, our ability to process new information and parent/child relationships. Discover ways to promote problem-solving and productive communication.</p>	<p><b>Session:</b> Behavior Change in the Home  <b>Presenter:</b> Alex Beekman, MEd, LPC  <b>Description:</b> Examine the basics of behavior modification, how to bridge behavior management philosophies, and discover new tools to support behaviors in the home.</p>	<p><b>Session:</b> Dimensions of Wellness: How to Assess, Track, and Improve Student Wellness  <b>Presenters:</b> Jared Smith-Valentine, NCH Secondary Clinician Rebecca Zeitlin, NCH Elementary Clinician  <b>Description:</b> Develop an understanding of the eight dimensions of daily life, which must be balanced to foster continued growth, and interventions to increase wellness.</p>
<p><b>Session:</b> Building Resilience Through Adversity  <b>Presenter:</b> Laura Lewis, MA, LPCC-S  <b>Description:</b> Discover helpful ways to support your student as they experience life's normal (and necessary!) frustrations and setbacks while increasing their self-confidence and resiliency.</p>	<p><b>Session:</b> Cultivating Mindfulness with Children  <b>Presenter:</b> Jessica Bennett  <b>Description:</b> Discover practical and effective strategies, using a contemplative and integrated approach, when teaching mindfulness practices to children.</p>	<p><b>Session:</b> My Secret Parental Power: Listening  <b>Presenter:</b> Melissa Klosterman-Lando, Principal  <b>Description:</b> Strengthen your parenting skills through active listening. Walk away with strategies to improve as an empathetic listener to your children.</p>

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<b>Social / Emotional Wellness</b>	<b>Social / Emotional Wellness</b>	<b>Social / Emotional Wellness</b>
<p><b>Session:</b> Social Emotional Learning Instruction at the Elementary Level  <b>Presenters:</b> Erica Hecker, Michelle Hipsley and Megan Reeve, School Counselors  <b>Description:</b> Discover how school counselors support our students' social/emotional learning within the classroom setting. Caretakers will learn how to support their child in their social/emotional learning.</p>	<p><b>Session:</b> Limit-Setting with Emotions in Mind  <b>Presenters:</b> Brianna Warner, NCH Elementary Clinician and Jared Smith-Valentine, NCH Secondary Clinician  <b>Description:</b> Learn how to set limits and boundaries with kids while keeping emotional recognition in mind.</p>	<p><b>Session:</b> Trauma Basics and the Effects on Learning and Behavior  <b>Presenter:</b> Alex Beekman, MEd, LPC  <b>Description:</b> Discuss how trauma affects our brains. Topics include trauma-related anxiety, executive functioning deficits and supporting a child who has experienced trauma.</p>
<p><b>Session:</b> What Makes an Emotionally Healthy Family  <b>Presenter:</b> Carol Radnor  <b>Description:</b> "All happy families are alike; each unhappy family is unhappy in its own way." (Leo Tolstoy, "Anna Karenina") Two questions help us determine a happy family: Do the children have healthy independence? Do the parents keep growing? We will discuss the parenting strategies involved in answering "yes" to these two questions.</p>		
<b>Technology</b>	<b>Technology</b>	<b>Technology</b>
<p><b>Session:</b> Helping Your Child Use Google Docs and Drive  <b>Presenter:</b> Brad Pettit and Scott Bushman  <b>Description:</b> Parents explore how to help their child navigate Google.</p>	<p><b>Session:</b> Discussion and Feedback on Digital Wellness Education  <b>Presenter:</b> Brad Pettit  <b>Description:</b> Attendees will be asked to participate in a discussion on student social media use, struggles, and where we should put greater focus. We will also talk more about our digital wellness efforts and our social media parent website.</p>	<p><b>Session:</b> Helping your Child Use Google Docs and Drive  <b>Presenter:</b> Brad Pettit and Scott Bushman  <b>Description:</b> Parents explore how to help their child navigate Google.</p>

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Student Centered Learning Culture	Student Centered Learning Culture	Student Centered Learning Culture
<p><b>Session:</b> Extending Your Home Resources for Elementary Literacy  <b>Presenters:</b> Meredith Stone and Heidi Varner, Literacy Specialists  <b>Description:</b> Explore multi-sensory tools and strategies to broaden your resources for home practice.</p>	<p><b>Session:</b> The Voice of Our Students  <b>Presenters:</b> Student Alumni Panel, Kristin Robbins, HS Principals  <b>Description:</b> Join our Bexley student alumni panel to hear their reflections about their learning journey through Bexley schools and in life after graduation. Participants will have the opportunity to ask questions and connect with our guest panel.</p>	<p><b>Session:</b> Are You Experienced? A Conversation About the Power of Experiential Learning  <b>Presenter:</b> Steve Shapiro, Coordinator of Experiential Learning  <b>Description:</b> Reflect on experiences that have shaped our lives. Consider the role that schools can play in providing kids with profound, high-impact experiences leading them to greater self-knowledge, self-confidence, enthusiasm for learning, and preparation for college, career, and adult life.</p>
<p><b>Session:</b> Instructional Coaching  <b>Presenters:</b> Rachel Niswander, Jana Clarke, Ali Fleming, District Instructional Coaches  <b>Description:</b> The three new instructional coaches will share their framework on supporting staff within a student centered learning culture.</p>	<p><b>Session:</b> Engaging Students in Math  <b>Presenter:</b> Rachel Niswander, Instructional Coach  <b>Description:</b> We invite you to join our math class. During this session you will experience how students are engaged and thinking like mathematicians.</p>	<p><b>Session:</b> Do You See What I See? Identifying Our Personal Lenses  <b>Presenter:</b> Leisan C. Smith, Director of Student &amp; Community Engagement  <b>Description:</b> This interactive session will focus on the key components of cultural competency and cultural mindsets in order to increase participants' awareness of their own world-view and how that impacts their parenting.</p>
<p><b>Session:</b> Unstructured Play: The Original Experiential Learning  <b>Presenter:</b> Steve Shapiro Coordinator, Experiential Learning  <b>Description:</b> Research suggests that unstructured play has enormous learning and social/emotional benefits for children; American kids are doing less and less of it. Join this conversation about how we can turn that around!</p>	<p><b>Session:</b> English Language Arts in the Elementary Classroom  <b>Presenter:</b> Jana Clarke, District Instructional Coach  <b>Description:</b> Learn more about the skills and areas that are taught within an ELA classroom.</p>	<p><b>Session:</b> Growing a Culture of Thinking in Bexley Schools  <b>Presenters:</b> Ali Fleming, Instructional Coach, Jason Caudill, Susan Drake, Jeannine Hetzler, Principals, and Jill Abraham, Chief Academic Officer  <b>Description:</b> Discover how a culture of thinking is being grown in our classrooms and district.</p>

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<p><b>Session:</b> Bexley Schools Operating Levy Facts  <b>Presenters:</b> Dr. Kimberly Pietsch Miller, Superintendent, and Kyle Smith, Treasurer/CFO  <b>Description:</b> Dr. Miller and Kyle Smith will provide information about Ohio school funding and the facts behind the current request for additional operating dollars on the November 5 ballot. Attendees will have an opportunity to ask questions.</p>	<p><b>Session:</b> Bexley Schools Operating Levy Facts  <b>Presenters:</b> Dr. Kimberly Pietsch Miller, Superintendent, and Kyle Smith, Treasurer/CFO  <b>Description:</b> Dr. Miller and Kyle Smith will provide information about Ohio school funding and the facts behind the current request for additional operating dollars on the November 5 ballot. Attendees will have an opportunity to ask questions.</p>	<p><b>Session:</b> Bexley Schools Operating Levy Facts  <b>Presenters:</b> Dr. Kimberly Pietsch Miller, Superintendent, and Kyle Smith, Treasurer/CFO  <b>Description:</b> Dr. Miller and Kyle Smith will provide information about Ohio school funding and the facts behind the current request for additional operating dollars on the November 5 ballot. Attendees will have an opportunity to ask questions.</p>