



BLOOM TOWNSHIP HIGH SCHOOL DISTRICT 206

BLOOM & BLOOM TRAIL HIGH SCHOOLS

September 21, 2021

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Greetings Bloom Township High School District 206 Families!

We are just short of two weeks away from our Virtual Fall Parent University! This event will take place on Saturday, October 2, 2021 from 9am-12pm via Zoom. If you haven't done so already, please download the Zoom app for faster service.

Please register for this free event using the link below:

[Fall Virtual Parent University Registration](#)

Prizes will be raffled to parents and students for parental attendance.

The sessions and descriptions are below. You will have an opportunity to hear all of the presenters. In addition, there will be a physician available from 11:30am until 12:00pm virtually to have a COVID-19 related discussion. **Note: This session is optional.**

1. *Providing Emotional Support to Refugee/Immigrant Children and Families Affected by Trauma*
Speaker: **Bianca Vargas-Ocasio**,
Social Worker & Mental Health Consultant for Lurie Children's Center for Childhood Resilience

The presentation includes an introduction to the impact of trauma on refugee and immigrant children, adolescents, and families. They will learn to identify the symptoms of trauma, recognize the mental health needs of their children, and strategies to support children affected by trauma.

Note: This session will be provided in English & Spanish

2. *Where is the Money?*
Speaker: **Brenda High aka Scholarship Mom**,
President of Career Fitness LLC

We have all heard stories about money being "out there" for scholarships. The question is how, where, and when should you look for these scholarships? This workshop will identify resources for finding the money and provide tips and strategies parents and students can use to obtain money for their post-secondary goals.



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3. *The Uninvited Guest: Trauma Responsive Parenting during COVID and School Reopening*
Speaker: **Dr. Mashana Smith**,
Psychologist & Mental Health Consultant for Lurie Children's Center for Childhood Resilience

The pandemic has affected the lives of students, educators, and families throughout Illinois. In response to the wide impact, many school districts are embracing trauma-informed policies and practices. While it is imperative for schools, teachers to be responsive to stress, trauma, when it comes to addressing stress, and trauma, the old saying of "the parent is the child's first teacher" could not be more true. In this session, Dr. Smith will share the many ways in which the pandemic has affected school-aged youth. Moreover, she will enlighten parents on the ways in which the return to school may further affect youth. Parents will learn strategies to support their children through these unprecedented times and upcoming transitions. Finally, participants will learn strategies for engaging in their own self-care.

4. *Understanding and Coping with Grief or Loss*
Speaker: **Stephanie Haywood**,
Executive Account Manager, Perspectives

Parents will learn:

- Increase understanding about "loss"
- Gain better understanding of the grief process
- Learn coping skills when dealing with loss

We hope to see everyone virtually Saturday! Stay safe!