



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
Wed.	1/30/19	6:00-7:00 p.m.	Writing Grants For Community Service: You and your child will learn how to write a basic business plan and grant to secure funding and resources to support a project for families in your schools and communities that need basic supplies, mental health, and educational support services. Complete a grant template in the class and seek out funding from local businesses that support community fundraising. We will discuss the requirements for having a nonprofit fiscal agent for your project. <i>For Students and Parents</i>	Dr. Burke	LeyVa Room 6	MAB
Thurs.	1/31/19	6:00-7:00 p.m.	Becoming Proficient In Math: Don't miss this amazing class in which you will find out how what your child is learning in class and some helpful tips for enabling your child to become more successful. Bring your child with you. This is very engaging and interactive. (Grades 3-6)	Anh-Kiet Tran	LeyVa Room 6	TM
Thurs.	1/31/19	6:00-7:30 p.m.	How Full is Your Bucket: Stress is the major contributor to many of our maladies and illness, both physical and mental. And yet we feel many times like we cannot do anything to rid it from our lives or even control it. And though we may not be able to do away with it entirely from our lives we can certainly do much to counteract its health threatening effects. This workshop will show participants what they can do in their lives and in their children's lives to fill their buckets with life giving and stress relieving activities.	Gerry Lopez	LeyVa Room 6	GL
Mon.	2/11/19	6:00-7:00 pm	STEM NIGHT: Come and join us for a fun night of Science, Technology and Math. Families will work together on some fun-filled and amazing challenges to problem solve in teams. The participants will receive lots of resources and surprises. The activities will be hands-on and engaging. Don't Miss It!!	Dr. Hong Nguyen	LeyVa Room 6	HN



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
Wed.	2/13/19	6:00-7:00 p.m.	Breakfast Is The Most Important Meal: Participants will receive some great tips and ideas for preparing the most important meal of the day. It's going to be fun and yummy.	Lida Gaines	LeyVa Room 6	LG
Mon.	3/6/19	6:00-7:00 p.m.	Family Book Publishing Part 1: Families will have the opportunity to create books. They can be in their first language or in English.	Dr. Burke	LeyVa Room 6	MAB
Mon.	Mar. 4, 11, 18, 25 Apr. 1, 8	5:00-7:00 p.m.	Fun with Robotics: Come on out and have a blast. Explore branches of science, technology, engineering and math and problem solve. Students will be able to build their robot and make it successful in an effective way. They can also find out about the spring Robotics Competition. <i>Limit: 10 families</i>	Mr. Brian Conrad & Mr. Jason Neiser	Katherine Smith School STEAM Room	BJ
Mon.	Mar. 4, 11, 18	6:00-7:30 p.m.	Triple P (Positive Parenting Program): Learn how to become a positive parent and do a great job at it!!	Team	LeyVa Staff Room	FF
Thurs.	3/7/19	6:00-7:00 p.m.	Good Bye Old Side Dishes!! Are you tired of those same old side dishes. Step out of your comfort zone and try something healthy and new.	Lida Gaines	LeyVa Room 6	LG
Tues.	3/12/19	6:00-7:00 p.m.	The Best Dad's Class Ever: Come join Assistant Superintendent Deguara for a rocking evening of fun and problem solving. You and your child(ren) will have a blast figuring out a STEM Challenge. You will collaborate, communicate and be innovative as you figure out the challenge of the evening. It will be lots of fun and critical thinking as you munch on root beer and Pizza. Don't Miss It!!	Mr. Deguara	LeyVa Room 6	DD



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
Mon.	3/18/19	6:00-7:00 p.m.	21st Century Family Learning: STEM Family Nights are awesome! They generate excitement for Science, Technology, Engineering and Math in your school and community. Students, teachers, and families will explore STEM together in a fun way. The session is highly interactive and engaging. Lots of fun and surprises.	Dr. Hong Nguyen	LeyVa Room 6	HN
Wed.	3/20/19	6:00-7:00 p.m.	Family Authorship Part 2: Students will create books that have content and illustrations. Parents can make a book with their child or individually. Students and parents will become authors.	Dr. Burke	LeyVa Room 6	MAB
Mon.	3/25/19	6:00-7:00 p.m.	Understanding Social Emotional Learning: Come and learn how your child can be taught through modeling and coaching to recognize how they feel or how someone else might be feeling. You will also learn how conflict-resolution skills and using dialoguing to guide students through the steps can be an effective approach to helping them apply a skill in a new situation. Parents and students can practice group decision-making and setting rules for their children and helping them to become good sports. Learn how you can help your child building self-confidence, a sense of belonging, in order to enhancing academic skills. Participants will receive great tips and resources.	TEAM	LeyVa Room 6	SELM
Mon. – Fri.	3/25/19 – 3/29/19	6:00-8:00 p.m.	24/7 Dad (Fatherhood Program): Support for fathers in various areas. They can answer questions and have rich discussions.	Team	LeyVa Staff Room	FF



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
Thursday	3/28/19	6:00-7:30 p.m.	The San Patricio Battalion: The Mexican-American War (1846) was lost by Mexico for a number of reasons. In this presentation we will be able to gain a historical perspective that will make us see how this lack of union is still affecting Hispanic-Americans to this day. But there is an incredible history that is often overlooked from this tragic war. It happened when more than 600 American soldiers of Irish ancestry deserted their US army and joined forces with the Mexican army. This presentation will inspire you to understand their plight and to continue the struggle for progress of all people.	Gerry Lopez	LeyVa Room 6	GL
Thurs.	3/28/19	6:00-7:00 p.m.	Stop Motion Animation: Students and parents will learn how to how to create a stop motion movie using Stop Motion Pro. What an exciting class!! And lots of fun.	L. Anderson S. Johnson	LeyVa TBA	PR
Mon. & Tues.	April 1, 2, 8, 9, 15,16, 29, 30 May 1, 6, 7, 13, 14	6:00-7:30 p.m.	Fitness Lifestyle: Week 1: Open discussion on what the parent believes nutritious food and a balanced healthy lifestyle. Discuss and explain key words such as nutrition, balance, moderation, and healthy eating and how important and necessary they are in our family's nutrition. FITNESS COMPONENTS: Measure vital statistics and understand what is considered "healthy". Secure a goal and set a plan for remaining of the program. Slow movements to engage large muscle groups. DANCE. Week 2: Introduction to the three macronutrients: carbohydrates, proteins and fats. Understanding the difference and how and when they benefit your body the most. Start a nutritional plan respecting the cultural participants and the richness of the food and ingredients they offer. Present how an ideal day of healthy eating looks like.	Kathia	LeyVa	KRV



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
			<p>Week 3: Break down in detail what is a carbohydrate and protein. Understand why are they important, why do we need them, and how to implement in our personal/family nutritional plan. Present examples of what they are and food recipes incorporating carbohydrates and protein.</p> <p>Week 4: Culinary demonstration. What are fats? Understand what they are, and how to implement in our plan. What is the daily requirement?</p> <p>Week 5: Explain what nutrition labels are, and how to read them. What should our food portions be? What is a serving size and how much?</p> <p>Week 6: Addressing the obstacles and difficulties of following and starting a healthy lifestyle. Present ideas that are feasible according to our daily life schedules, etc.</p>			
Thurs.	4/11/19	6:00-7:00 p.m.	Healthy School Lunches and Snacks: What are the best foods to give your child when they come home from tired and hungry? What do you put in their lunch for a snack in place of those Hot Cheetos? Come on out and find out. It's going to be fun and informative.	Lida Gaines	LeyVa Room 6	LG
Sat.	4/13/19	9:00-11:00 a.m.	TECH EXPO: Bring the entire family out on this day to visit 10-12 activity stations that will be shared by the Bulldog Tech Students.	TEAM	J.F. Smith School	TM
Tues.	4/16/19	6:00-7:00 p.m.	Fun With Robots: In this session, students and parents will learn about different kinds of robots and what they can do including "mini robot wars".	Jim Johnston	LeyVa Room 6	JJ
Tues	4/30/19	6:00-7:00 p.m.	21st Century Learning Program: College & Career Parents and students are invited to this session. Discussions will be around college and career ready standards, A-G, High School Exit Exam, availability of financial aid. Many great resources will be available.	Dr. Burke	LeyVa Room 6	MAB



Parent University Winter/Spring 2019



DAY	DATE	TIME	COURSE TITLE	INSTRUCTOR	LOCATION	CODE
Tues.	5/14/19	6:00-7:00 p.m.	Common Sense Media: Parents will be given information and advice as to how to monitor the time when their child is accessing online activities. The parents' chances of finding age-specific guidelines, videos, and articles to help with tough conversations will be quite possible -- whether your kid <i>is</i> a bully or <i>is being</i> bullied. We will guide you to answers for all your cyberbullying questions, offer age-appropriate advice, and school resources.	TEAM	LeyVa Room 6	TM
Thurs.	5/23/19	9:00-10:00 a.m.	Habits Of Mind: Please join us for a fun and exciting class as we explore the Habits of Mind. These are dispositions or attitudes and behaviors that we want our students to possess enabling them to become more successful at school. Lots of resources.	Denise Williams	LeyVa Room 6	DW
Thurs.	5/30/19	6:00-7:00 pm	21st Century Family Learning Celebration of Success: This is our last class of the year. We come together and talk about the experiences of the year and share out the projects from the Family Authorship Class. Participants receive their certificates and other awards.	Team	LeyVa Room 6	TM