

Dear Saint Ignatius Parent/Guardian,

We believe that when we provide meaningful and quality programs that support you and your student's needs, the result will be a powerful partnership that will lead to student success now and in the future. As a part of our focus to bring relevant information to our freshman students and parents/guardians, we have developed a program designed to help you utilize SICP guidance counseling services. **One of your first opportunities to partner with us is at our Freshman Parent/Student Night at Saint Ignatius College Prep High School on Tuesday, November 13th OR Thursday, November 15th.**

Purpose:

Our overarching goal is to assist parents/guardians in learning how to partner with their student in exploring topics such as time management, technology use, support services, and receiving input from counselors and other parents. We also would like to assist students and parents with addressing topics regarding student social and emotional well-being.

What to Expect:

The SICP Guidance Department will offer a menu of 8 different presentations. Parents and guardians are invited to choose 2 sessions that best suit the needs of their family. Students will attend 2 presentations separate from their parents. The student presentations will be on the topics of stress management techniques of mindfulness and healthy living for teens regarding substance abuse.

Who should come?

Parents/guardians AND students! Both groups will meet together briefly before the sessions begins for an introduction and a bonus session with your individual counselor. This is **mandatory** for all freshman families. *Parents and students only need to attend ONE of the two nights. **Session availability is LIMITED. PLEASE SIGN UP TODAY!***

Topics:

- Advice from Parents of older Saint Ignatius Students
- Services and support information for students
- Helping students with time management
- Plus Portal Basics and designing a four year plan
- How to use mindfulness to manage stress
- Parent and student information regarding substance abuse
- Teen stress and anxiety
- Healthy relationships for teenagers

Bonus:

- 15 minute meet and greet with your student's guidance counselor! We look forward to seeing you there!

Sincerely,

SICP Guidance Department

Agenda

Tuesday, November 13th, 2018 and Thursday, November 15th, 2018

- 6:15 – 6:30 p.m. Check – In/Confirm Sessions
- 6:30 – 6:45 p.m. Opening Session
- 6:50 – 7:05 p.m. Meet and Greet with your Student’s Counselor
- 7:10 – 7:45 p.m. Session #1 (Students will report to McLaughlin Theatre for a presentation on Vaping/Substance Abuse)
- 7:50 – 8:25 p.m. Session #2 (Students will remain in McLaughlin Theatre for a presentation on Mindfulness and Stress)

Breakout Sessions for Parents

<p>“Veterans and Rookies”: Experienced SICP parents share their Top 5 Words of Wisdom for new parents of SICP. In addition, you will hear “Top 5 ways you can help your freshman succeed” from a guidance counselor’s perspective.</p>	<p>Services and Supports at St. Ignatius: At Saint Ignatius College Prep, we serve a diverse population of learners, and our hope is to foster creative thinkers and innovators that will make an impact in the community. In this session we will discuss accommodations versus modifications, and how we can best serve students with special needs. We will then discuss resources that are available at Saint Ignatius that can assist in the overall success of your student.</p>
<p>Plus Portals Basics and Creating a 4 Year Plan: Are you or your student struggling to keep track of homework, deadlines, and the many classroom management sites required to navigate life at Saint Ignatius? We will discuss how to manage the chaos using a single "living" PDF. Then we will work through how to go about creating a "4 Year Plan" that will check all of the graduation requirements and keep balance in your students' lives. This session will be a workshop style format, and you will leave with the knowledge of how to build a "Master Plus Portals PDF" and a comprehensive "4 Year Plan".</p>	<p>Time Management: Many teens, as well as adults struggle with turning their "to do" list into a "check-done" list. If using a nightly timeline to effectively manage your day, successfully end procrastination, and achieve a sense of calm and organization to complete daily goals sounds appealing, then this is the presentation for you! Parents will hear an effective, easy to follow road map in order to start each day feeling balanced, prepared, and ready for the day the day ahead.</p>
<p>The Science Of Mindfulness: An estimated 40 million adult Americans suffer from anxiety in America. Anxiety disorders are the most common type of mental illness and 25% of all teens are affected. The factors involved in this widespread epidemic will be explored along with the various themes and patterns in modern daily life that contribute to increased stress. Attendees will learn about mindfulness and have the opportunity to experience simple, effective techniques for relaxation. Mindfulness is a particular way of directing awareness which cultivates openness, curiosity and flexibility. This practice has many scientifically-validated benefits for our physical and emotional health.</p>	<p>Teen Stress & Anxiety: Unchecked stress can lead to anxiety, depression, aggression, physical illness, and drug and/or alcohol use. The academic rigor and social demands of St. Ignatius College Prep are hard to imagine. Although well prepared in many ways for high school, many of our teens lack the skills needed to cope with the unique stressors they will encounter at SICP. Come learn how you can help your student handle teen stress in healthy and adaptive ways.</p>
<p>Fostering Healthy Communication and Relationships: This session will focus on how developing positive and effective social skills can impact school success. As counselors, our job is to view our students holistically. Grades are important, but adjusting well socially is equally vital when it comes to a student's mental, emotional, and physical well-being. We hope to shed some light on ways that you as parents can help your students develop healthy ways of communicating with their peers, teachers, parents, and significant others. Possessing good interpersonal skills become especially crucial when students encounter alcohol and drugs in high school.</p>	<p>Adolescent Substance Use: Adolescent substance use and misuse are serious issues that can contribute to significant medical, psychological, academic and legal consequences. This presentation will seek to educate participants on the risks associated with smoking/vaping, drinking, misusing prescription drugs, and using illegal drugs. While it can be difficult to prevent substance use among adolescents, knowing how to identify substance misuse, as well as how and when to intervene, can significantly reduce substance abuse in high school. Prevention and intervention strategies will be discussed.</p>