



Los Angeles Unified Workshop Series

Transition to Summer Learning for Families

During this time of learning at home for our students, the Los Angeles Unified is offering the following workshop series for parents and families. It is important to empower ourselves with the necessary tools to support our children and be mindful of self-care during this time. The workshop series will present valuable information, and practice strategies with you to use with children in various grade levels. Each workshop is accessed on Zoom by using the following link and password, as well as phone number:

<https://zoom.us/j/93587208187?pwd=QnlpTjU3L3lrdjg5TGZXSUdmcGJkQT09>

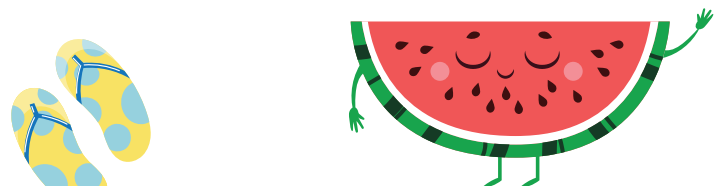
Webinar ID: 935 8720 8187 Password: 2020

Phone: 646 558 8656 Webinar ID: 935 8720 8187

If you join the workshop by phone, email questions during the presentation at families@lausd.net.

WORKSHOP 1	
DATE	<p>Tuesday, MAY 19 5:00 - 6:30 PM</p> <p>Session 1/4: Stress Management & Emotional Wellbeing <i>Don't Judge a Book by Its Cover: We don't know what others are experiencing, kindness can help a wrinkled heart.</i></p>
PRESENTERS	<p>Greetings: Heidi Mahmud Co-Presenters: Alejandra Acuna Norma A. Ramirez School Mental Health</p> <ul style="list-style-type: none"> • Learn how to identify and manage our emotions and the benefits this has on our relationship with our children. • Define what emotions are and how a "feelings thermometer" is helpful in the identification of and managing emotions. • Promote ways we can cope with this crisis as well as guide and support our children.
WORKSHOP 2	
DATE	<p>Thursday, MAY 21 5:00 - 7:00 PM</p> <p>Accessing Family Resources on Los Angeles Unified Webpages: Academic, Wellness and Public Agencies</p>
PRESENTERS	<p>Greetings & Co-Presenters: Andrea Canty Antonio Plascencia PCS</p> <ul style="list-style-type: none"> • Learn about important webpages at the Los Angeles Unified with district, non-profit and government resources available to support our families. • Practice linking to the Los Angeles Unified Parent Portal, local district offices and school sites.

WORKSHOP 3		
DATE	Tuesday, MAY 26 5:00 - 7:00 PM	Session 2/4: Stress Management & Emotional Wellbeing When life gives you lemons, make lemonade: <i>Every experience is a lesson learned.</i>
PRESENTERS	Greetings: Heidi Mahmud Co-Presenters: Alejandra Acuna Norma A. Ramirez School Mental Health	<ul style="list-style-type: none"> • Learn skills to manage our stress, which benefits our body, behavior and feelings. • Define what toxic stress is and how the body keeps the score. • Promote ways to improve our emotional wellbeing during seasons of high stress.



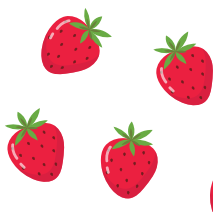
WORKSHOP 4		
DATE	Thursday, MAY 28 5:00 - 7:00 PM	Session 1/2: Learn How to Use Mail Home Resources to Support English Learners
PRESENTERS	Greetings: Dr. Danny Dixon Co-Presenters: Reina Diaz Lydia Acosta Stephens MMED	<ul style="list-style-type: none"> • Learn how to use mail home resources to support your child's language development and reinforce current distance learning with teachers. • Practice using helpful mail home handouts and strategies to support your child's language development.



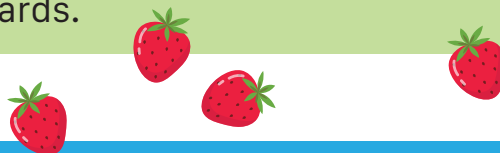
WORKSHOP 5		
DATE	Friday, MAY 29 3:00 - 5:00 PM	First Steps to Navigating the Internet & Connecting to Your Child's Progress Using the Los Angeles Unified Parent Portal (Beginners)
PRESENTERS	Greetings: Antonio Plascencia Co-Presenters: Jose Escalante Antonio Hernandez PCS & PLS	<ul style="list-style-type: none"> • Learn how to register and create online accounts: email, online learning sites, and clouds such as Google Drive to help with saving important documents. • Practice the process to register and use the Los Angeles Unified Parent Portal & Schoology.



WORKSHOP 6	
DATE	Tuesday, JUNE 2 5:00 - 7:00 PM
PRESENTERS	Greetings: Heidi Mahmud Co-Presenters: Alejandra Acuna Norma A. Ramirez
<p>Session 3/4: Stress Management & Emotional Wellbeing In the midst of difficulty lies opportunity: <i>We can bounce back from life's inevitable setbacks.</i></p> <ul style="list-style-type: none"> • Learn about resilience (to recover and adjust from difficulty) as well as the skills and resources for being resilient. • Practice ways we can increase our resilience and model this for our children. 	



WORKSHOP 7	
DATE	Thursday, JUNE 4 3:00 - 5:00 PM
PRESENTERS	Greetings: Heidi Mahmud Co-Presenters: Traci Ausby Jakell Bell Carrie Berger Lourdes Puyol DOI
<p>Session 1/2: Supporting English Language Arts at Home - It's More Than Reading and Writing!</p> <ul style="list-style-type: none"> • Learn about 5 major areas of child development that support student success in school and how parents can support their children - body, mind and soul. • Learn about the Los Angeles Unified Learning Play Cards with a simple explanation of the reading and writing standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities. • Practice downloading and using the concepts presented during the presentation and in the Play Cards. 	



WORKSHOP 8	
DATE	Tuesday, JUNE 9 5:00 - 7:00 PM
PRESENTERS	Greetings: Heidi Mahmud Co-Presenters: Alejandra Acuna Norma A. Ramirez School Mental Health
<p>Session 4/4: Stress Management & Emotional Wellbeing Reignite your light: <i>Do what makes you smile.</i></p> <ul style="list-style-type: none"> • Learn about mood-lifting activities that promote the balance and wholeness of our mind, body, spirit, and emotions. • Identify family and cultural behaviors, rituals, and practices that support our well-being and the wellness of our family. 	

WORKSHOP 9	
DATE	Thursday, JUNE 11 5:00 - 7:00 PM
PRESENTERS	<p>Greetings: Dr. Danny Dixon Co-Presenters: Andre Spicer Jessica Thomas DOI AEA</p>  <ul style="list-style-type: none"> • Explore research-based ways to support and enhance the language and literacy development of Standard English Learners. • Learn about <i>Constructive Conversation Tools</i> to independently build on ideas (knowledge, agreement, and solution). • Learn about the <i>Common Rules List</i> for identified Standard English Learner groups. • Practice ways to support the concept of the <i>whole child</i>.

WORKSHOP 10	
DATE	Tuesday, JUNE 16 3:00 - 5:00 PM
PRESENTERS	<p>Greetings: Heidi Mahmud Co-Presenters: Carrie Berger Norma Cantu Helen Kim Lourdes Puyol Lillian Valadez-Rodela DOI</p> <ul style="list-style-type: none"> • Explore styles to organize positive learning environments at home. • Learn about the Los Angeles Unified Learning Play Cards with a simple explanation of the math standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities. • Practice downloading and using the concepts presented during the presentation and in the Play Cards.



WORKSHOP 11	
DATE	Thursday, JUNE 18 5:00 - 7:00 PM
PRESENTERS	<p>Greetings: Antonio Plascencia Co-Presenters: Reina Diaz Lydia Acosta Stephens MMED</p> <ul style="list-style-type: none"> • Learn how to use mail home resources and the English Language Development Play Cards to support your child's language development. • Practice at home activities to support English Learner continuity of learning.