

SASD PARENT UNIVERSITY

COURSE CATALOG
Fall Semester 2021-22

- **FREE!**
- **ONLINE OR IN-PERSON**
- **CHILDCARE AVAILABLE!**



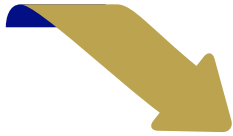
Supporting Parents

Supporting Students

Building Relationships

The South Allegheny School District values the active role that parents can take to support their students, their families, the school, and community. In order to better support this relationship, the District is implementing a parent education program. This "Parent University" will offer **free courses** throughout the school year so parents can become better equipped to support their child's learning.

Research has shown that parents can increase a child's **academic success** through their involvement with schools and communities. Parental involvement improves student morale, attitude, and academic achievement across all subject areas.

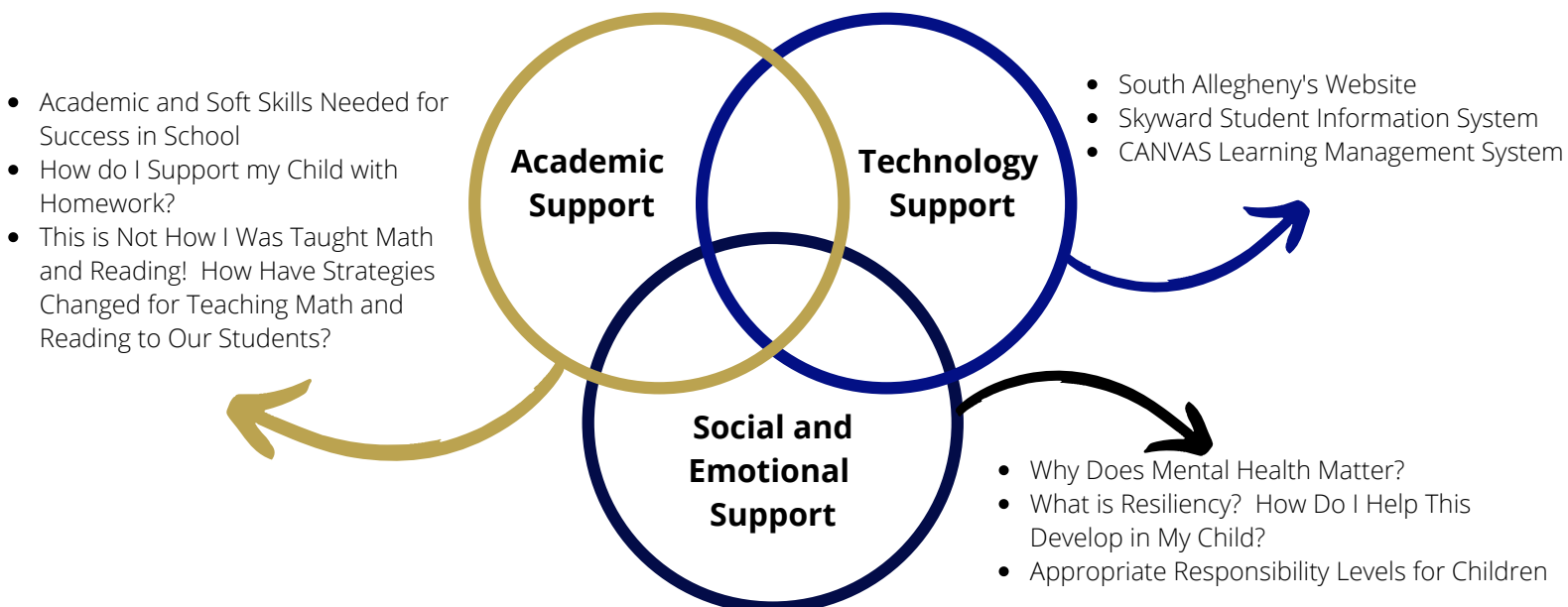


General Information

- Attendance for all sessions in a series is encouraged but not required.
- Pre-registration is encouraged to help us best prepare for the sessions, but not required.
- **If you are in need of childcare during the sessions, you MUST pre-register. Childcare will be provided by National Honor Society students in the MS/HS cafeteria. Drop off at 5:45 and pick up by 7:15.**
- Any adult can participate, i.e. parents, caregivers, family members
- Questions, please email Dr. Duval at lduval@southallegheny.org

[CLICK HERE TO REGISTER FOR ALL COURSES](#)

Course Offerings this Semester will fall into the three categories below:



Series topics were based on the survey responses which received the highest amount of interest.

Parent University Fall Semester 21-22

Learning Series Course Offerings

Navigating District Wide Digital Tools with Success (ONLINE SESSIONS)

This three-part series will assist you in how to navigate our District website, Skyward Student Information System, and CANVAS Learning Management System.

Learning Session 1: **South Allegheny's Website**

Tuesday, October 19, 2021 6:00pm - 7:00pm

Learning Session 2: **Skyward Student Information System**

Tuesday, November 16, 2021 6:00pm - 7:00pm

Learning Session 3: **CANVAS Learning Management System**

Tuesday, December 14, 2021 6:00pm - 7:00pm

South Allegheny's Website

Even if you have visit our website regularly, attending this session will still be worthwhile! Learn how to navigate and quickly find what you need (and maybe some things you didn't know you needed!) on the South Allegheny School District website. Also uncover the differences between the website and the mobile site. Finally, you will learn how to find and get support when you need it.

Skyward Student Information System

What exactly is Skyward? How do I get there? Why is it important that I am able to log in? What if I can't log in? What information can I find here? What else can I do here? How do I monitor my child's inforation and update it when needed? The answers to these and many other questions will be learned during this informational session about our District student management system, Skyward.

CANVAS Learning Management System

CANVAS was implemented during the 20-21 school year, but there are still many things parents and those who support our students can learn about this learning managment system. During this course, you will understand the purpose of a learning management system and what role it serves for your child's academic success. You will also learn how to navigate this application so you can best provide your child with additional support while they are not in school. Finally, participants will be able to walk away with a better understanding of how South Allegheny School District increases student engagement and 21st century skills through CANVAS.



Parent University Fall Semester 21-22

Learning Series Course Offerings

Supporting my Child's Social and Emotional Needs

This three-part series will assist you in understanding the social and emotional needs of students from kindergarten through high school, their levels of personal responsibility at each age span, and why mental health matters when it comes to academic success. **Sessions will be in partnership with Chestnut Ridge Counseling Services, Inc.**

Learning Session 1: **Why does Mental Health Matter? (IN-PERSON/ MS/HS Media Center)**

Thursday, October 28, 2021 6:00pm - 7:00pm

Learning Session 2: **What is Resiliency? How Do I Help This Develop in My Child? (ONLINE)**

Thursday, November 18, 2021 6:00pm - 7:00pm

Learning Session 3: **Appropriate Responsibility Levels for Children (ONLINE)**

Wednesday, December 15, 2021 6:00pm - 7:00pm

Why Does Mental Health Matter?

Mental Health in children and teens is an essential part of overall health. Good mental health is important for building relationships with others, achieving academic success, developing self-esteem, and promoting resilience to cope with stress. Please join us in a discussion designed to help you:

- Understand why Mental Health is important for your child
- Identify if your child may be experiencing difficulties and how to deal with those challenges
- Identify resources that are available to both you and your child

What is Resiliency? How Do I Help This Develop in My Child?

Is your child capable of working through challenges and coping with stress? Please join us as we strive to help you:

- Understand what Resiliency is and why it is important for your child
- Help you learn how to support your child when dealing with obstacles
- Teach your child how to bounce back from adversity

Appropriate Responsibility Levels for Children

Responsibility is very important for your child to learn and develop. Please join us in discovering how adding responsibilities to your child's daily routine by:

- Understanding what responsibilities are appropriate at each stage of development
- Learning how to help your child feel trusted and to take responsibility for their actions
- Discovering the parental influences that can help encourage this trait in your child



Parent University Fall Semester 21-22

Learning Series Course Offerings

Strategies and Supports for Academic Success (IN-PERSON SESSIONS/ MS/HS Media Center)

This three-part series will introduce the skills necessary for success at each grade level, where to go for help, and what the SASD has to offer you and your child.

Learning Session 1: **Academic and Soft Skills Needed for Success in School**

Wednesday, November 10, 2021 6:00pm - 7:00pm

Learning Session 2: **How do I Support my Student with Homework?**

Wednesday, December 8, 2021 6:00pm - 7:00pm

Learning Session 3: **This is Not How I Was Taught Math and Reading! How Have Strategies Changed for Teaching Math and Reading to Our Students?**

Wednesday, January 5, 2022 6:00pm - 7:00pm

Academic and Soft Skills Needed for Success in School

Do you often wonder why teachers teach the content they do? Learn about state standards, anchors and eligible content that is required by the state and federal government. Gain an understanding of standardized testing requirements and how those mandates impact your child's academic profile.

What exactly are "soft skills?" Soft skills are basically personality traits that are beneficial to a person's overall development. These skills can range from social graces and language skills, to cognitive/emotional empathy and leadership. These traits, important as they are, are not exactly measurable on a scale of 1 to 10, but they are important enough that parents should take the extra step in trying to develop them at an early age. Learn how to develop and enhance these skills that are critical to success. This can begin in very early years, and parents can also develop these skills at home. Learning and honing soft skills are essential for people to become more empathic and more adept at navigating interpersonal situations when they become adults, and are crucial in 21st century work environments.

How do I Support my Student with Homework?

Determine a "set" time. Limit distractions, create a homework space. Learn these and many more ideas that will allow your child to be successful when it comes to completing their work outside of school and decrease the negativity that comes with "that time of the evening."

This is Not How I Was Taught Math and Reading! How Have Strategies Changed for Teaching Math and Reading to Our Students?

If you are frustrated when your child comes home and it's math homework time and your first action is to pretend the house is on fire? We have an opportunity for you. Learn from fellow parents how to overcome math and reading homework anxiety for parents. We have trained parent teachers that think like a parent to share how they learned to understand new teaching concepts in math and reading. Learn from your peers to overcome the three most stressful words your child can say upon walking in the door, "I have homework!"