



CHARLES  
ARMSTRONG  
SCHOOL

## Parent Education Opportunities

2017-2018

Charles Armstrong School

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1405 Solana Drive, Belmont, CA 94002

650-592-7570 [www.charlesarmstrong.org](http://www.charlesarmstrong.org)



## 2017 - 2018 Parent Education

All Parent Education Events are held at Charles Armstrong School.

Date	Description
<b>September 25</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>October 3</b> 8:30-10:00am	<b>PARENT EDUCATION EVENT</b> Teaching Language in Small Groups at Armstrong RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>October 6</b> 8:30-9:30am	<b>ARMSTRONG ADHD PARENT SUPPORT GROUP</b> Location: Armstrong Campus RSVP to Kate Brownfield: <a href="mailto:kmbrownfield@yahoo.com">kmbrownfield@yahoo.com</a>
<b>October 20</b> 8:30-9:30am	<b>8th GRADE PARENT MEETING</b> High School Placement Check-in with Charlene Mercadante and Doug Killin RSVP to Lindsay Fabela: <a href="mailto:lafabela@charlesarmstrong.org">lafabela@charlesarmstrong.org</a>
<b>October 27</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>November 3</b> 9:00-11:00am	<b>ALUMNI PANEL</b> Informative meeting for 7th & 8th grade families featuring a Q&A session with Armstrong Alumni currently attending various high schools in the Bay Area. RSVP to Lindsay Fabela: <a href="mailto:lafabela@charlesarmstrong.org">lafabela@charlesarmstrong.org</a>
<b>November 16</b> 8:30-10:30am	<b>LD SIMULATION</b> This hands-on experience is designed to increase awareness of the frustrations that people with dyslexia encounter daily. <b>Limited to first 50 people</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>November 17</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>



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Date	Description
<b>January 5</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Common Sense Education</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>January 26</b> 8:30-9:30am	<b>ARMSTRONG ADHD PARENT SUPPORT GROUP</b> Location: Armstrong Campus RSVP to Kate Brownfield: <a href="mailto:kmbrownfield@yahoo.com">kmbrownfield@yahoo.com</a>
<b>February 12</b> 8:30-9:30am	<b>8th GRADE PARENT MEETING</b> High School Placement Check-in with Charlene Mercadante and Doug Killin RSVP to Lindsay Fabela: <a href="mailto:lafabela@charlesarmstrong.org">lafabela@charlesarmstrong.org</a>
<b>March 16</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>March 23</b> 8:30-9:30am	<b>ARMSTRONG ADHD PARENT SUPPORT GROUP</b> Location: Armstrong Campus RSVP to Kate Brownfield: <a href="mailto:kmbrownfield@yahoo.com">kmbrownfield@yahoo.com</a>
<b>March 27</b> 9:00-10:00am	<b>HIGH SCHOOL FAIR</b> Bay Area School Admissions staff will be on campus to answer your questions about their schools. RSVP to Lindsay Fabela: <a href="mailto:lafabela@charlesarmstrong.org">lafabela@charlesarmstrong.org</a>
<b>March 27</b> 10:00-11:00am	<b>MANDATORY 7TH GRADE PARENT MEETING</b> Preparing for the Transition to High School. Facilitators: Charlene Mercadante and Doug Killin RSVP to Lindsay Fabela: <a href="mailto:lafabela@charlesarmstrong.org">lafabela@charlesarmstrong.org</a>
<b>April 27</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>
<b>May 18</b> 8:30-9:30am	<b>PARENT EDUCATION EVENT</b> <b>Coffee with the Head of School, Jessica Miller</b> RSVP to Susanna Bonetti: <a href="mailto:sbonetti@charlesarmstrong.org">sbonetti@charlesarmstrong.org</a>

# Common GROUND

Common Ground Speaker Series is a parent education program dedicated to inspiring strong families and engaging school communities through distinguished speaker events.

The Common Ground Speaker Series is presented by a coalition of Bay Area schools committed to strengthening our families and communities through parent education. Our events are open and free of charge to the parents, faculty and staff of our 28 member schools. Guests not affiliated with a member school may attend for \$20 at the door.

## 2017-2018 Speaker Series Program

[WWW.COMMONGROUNDSPEAKERSERIES.ORG](http://WWW.COMMONGROUNDSPEAKERSERIES.ORG)

Check the website at <http://www.commongroundspeakerseries.org>

### **Behave: Why We Do the Things We Do**

**Speaker: Robert Sapolsky, Ph.D.**

#### **Dates and Locations:**

Wednesday, September 27, 2017 (9:30am): The Nueva School, Bay Meadows Campus  
131 E 28th Ave., San Mateo

Wednesday, September 27, 2017 (7pm): Sacred Heart School, 150 Valparaiso Ave., Atherton

Based on his latest book, *Behave: The Biology of Humans at Our Best and Worst*, celebrated neurobiologist and primatologist, Dr. Robert Sapolsky, will examine human behavior and attempt to answer the enduring question: Why do we do the things we do? Dr. Sapolsky will take us on a reverse journey in time from the precise moment that a behavior occurs back through millions of years of evolution, explaining the role of neurobiology, endocrinology, the environment, culture, ecology, individual childhoods, and genetic makeup and how these factors together ultimately lead to our culminating behavior. Dr. Sapolsky's witty and entertaining tour of the science of human behavior will enlighten parents about their children's behavior and why they act in ways that often leave parents baffled.

### **Creating Community and Connection Across Cultures**

**Speaker: Lee Mun Wah**

#### **Dates and Location:**

Tuesday, November 7, 2017 (9am): Harker Middle School, 3800 Blackford Ave., San Jose

Tuesday, November 7, 2017 (7pm): Woodside Elementary School, 3195 Woodside Rd., Woodside

"To go fast, you must go alone. To go far, we must go together." This African proverb captures the essence of community and connection on a very intimate level; yet, the question that still demands an answer is: How do we find a way to connect with each other when we live in such separate and divergent communities? How do we acknowledge and let go of the assumptions and stereotypes we have accumulated about those who are ethnically and culturally different from ourselves? How do we break the cycle of fear and distrust, so that we can come together authentically, both multi-culturally and in friendship?

These important issues must be openly discussed before we can truly come together at schools, as a community, and as a nation. There is no shortcut in the journey to create community and connection with those we do not know or understand. We each must take the time to walk each other home.

### **Peaceful Parents, Happy Kids**

**Speaker: Laura Markham, Ph.D.**

#### **Dates and Location:**

**Tuesday, January 30, 2018 (9:30am):** The Nueva School, Bay Meadows Campus 131 E 28th Ave., San Mateo

**Tuesday, January 30, 2018 (7pm):** Saint Andrew's Episcopal School, 13601 Saratoga Ave., Saratoga

Based on the latest research on brain development and clinical experience, Dr. Laura Markham will share how fostering an emotional connection with your child creates real and lasting change. When you have that vital connection, you can cultivate a parenting style that doesn't resort to threats, bribes, nagging or punishment. Parents know there is no one-size-fits-all approach to raising children as they move through the various developmental stages. Each stage comes with its own unique set of challenges and opportunities. Dr. Markham will explain the crucial necessity to always stay calm, parent with healthy limits, and provide empathy and clear communication to raise a self-disciplined child. Parents will learn to grow and evolve alongside their children's own growth and development.

### **Emotional Agility**

**Speaker: Susan David, Ph.D.**

#### **Date and Location:**

**Tuesday, March 13, 2018 (9:30am):** Gideon Hausner Jewish Day School, 450 San Antonio Rd., Palo Alto

**Wednesday, March 14, 2018 (7pm):** San Matthew's Episcopal Day School, 16 Baldwin Ave., San Mateo

Drawing on her extensive research, consultancy, and her own experiences, author of the highly acclaimed best-selling book *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*, Dr. Susan David will show how anyone can thrive in an uncertain world by becoming emotionally agile. Emotional agility is a roadmap for real behavioral change. By facing emotions and thoughts courageously and compassionately, with self-acceptance, clear-sightedness and an open mind, anyone can become unstuck, embrace change and move forward. Dr. David will be speaking about emotional agility and emotional intelligence as significant drivers of learning, creativity and well-being in children, and how these skills are best developed in school and at home.



# FREE 2017-2018 Community Education Classes at Children Health Council

650 Clark Way  
Palo Alto, CA 94304



## Sand Hill School & PEN Present

Kids learn differently.

These classes focus on learning differences, ADHD and Executive Functioning. Sand Hill School and PEN, both recognized leaders in addressing these issues, together present this special series. You'll get tips and strategies to help you support your child with learning and attention challenges.

*All Community Education classes listed occur on **Tuesdays, 6:30-8:00 pm**  
To sign up for classes go to [chconline.org/community-education](http://chconline.org/community-education)*

Date	Description
Tuesday September 19	<b>Social Emotional Learning:</b> Social Emotional Learning—Building on Your Child's Strengths
Tuesday, September 26	<b>Teen Mental Health</b> Helping Teens Cope with Anxiety
Tuesday, October 3	<b>Learning Differences</b> Social Emotional Resilience in Children with Dyslexia Fumiko Hoeft, MD, PhD, BrainsLENS at UCSF
Tuesday, October 10	<b>ADHD</b> Growing Up with ADHD (Panel of parents and their grown kids)
Tuesday, October 24	<b>Learning Differences</b> Does My Child Have a Reading Problem?
Friday, November 14	<b>Behavior</b> Tantrums, Tears and Tempers— Managing Your Young Child's Behavior
Tuesday, November 28	<b>Teen Mental Health</b> Parenting Wired Teens
Tuesday, December 5	<b>Anxiety &amp; Depression</b> How to Help Your Anxious Young Child
Tuesday, December 12	<b>Executive Functioning</b> Organization & Planning: Executive Function Strategies for Middle and High School Students
Tuesday, January 9	<b>ADHD</b> Strategies for Parents of Kids with ADHD
Tuesday, January 23	<b>Executive Functioning</b> Executive Functioning Skills in Elementary School

Date	Description
Tuesday, January 30	<b>Social Emotional Learning</b> The Healthy, Well Balanced Student Mary Hofstedt, Community Education Director, Challenge Success
Tuesday, February 6	<b>ADHD</b> What about Medication?
Tuesday, February 13	<b>Teen Mental Health</b> The Power of a Growth Mindset to Build Resiliency in Teens Anne Ehresman, Executive Director, Project Cornerstone
Thursday, February 27	<b>IEPs</b> Understanding Your Child's IEP
Thursday, March 13	<b>Executive Functioning</b> On Time, On Task, and Organized: Using Technology to Build Executive Function Skills Shelley Haven, ATP, RET, Tech Potential
Tuesday, March 27	<b>Learning Difference</b> Anxiety, ADHD & Reading– How do they Intersect? Robert Hendren, DO, UCSF School of Medicine
Tuesday, April 10	<b>Behavior</b> Responding to Your Teen's Challenging Behavior
Tuesday, April 17	<b>Anxiety &amp; Depression</b> Kids Who Worry
Tuesday, May 8	<b>Social Emotional Learning</b> The Neurobiology of Stress in Teens & Mindful Pathways to Heal John Rettger, PhD, Mindfulness & Early life Stress & Pediatric Anxiety Program, Stanford School of Medicine
Tuesday, May 15	<b>Teen Mental Health</b> Fostering Happiness Habits in Your Teen Randy Taran, Founder of Project Happiness
Tuesday, May 22	<b>Teen Mental Health</b> Moms & Teen Daughters: An Interactive Panel
Tuesday, May 29	<b>Anxiety &amp; Depression</b> The Challenges of Anxiety: How You can support Your Child
Tuesday, June 5	<b>Teen Mental Health</b> Gender Expression in Teens
Tuesday, June 12	<b>Teen Mental Health</b> LGBTQ Teens & Depression

For detailed description, location and times of each event, please visit [www.chconline.org/community-education](http://www.chconline.org/community-education)



## PARENTS HELPING PARENTS

### **Parents Helping Parents**

*Building Bright Futures for  
Children with Special Needs*

PHP's mission is to help children and adults with special needs receive the support and services they need to reach their full potential by providing information, training, and resources to build strong families and improve systems of care.

[www.php.com](http://www.php.com)

### **2017-2018 PHP Support Group Topics**

- Adult Children with Developmental Disabilities
- Advocacy in Education
- Anxiety and Mood Disorders
- Asperger Syndrome
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder
- Autism and Homeschooling Support Group
- Behavior that Challenges
- Cafecitos y Conversacion para Alma Especial
- Facilitated Communication Users Group: Loud Talking Fingers
- Fetal Alcohol Spectrum Disorder
- Japanese Families
- Learning Differences
- Older Child Adoption Support Group
- Parent Coffee
- Siblings for Adult Siblings
- Sibshops
- Vietnamese Support



Celebrating 50 Years



CHARLES  
ARMSTRONG  
SCHOOL

Charles Armstrong School was dedicated on October 5, 1968.  
This fall we begin a year-long celebration of our 50th Anniversary.

Please mark your calendar now for our Anniversary Weekend  
October 5 and 6, 2018.

We look forward to celebrating with you the accomplishments  
of our amazing school.

For more information,  
email  
[50th@charlesarmstrong.org](mailto:50th@charlesarmstrong.org)

or visit  
[Armstrongat50.org](http://Armstrongat50.org)

# Glossary of Professionals

- ◆ **Audiologist** – measures hearing ability and provides services for auditory training; offers advice on hearing aids.
- ◆ **Educational Consultant** – gives educational evaluations; familiar with school curriculum but may have a background in special education issues.
- ◆ **Educational Therapist** – develops and runs programs for learning and behavior problems.
- ◆ **Learning Disabilities Specialist** – a teacher with specific training and credentials to provide educational services to students with learning disabilities and their teachers.
- ◆ **Neurologist** – looks for possible damage to brain functions (medical doctor).
- ◆ **Occupational Therapist** – helps improve motor and sensory functions to increase the ability to perform daily tasks.
- ◆ **Pediatrician** – provides medical services to infants, children, and adolescents; trained in overall growth and development including motor, sensory, and behavioral development (medical doctor).
- ◆ **Psychiatrist** – diagnoses and treats severe behavioral and emotional problems and may prescribe medications (medical doctor).
- ◆ **Psychologist (Clinical)** – provides psychological and intellectual assessment and treatment for mental and emotional health.
- ◆ **School/Educational Psychologist** – gives and interprets psychological and educational tests; assists with behavior management; provides counseling; consults with parents, staff, and community agencies about educational issues.
- ◆ **Speech and Language Therapist** – helps children with language and speech difficulties.

See the Referrals and LD Resources list on the Armstrong website.

[www.charlesarmstrong.org](http://www.charlesarmstrong.org)

# Online Resources

- ◆ Charles Armstrong School: [www.charlesarmstrong.org](http://www.charlesarmstrong.org)
- ◆ Parents Education Network: [www.parentseducationnetwork.org](http://www.parentseducationnetwork.org)
- ◆ Common Ground: [www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)
- ◆ Parents Helping Parents: [www.php.com](http://www.php.com)
- ◆ The International Dyslexia Association: A non-profit dedicated to helping dyslexic individuals, their families, and their communities: [www.interdys.org](http://www.interdys.org)
- ◆ LD Online: [www.ldonline.org](http://www.ldonline.org)
- ◆ All Kinds Of Minds: Provides programs, tools, and a common language for parents to help students with learning differences achieve success: [www.allkindsofminds.org](http://www.allkindsofminds.org)
- ◆ Learning Disabilities Assoc. of California: In-depth education and healthcare information: [www.kidsource.com/LDA-CA](http://www.kidsource.com/LDA-CA)
- ◆ Dyslexia The Gift: [www.dyslexia.com](http://www.dyslexia.com)
- ◆ Learning Disabilities of America: [www.ldanatl.org](http://www.ldanatl.org)
- ◆ Wrightslaw: Special Education Law and Advocacy Resource: [www.wrightslaw.com](http://www.wrightslaw.com)
- ◆ Council for Exceptional Children: [www.cec.sped.org](http://www.cec.sped.org)
- ◆ Learning Ally: [www.learningally.org](http://www.learningally.org)
- ◆ Great Schools Net: [www.greatschools.org](http://www.greatschools.org)
- ◆ Decoding Dyslexia California: [www.decodingdyslexiaca.org](http://www.decodingdyslexiaca.org)
- ◆ Understood: [www.understood.org](http://www.understood.org)
- ◆ National Center for Learning Disabilities: [www.nclld.org](http://www.nclld.org)

# MISSION

Charles Armstrong School serves high potential students with language-based learning differences, such as dyslexia, empowering them to thrive as learners in school and life. Our faculty, staff, board and community are dedicated to our mission and the values of Charles Armstrong School.



## **Charles Armstrong School**

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Belmont, California 94002

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