



Ludlow Coffee Talks

Parent Education Opportunities

8:20-9:20am in the Ludlow Cafeteria on Fridays

- ❖ Arrive by 7:45am if you would like to eat breakfast with your child
- ❖ Parents can stop in after dropping off students
- ❖ Enjoy coffee bar choices
- ❖ Learn about various programs and topics to better support your child

Date	Topic	Grades
Jan 6	Understand the Importance of MAP & Supporting Your Child with the Results Why are MAP results so important? See how you can map your child's growth with their MAP results. Learn about resources to use at home to support your child's needs.	K-12
Jan 13	Supporting Our School as a Parent Volunteer: How Can You Help? Review the various options parents have to work at the school on a regular basis as a Parent Volunteer. Discuss the positive impact this has on your student.	P-6
Jan 20	Basic Health & CPR Training for Parents Review some very basic health and CPR tips for parents in order to keep every healthy at home. (Please note this is not a full CPR certification class)	P-12
Jan 27	Online Safety & Etiquette for Students & Adults In today's digital world, learn more about keeping your children safe from cyberbullying and online dangers. Discuss the importance of parent online behavior too.	P-12
Feb 3	De-Stressing Strategies Focus on our own mental health with yoga, stretching, and mindfulness. When you feel relaxed and happier, those around you will too!	P-12
Feb 10	How to Support My Child's Career Interest Options Using the ILP Tool All students in Grades 6-12 work in their ILP every year. This career-planning tool has a parent module too, so you can see your child's interests, career-planning goals, and a learning styles, future resume. Support your child with their goals through your feedback.	6-12
Feb 17	Give Open Parent Feedback on Surveys, Policies, Procedures Give us your opinion on our parent survey. Discuss ways to improve our schools by reviewing our parent compact and parent involvement/engagement policies.	P-12
Feb 24	How to Tackle Tough Conversations with Preteens/Teens Discuss the best practices of talking with your preteens/teens about tough topics.	6-12
Mar 3	Give Open Parent Feedback on Surveys, Policies, Procedures Give us your opinion on our parent survey. Discuss ways to improve our schools by reviewing our parent compact and parent involvement/engagement policies.	P-12
Mar 10	How to Support My Child's Career Interest Options Using the ILP Tool All students in Grades 6-12 work in their ILP every year. This career-planning tool has a parent module too, so you can see your child's interests, career-planning goals, and a learning styles, future resume. Support your child with their goals through your feedback.	6-12
Mar 24	Supporting My Child's Reading at Home See why reading at home is crucial to a child's academic success. Resources/strategies will be given.	P-12
Mar 31	De-Stressing Strategies Focus on our own mental health with yoga, stretching, and mindfulness. When you feel relaxed and happier, those around you will too!	P-12
Apr 7	Cooking as a Family Get everyone in the family involved in cooking meals! Try out some basic recipes and share tips on cooking together as a family. Discuss the importance of eating dinner regularly as a family.	P-12
Apr 28	Understand the Importance of MAP & Supporting Your Child with the Results Why are MAP results so important? See how you can map your child's growth with their MAP results. Learn about resources to use at home to support your child's needs.	K-12
May 5	Understanding the Spring KPREP & EOC Testing System See your child's testing schedule so you can better prepare them for testing days. Understand the areas in which your child is tested and what results will be given.	3-11

Tech Tuesdays

For Ludlow Parents & Guardians

What is Tech Tuesday?

Tech Tuesdays are an Open Lab time for Ludlow parents and guardians to access laptop computers, a wireless network/internet services, and a printer (with limited printing).

When and Where is Tech Tuesday?

Tech Tuesdays are open every Tuesday (that school is in session) in the cafeteria between 4:00 and 5:30pm.

What Can I Do at Tech Tuesday?

Possible Uses Include, but Aren't Limited To:

- ✓ Search for Jobs Online
- ✓ Complete job applications
- ✓ Create a résumé
- ✓ Check your child's grades in Infinite Campus
- ✓ Pay your bills online
- ✓ Create and access a free email account
- ✓ Complete college applications
- ✓ Complete the FAFSA for yourself or a child

If you would like assistance with a topic listed above, we are here to help!

You can request support from us by contacting Jenny McMillen at jennifer.mcmillen@ludlow.kyschools.us or 859-261-8210.

We will arrange for someone to assist you with your technology needs.

This Program is supported by the Ludlow 21st Century Community Learning Center Programs and the Ludlow Family Resource & Youth Service Center