

# Parent Academies & Family Events

## at Ludlow Independent Schools

### ● Updated 2<sup>nd</sup> Semester Schedule for 2022 ●

We want to connect more with our families!

Read through our Parent & Family Event Menu and circle a few events you'd like to attend!

Date	Topic	Grade
Jan 13 Feb 10	<b>Grandparents Raising Grandkids: Building Support &amp; Community</b> Find support and build community with others raising a grandchild of any age. Four sessions will cover topics that include building routines, discipline, generational issues, and self-care. Share your ideas with other grandparents, building your own supportive community. Snacks and babysitting available. Reserve your spot with Jordan Goodpaster: <a href="mailto:jordan.goodpaster@ludlow.kyschools.us">jordan.goodpaster@ludlow.kyschools.us</a> or 261-3223	P-12
Feb 22	<b>Raising a Reader</b> We've got some great parent packs to share with you! Attendees will learn some great ideas on how to better read together with their child in order to strengthen reading and vocabulary skills. You'll receive several books and resources to build your home library too! All parents can benefit from this series! Receive strategies and a book kit. Held in the cafeteria at 6:30 PM. Snacks and Babysitting available. RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	P-3
Feb 28 Mar 7	<b>Raising Resilient, Safe, and Healthy Kids</b> Ugh! What do I do with my preteen/teen?! Help get some solutions to common concerns and questions as your child grows up. Topics to include: teen brain development, positive teen relationships, social media issues and safety, building leadership and grit, drug/alcohol/smoking/vaping safety, self-esteem, and mindfulness. Share your best tips too! Parents are encouraged to attend both nights. Meet in the cafeteria at 6:30 PM. RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	4-12
Mar 10	<b>STEM is My Super Power: What's Yours?</b> Families are invited to join us for a night of exciting activities, games, and competitions that are all centered around STEM: Science, Technology, Engineering, and Math. We're sure you'll leave wearing a STEM cape, proud of your new super power! Parents will leave with tips, strategies, and materials to use at home to encourage STEM concepts and learning. Snacks served too! Runs 5:30-7:00 PM (can stop in anytime 5:30-6:30); start in cafeteria. No RSVP needed.	P-6
Mar 15 Mar 22 Mar 29 Apr 5 Apr 19 Apr 26	<b>Primetime Reading Series for Families</b> We are so excited to bring this new series to our Ludlow families! Families with 1 <sup>st</sup> through 5 <sup>th</sup> graders will enjoy dinner together, then some reading and discussion time. Our storyteller will read aloud the book to everyone, while the parents and kids follow along together in their own copy. We'll then have some great conversations afterward, helping young readers understand and discuss the book themes and ideas with their parents. Families will go home with LOTS of free books for their home libraries. When signing up, you are asked to try to commit to all 6 weeks. We'll introduce a new book each week! RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	1-5
Mar 24	<b>Planning for the 2022-2023 School Year</b> Pam Johnson will meet with students and parents of incoming 9 <sup>th</sup> through 12 <sup>th</sup> grades to review course scheduling and programs offered for the 2022-2023 school year. Topics will include course offerings/registration, off-campus programs available, graduation requirements, various leadership programs, the ACT, NHS, and GPAs. This will be packed full of important information you won't want to miss! Meet in the cafeteria at 6:00 PM. No reservation needed.	8-11
Mar 30 Apr 20	<b>Parent Book Club: 2<sup>nd</sup> Semester</b> We are looking for parents to join our Parent Book Club! Our second book: <i>Raising Good Humans</i> (by Hunter Clarke-Fields, MSAE). You'll receive a free copy of the book ahead of these dates. We'll meet on these two dates to discuss parts of the book. Let's all read and chat together to strengthen our parenting skills! Snacks and Babysitting available. We'll meet in the cafeteria at 6:30 PM. Reserve your book today! Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	P-12
Apr 6	<b>YouScience, Xello &amp; ILPs for Grades 7-8</b> Students will teach parents about their YouScience profiles (career aptitudes), Xello activities, their ILPs (Individual Learning Plans)! These are completed during PAWS Time on Fridays. This activity will allow for parents to learn A LOT more about their son/daughter's interests, learning styles, plans for the future, and career aptitudes and preferences. We'll also discuss high school programs related to careers. This evening starts at 5:45 PM in the cafeteria. Snacks will be served. Students should bring their laptop with them. RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	7-8
Apr 7	<b>YouScience, Xello &amp; ILPs for Grades 9-12</b> Students will teach parents about their YouScience profiles (career aptitudes), Xello activities, their ILPs (Individual Learning Plans)! These are completed during PAWS Time on Fridays. This activity will allow for parents to learn A LOT more about their son/daughter's interests, learning styles, plans for the future, and career aptitudes and preferences. This evening starts at 5:45 PM in the cafeteria. Snacks will be served. Students should bring their laptop with them. RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	9-12
Apr 25 Apr 28	<b>Stronger Together: A Parent-Student Series</b> We are very excited to add this new two-class series taught by THRIVE Empowerment Center! Safety, strength, empowerment, and communication will become a family affair in this parent-child workshop series. Mental, verbal, and physical techniques will be demonstrated and practiced to foster increased confidence, self-esteem, and resiliency. Activities will include using assertive and cooperative communication strategies and using risk assessment tools for emotional and physical safety. These new practices will benefit students into their teen years and beyond! Groups will meet 6:00-7:30 PM in the LHS Gym on both nights. When registering, each child should have at least one adult; two are fine. RSVP to Jenny McMillen: <a href="mailto:jennifer.mcmillen@ludlow.kyschools.us">jennifer.mcmillen@ludlow.kyschools.us</a> or 261-8210	6, 7, 8
May 5	<b>Transitioning to the 7<sup>th</sup> Grade at LHS</b> Get all of your questions answered about Ludlow High School and moving to the 7 <sup>th</sup> Grade! Ease your anxiety and learn more about your class schedule, changing classes, lockers, clubs/activities, and much more! A tour will be given too! Meet in the cafeteria beginning at 6:30 PM.	6