

## DS Challenge Success Upcoming Events

**Tuesday, March 20<sup>th</sup>, 6:30 – 8:30 pm**

***High School Teacher/Parent Forum***

***“Achieving Balance: How Do We Strengthen Student Voices and Promote Effective Communication?”***

- *How can parents and teachers help students learn to effectively self-advocate and take responsibility for their education?*
- *What is the best way to approach and communicate with teachers, students and parents, especially with challenging topics?*
- *What would teachers like parents to know so they can both best support their students' education and independence?*

**WHERE:** At the home of Pam & Joe LoDato, 32 Hartford Street, Dover.

**WHO:** Parents and Guardians of DSHS Students.

Space is limited and light refreshments will be served. If you are interested in attending, please sign up for this event here: <http://whoozin.com/3FH-E7P-34HQ>. Questions? Contact Pam LoDato at [pamlodato@gmail.com](mailto:pamlodato@gmail.com).

**Wednesday, March 21<sup>st</sup>, 6:30 pm – 8:30 pm**

***Middle School Teacher/Parent Forum***

***“Achieving Balance: How Do We Define and Measure Academic Success at DSMS?”***

- *Are the traditional ways of measuring success in grades and placement too limiting?*
- *Can we move to a more holistic approach that takes into account qualities like improvement, effort, kindness, happiness, balance, fulfillment, honesty, etc.?*
- *What is in our power to change as parents and educators?*

**WHERE:** At the home of Tracey Craig, 5 Annie King Lane, Dover

**WHO:** Parents and Guardians of DSMS Students.

Space is limited and light refreshments will be served. If you are interested in attending, please sign up for this event here: <http://www.signupgenius.com/go/10c0a4da5ae23ab9-achieving1>. Questions? Contact Brooke Matarese at [bmatarese@gmail.com](mailto:bmatarese@gmail.com).

*The High School and Middle School Teacher/Parent Forums were launched three years ago by the Dover-Sherborn teachers and are supported by the Parent Guidance Advisory Council and Challenge Success volunteers. These gatherings are designed to bring us together and enhance communication within our school community. At least one teacher will be paired with small groups of parents to facilitate discussion.*

**Tuesday, March 27<sup>th</sup>, 6:30 – 8:30 pm**

***“The Secret Life of Teens - A Talk with Jon Mattleman”***

*Don't miss this high-energy presentation that actively focuses on what teens are really thinking, what they fear, why they do not share more, and how adults can effectively support the teens in their lives. Jon will cover areas such as 'acting out' behaviors, drug and alcohol use, depression, suicide, and more. This event is sponsored by DS Challenge Success and SPAN-DS.*

**WHERE:** Mudge Auditorium, Dover-Sherborn High School

**WHO:** Parents and Guardians of Children Ages 11-21, as well as Members of the Community and Interested Stakeholders

Please register in advance here: <http://whoozin.com/PEE-DGD-Q463>. Questions? Contact Jennifer Lawrence at [lawrencejennifer05@gmail.com](mailto:lawrencejennifer05@gmail.com).

**Tuesday, April 10, 6:30 – 8:30 pm (rescheduled due to snow)**

***Lynn Lyons, LICSW***

***“Raising Courageous and Independent Youth: How To Break The Worry Cycle”***

*This not-to-be missed event teaches the seven concrete strategies that normalize worry and help families to respond and react to stress and anxiety in a more productive way. Lynn Lyons – a National Expert on Parenting, will be selling and signing her books after the presentation.*

**WHERE:**Mudge Auditorium, Dover-Sherborn High School

**WHO:**Parents/guardians AND students (age 13 and older)

Please register in advance here: <http://whoozin.com/FVD-WJT-UDAK>. Note: If you previously RSVP'd for the February date, your response is still valid and you do not need to RSVP again. However, if you RSVP'd for the February date and cannot attend on April 10<sup>th</sup>, please go into the Whoozin link <http://whoozin.com/FVD-WJT-UDAK> and amend your registration status. Questions? Contact Brooke Matarese at [bmatarese@gmail.com](mailto:bmatarese@gmail.com).

**Friday, May 4<sup>th</sup>, 7:00 – 8:30 pm**

**Challenge Success National** Spring Conference Evening Keynote Address:

***Good Enough Parent, Good Enough Child: How To Have an “Imperfect” Family and Be Perfectly Satisfied***, featuring Brad Sachs, Ph.D. and Denise Pope, Co- Founder of Challenge Success

- *What can parents do to ensure that the ideals of perfection and “success” do not get in the way of kids’ health, engagement in learning and strong connections with family, friends and community?*
- *How can we parent with patience, clarity, and resolve, and feel more compassionate towards our children – and also towards ourselves?*

*Dr. Sachs and Dr. Pope will share practical strategies to help parents embrace challenges as opportunities for growth for both generations.*

**WHERE:**Mudge Auditorium, Dover-Sherborn High School

**WHO:**Open to the Public

Note: Challenge Success National is charging a \$10 Fee to attend this event. For more information and to register, go to: <http://www.challengesuccess.org/good-enough-parent/>. Questions? Contact DS Challenge Success at [dschallengesuccess@gmail.com](mailto:dschallengesuccess@gmail.com)