



## Marysville School District's Family Engagement Focus on Student Academic Engagement and Social Emotional Health

We are in unprecedented times. It is more important than ever that we cultivate positive relationships with our students and families. In an effort to ease the stress and trauma that we are all experiencing, our district is proud to offer a series of family engagement opportunities around social emotional health and student academic engagement for the family. The Parent Bootcamp Series features conversations about AVID, stress and trauma - behavior conditioning fundamentals, and understanding stress, anxiety & fatigue to survive and thrive the holidays.

All courses have a limited number of seats – enroll today to reserve your spot! A link for the session will be forwarded to you upon registration.

To register, please contact Kate Moore at [kate\\_moore@msd25.org](mailto:kate_moore@msd25.org), or 360-965-0052.

### Featured Courses

- Stress and Trauma – Behavior Conditioning Fundamentals
- AVID – Academic language and Growth Mindset
- Marysville Together Coalition

.....

This programming is brought to you by the Title I/LAP Department at the Marysville School District. For any questions, please contact Andrea Wyatt, Director of Title I/LAP/McKinney-Vento/Foster Care/504s at [andrea\\_wyatt@msd25.org](mailto:andrea_wyatt@msd25.org), or 360-965-0053  
4220 80<sup>th</sup> Street NE, Marysville, WA 98270

#### Non-Discrimination Statement

Marysville School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to address questions and complaints of alleged discrimination: Civil Rights Coordinator - Gregg Kuehn, Risk Management Supervisor, [gregg\\_kuehn@msd25.org](mailto:gregg_kuehn@msd25.org), 360-965-0110; Title IX Officer – Tracy Souza, Executive Director of Human Resources, [tracy\\_souza@msd25.org](mailto:tracy_souza@msd25.org), 360-965-0071; Section 504 Coordinator, Andrea Wyatt, Director of Categorical Programs, [andrea\\_wyatt@msd25.org](mailto:andrea_wyatt@msd25.org), 360-965-0053; ADA Coordinator – Brad Roden, Director of Secondary Special Education, [brad\\_roden@msd25.org](mailto:brad_roden@msd25.org), 360-965-0175. Address: 4220 80th Street NE, Marysville, WA 98270. Website: [www.msd25.org](http://www.msd25.org) Marysville School District is a drug- and tobacco-free workplace. You can report discrimination and discriminatory harassment to any school staff member or to the district's Civil Rights Coordinator, listed above. You also have the right to file a complaint.



## Stress and Trauma – Behavior Conditioning Fundamentals

While the Pandemic has contributed to many changes and losses both financially and emotionally for all of us, it really is just the latest example of a building of pressure for families. So many things have gradually modified family dynamics and our perception of the world. The explosion of science in the last 25 years has resulted in research and data that allows us to better understand the process of protecting ourselves, our families, and by association, the health of our community. This series of Zoom webinars will progressively examine human biology, stress response, how we get conditioned by our environment and our family history, how the brain gets wired, and what happens in different developmental phases across the lifespan. Your guide for this series is Frank Grijalva MSPH, MSCC, Frank grew up adopted in an abusive family in the East Bay area surrounding Oakland in the 60s and 70s. After surviving childhood, he began a journey of self and world examination that has led to an academic journey around the world. Recently, Frank has presented to the World Diabetes Congress in Busan, South Korea, on the relationship between toxic stress and the expression of Diabetes. Frank has been working with Marysville School District and the Tulalip Tribes and surrounding communities for the last 5 years as a trainer, consultant, and coach.

### Stress and Trauma Schedule:

Stage 1: Recommended for Early Childhood

Stage 2: Recommended for Elementary

Stage 3: Recommended for Middle School

Stage 4: Recommended for High School

### Behavioral Conditioning Fundamentals

December 1, 3:00pm-4:00pm - Stage 2

December 3, 7:30pm-9:00pm - Stage 1

December 5, 8:00am-9:30am - Stage 4

December 5, 10:00am-11:30am - Stage 3

December 5, 1:00pm-2:30pm - Stage 2

December 5, 3:00pm-4:30pm - Stage 1

December 8, 3:00pm-4:00pm - Stage 4

December 10, 7:30pm-9:00pm - Stage 3

December 19, 8:00am-9:30am - Stage 1

December 19, 10:00am-11:30am - Stage 2

December 19, 1:00pm-2:30pm - Stage 3

December 19, 3:00pm-4:00pm - Stage 4

December 22, 3:00pm-4:30pm - Q & A



## **AVID – Advancement Via Individual Determination**

AVID is a college and career preparatory elective class that targets potential college and career students who are not enrolled in advanced classes and who are traditionally underrepresented in higher education. Marysville provides AVID classes schoolwide in every school in our district. AVID helps prepare students for college and career by teaching them student and organizational skills.

Amy Price is the Marysville School District AVID Coordinator, and has worked for the school district in this capacity for over eight years. Amy is passionate about helping students discover their ability to achieve, and sees AVID as an ideal method for giving students the tools they need to discover greatness in themselves.

### **AVID – Growth Mindset**

December 1, 2020: 6:00 – 7:30 PM

December 15, 2020: 6:00 – 7:30 PM



## **Marysville Together Coalition**

### **Understanding Stress, Anxiety & Fatigue To Survive and Thrive During The Holidays**

Understanding the impact of being overwhelmed by trauma and cumulative stress provides a foundation of developing a strategy of surviving and thriving during the holiday season. Insights and tips will be provided for caregivers, parents and individuals who wish to strengthen their management skills of stress and anxiety as we enter into the holiday season.

**December 8, 6:30 - 8 pm**

*Greg Kanehen was in the Marysville Community in the 1980s in education, and returned in 2002. The father of three adult kids, two of whom graduated from Marysville Pilchuck HS, he has a heart for the emotional, mental and physical health of families in the community. He has been involved as an educator, coach, family ministries pastor, and currently serves as the coordinator of the Marysville Crisis Support Team with Marysville Police and Fire, and as the Coalition Coordinator with the Marysville School District. In his role in crisis support, trauma informed care, emotional and psychological first aid is offered to individuals, families, businesses and organizations dealing with unexpected grief and trauma. He serves the county and Northwest ESD #189 as a suicide prevention trainer and trauma informed trainer. He brings to Guiding Good Choices a background that also includes assisting families improve in bonding and enhanced communication.*