



## 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 -Impact and Tools.

[Spanish Version, click HERE](#)  
[\(Versión Español presione AQUÍ\)](#)

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 Judy Tupen at [judith\\_tupen@msvl.k12.wa.us](mailto:judith_tupen@msvl.k12.wa.us) or 360-965-0052.

### Featured Courses

- Stress and Trauma - Impact and Tools
- AVID – Overview and Fixed vs. Growth Mindset



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

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## Impact and Tools

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.

[Spanish Version, click HERE](#)  
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### 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

### Impact and Tools

March 2, 3:00pm-4:00pm - Stage 2

March 4, 7:30pm-9:00pm - Stage 1

March 9, 3:00pm-4:00pm - Stage 4

March 11, 7:30pm-9:00pm - Stage 3

March 13, 8:00am-9:30am - Stage 4

March 13, 10:00am-11:30am - Stage 3

March 13, 1:00pm-2:30pm - Stage 2

March 13, 3:00pm-4:30pm - Stage 1

March 16, 3:00pm-4:00pm - Stage 1

March 18, 7:30pm-9:00pm - Stage 2

March 23, 3:00pm-4:30pm - Stage 3

March 25, 7:30pm-9:00pm - Stage 4

March 27, 8:00am-9:30am - Stage 1

March 27, 10:00am-11:30am - Stage 2

March 27, 1:00pm-2:30pm - Stage 3

March 27, 3:00pm-4:00pm - Stage 4

March 30, 3:00pm-4:30pm - Q & A



## Advancement Via Individual Determination

AVID is a kindergarten through postsecondary college and career readiness system that is designed to increase the number of students who enroll and succeed in higher education and in their career choices beyond high school. In Marysville, we implement AVID schoolwide in all of our elementary, middle, and high schools. In addition, we offer the AVID elective class in our middle and high schools. This class is intended for those students who have the desire to be successful and prepared for college and career options, but need additional academic and social support to maximize their potential.

Have you ever wondered why some children shy away from challenges and crumble at the first sign of a struggle? Maybe years of struggle or a few bad experiences have convinced your child that “I’m just not good at that”. During this health pandemic, it is easy for children and adults to fall into a “glass half empty” view of challenges and situations. Join this Parent Bootcamp AVID session and learn about having a fixed vs. growth mindset, how your child’s mindset influences their behaviors, motivation, and achievement, and what you can do, as a parent, to cultivate a growth mindset in your children. We will also talk about AVID and it’s central philosophy that all students...no matter what their background is...have not only the right, but the ability to succeed!

### **AVID Overview and Fixed vs. Growth Mindset**

March 16, 2021: 3:00-4:30 PM

*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.*

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Across the country parents are doing the best they can in these stressful times. Today’s society has significantly changed the way we interact, communicate and work. All of this has an impact on the way our children see the world and themselves in it. While many children will adapt well, many others are susceptible to the undesirable elements in the virtual world. These Zoom sessions are designed to help pull apart the influences that may be leading to problematic behavior. How the brain and the rest of the central nervous system adapt to the world is developmentally dependent, resourcing and creating safe predictable spaces and responses are more important now than ever before. Join Frank in small group conversations that examine the science of behavior modification as it applies to your unique situation.