

FIRST ANNUAL CSS PARENT CONFERENCE

Saturday, October 3rd, 2009

8:45am - 12:30pm in the school gym



We have lined up 3 fantastic speakers to address pertinent issues that were raised in the parent survey last June. All CSS parents are invited. Beverages and some light snacks will be served and we are planning to offer limited childcare for younger siblings (details on this will be forthcoming).

8:45 - 9:00 **WELCOME AND INTRODUCTIONS**

Time: **9:00-10:00**
Topic: **Adolescent Stress and Its Effects on Learning and Memory**
Speaker: **Ronda Knowles, B.A., B.Ed., M.A., R.Psyc.**

This session will address the myriad of changes experienced by students aged 11-15, specifically of a biological, emotional, social and educational nature. The physiological effects of stress on our students, in addition to normal developmental issues will then be examined. Both acute and chronic stress and their effects on adolescent learning and memory will be explored. Children facing ongoing stress due to parental divorce will be used as a specific issue. Proactive strategies for educators to help students reduce stress, maintain educational performance, and build resiliency will be provided.

10:00 - 10:15 **BREAK**

Time: **10:15-11:15**
Topic: **Drug and Alcohol Awareness**
Speaker: **Stacey McRae**

Navigating through adolescence can pose some daunting challenges for youth and parents. Fostering a drug resistant child depends on open, honest communication, accurate and up to date information, and a tool kit of effective strategies for addressing risky behaviours. Stacey is a counselor and program facilitator with AADAC and will introduce parents to the 'Kids and Drugs' Program that will continue through the remainder of the school year.

11:15 - 11:30 **BREAK**

Time: **11:30-12:30**
Topic: **An E-Risk Security Program for Adults**
Speaker: **Cst. Kathy Macdonald, M.O.M.**

Incidences of Internet luring are on the rise and desensitization and cyber bullying are real world problems initiated in the virtual world. The Internet posts millions of adult pages in the competitive pornography industry, and children are publicly posting private information about themselves, their friends and their family. Education will help protect us and our children. This presentation provides ideas to help adults face challenges and reduce risks while using the Internet. Kathy has worked 21 years with the Calgary Police Service and is currently working in the Crime Prevention Unit, and regularly presents at schools, industry events and international conferences on the topic of identity theft and Internet Safety. In 2005, the Government of Alberta awarded her with the Alberta Centennial Medal, recognizing her contributions to the community in the area of technology. In 2009, the Governor General appointed Kathy a Member of the Order of Merit of the Police Forces, an award recognizing her commitment and service to the community.

PLEASE RSVP BY WEDNESDAY, SEPTEMBER 30TH TO conferencersvp@calgaryscienceschool.com IF YOU PLAN TO ATTEND THE CONFERENCE. Please provide the following information in your rsvp:

- *number of attendees*
- *your name*
- *whether you require child care for younger siblings (and number of siblings)*