

King Philip, Norfolk, Wrentham and Plainville School Districts to Offer Parent Wellness Education Series This March

NORFOLK -- Superintendents Paul Zinni, David Raiche, Allan Cameron and Ingrid Allardi, and Regional Director of Wellness Dot Pearl, are pleased to announce that the districts will be hosting a series of parent wellness education events this March.

Throughout the month of March, a series of parent wellness presentations will be held for members of the King Philip, Norfolk, Wrentham and Plainville school communities. Each presentation will be hosted at night with industry experts discussing varying topics of students' wellness.

"We encourage parents and caregivers from all four school districts to take advantage of our upcoming parent wellness education series," Director Pearl said. "Each presentation features experts discussing unique topics in regard to wellness education. With the tips and information provided at these presentations, we are confident parents will have the tools necessary to better support their children."

"Supporting Your Child: Understanding & Responding to Behavior"

On **Thursday, March 3, beginning at 7 p.m.**, licensed mental health counselor (LMHC) Josh Lechter will virtually present "**Supporting Your Child: Understanding & Responding to Behavior.**"

"Are you tired of arguing back and forth with your child? Can you see no way out of power struggles? Can you not make a phone call without them constantly calling your name or literally poking you to get your attention? Are you worried about anxiety?" Parents and caregivers are invited to attend this brief presentation and training for tips, tools and skills for addressing these concerns.

The presenter, Plainville School Adjustment Counselor Lechter, brings over 20 years of experience in working with children, especially those with moderate to severe social-emotional learning needs. Lechter has been trained in, and trained others in, multiple behavior management and de-escalation curriculum and has previously been hired by the Department of Mental Health and the Department of Children and Families to conduct parent seminars.

Those interested in attending can access this presentation can do so virtually on Zoom through this [link](#). The password for the Zoom presentation is 998947.

"Raising Digital Natives"

Nationally recognized **digital safety expert Katie Greer** will present "**Raising Digital Natives**" on **Thursday, March 10**, beginning at **6:30 p.m. at the King Philip Regional Middle School, 18 King St., Norfolk.**

According to experts, kids spend an average of 7 ½ hours a day on some form of technology. Parents are invited to attend this presentation and learn the latest tech trends, safety issues and tips to help kids have a productive, healthy relationship with technology. Through the information and tips shared,

parents will be empowered to support their children in balancing the safe use of technology while setting expectations and understanding the ramifications of inappropriate use.

Earlier in the day, Greer will also share her presentation with King Philip students in grades 7-10 during the school day, however, the evening presentation is appropriate for interested parents of children ages 8-18 from all four districts.

"Shifting Gears: The Blunt Truth About Marijuana & Driving" will be presented by

Mark Schieldrop and Joanna Frageorgia of AAA Northeast and hosted by Healthy KP Substance Use Prevention Coalition on **Wednesday, March 16, at 7 p.m. at the King Philip Middle School Auditorium, 18 King St., Norfolk.**

This presentation, for both parents and students, is based on a curriculum aimed at raising awareness and increasing understanding of the dangers of driving while under the influence of marijuana created by AAA in collaboration with Brown School of Public Health researchers.

AAA's presentation will focus on the impact on the teenage brain, the physical and cognitive processes impacted with use, the potential consequences that can occur related to driving and explain why driving under the influence of marijuana is a crime.

Both parents and student drivers, or soon-to-be drivers, are encouraged to attend.

Anyone with additional questions should reach out to Director Pearl at pearld@kingphilip.org.