

# Parent Academies & Family Events at Ludlow Independent Schools

**We want to connect more with our families!**

**Read through our Parent & Family Event Menu and circle a few events you'd like to attend!**

| Date  | Topic   | Grade                  |
|---|---|------------------------|
| <b>Sept 23</b>                                | <p><b>Senior Parent Workshop</b></p> <p>Seniors and their parents/guardians are invited to this event that will give a tour of the senior year. Learn more about senior activities, graduation requirements, and items related to life after high school. Résumés, colleges applications, scholarships, FAFSA, financial aid, and other related topics will be discussed. Meet in the cafeteria beginning at 6:30 PM.</p>   | <b>12</b>              |
| <b>Nov 3</b>                                  | <p><b>Senior Parent FAFSA Workshop (Choose Nov 3 or Nov 6)</b></p> <p>Parents of seniors are invited to stop in the cafeteria between 5:30 and 7:30PM if they would like assistance filing the Free Application for Federal Student Aid (FAFSA). All seniors are encouraged to complete this application for financial aid if they are considering a 2- or 4-year college or program after graduation. Bring necessary tax materials and required documents to help complete! Contact Pam Johnson for info: pamelajohnson@ludlow.kyschools.us or 859-261-8211</p>   | <b>12</b>              |
| <b>Nov 6</b>                                  | <p><b>Senior Parent FAFSA Workshop (Choose Nov 3 or Nov 6)</b></p> <p>Parents of seniors are invited to stop in the cafeteria between 10:00 AM and 12:00 PM if they would like assistance filing the FAFSA. See details above from the Nov 3 listing.</p>   | <b>12</b>              |
| <b>Nov 11<br/>Dec 9<br/>Jan 13<br/>Feb 10</b> | <p><b>Grandparents Raising Grandkids: Building Support &amp; Community</b></p> <p>Find support and build community with others raising a grandchild of any age. Four sessions will cover topics that include building routines, discipline, generational issues, and self-care. Share your ideas with other grandparents, building your own supportive community. Snacks and babysitting available. Reserve your spot with Jordan Goodpaster: jordan.goodpaster@ludlow.kyschools.us or 261-3223</p>   | <b>P-12</b>            |
| <b>Nov 16</b>                                 | <p><b>Freshman &amp; Sophomore Year Bootcamp</b></p> <p>Parents of Students in Grades 9 and 10 are invited to join us to learn more about a variety of topics including our PAWS Program, Xello, KEES, GPA, looking ahead at off-campus programs offered by LHS, as well as planning now for resumes, college, and life after graduation. We'll meet in the cafeteria at 6:30 PM.</p>   | <b>9-10</b>            |
| <b>Nov 30<br/>Dec 13</b>                      | <p><b>Parent Book Club: 1st Semester</b></p> <p>We are looking for parents to join our Parent Book Club! Our first book: <i>How to Talk So Kids Will Listen &amp; Listen So Kids Will Talk</i> (by Adele Faber &amp; Elaine Mazlich). You'll receive a free copy of the book ahead of these dates. We'll meet on these two dates to discuss parts of the book. Let's all read and chat together to strengthen our parenting skills! Snacks and Babysitting available. We'll meet in the cafeteria at 6:30 PM. Reserve your book today! Jenny McMillen: jennifer.mcmillen@ludlow.kyschools.us or 261-8210</p>  | <b>P-12</b>            |
| <b>Dec 1<br/>Dec 8<br/>Dec 15</b>             | <p><b>Born Learning: December Series</b></p> <p>Parents with little ones, ages birth through 5 years, are invited to attend our December series of Born Learning. Learning starts for our little ones from Day 1! Get tips and strategies on helping your little panther by turning everyday activities into important learning moments. Topics will include reading with your child, building positive parenting skills, discipline, routines, and the importance of playtime. Materials and goodies for all parents and kids. Dinner and Babysitting too! Reserve your spot with Jordan Goodpaster: jordan.goodpaster@ludlow.kyschools.us or 261-3223</p>                               | <b>Birth - 5 Years</b> |
| <b>Dec 6<br/>or<br/>Dec 7</b>                 | <p><b>Cooking with Your Kiddos!</b></p> <p>Just in time with the holidays. We'll swap some recipes and ideas on how to build positive relationships with your kids through spending some time in the kitchen together. We'll cook/bake some together during the session, and you'll get to take items home to use in your kitchen too! Use these recipes, tools, and ideas over the Holiday Break when you have more time to spend together. Great door prizes too! Pick a date: December 6<sup>th</sup> or 7<sup>th</sup>. Both groups will meet in the cafeteria at 6:30 PM. Space is limited; Reserve your seat! Jenny McMillen: jennifer.mcmillen@ludlow.kyschools.us or 261-8210</p> | <b>P-12</b>            |
| <b>Jan 27</b>                                 | <p><b>Your 2022 Goal: Chair Yoga &amp; Mindfulness</b></p> <p>The start of the new year brings resolutions for many. Make one of your goals to add some stress-relieving practices to your life, as well as your child's! Parents and kids of all ages are welcome to start their yoga and mindfulness journey. We'll start in the cafeteria at 6:30 PM. No special attire, mats, or materials are needed. Just come ready to learn and relax, and allow that stress to melt away.</p>  | <b>P-12</b>            |
| <b>Jan 25<br/>Feb 22</b>                      | <p><b>Raising a Reader</b></p> <p>We've got some great parent packs to share with you! Attendees will learn some great ideas on how to better read together with their child in order to strengthen reading and vocabulary skills. You'll receive several books and resources to build your home library too! All parents can benefit from this series! Receive strategies and the kit during the first session, and follow-up with a check-in on the second session. Both dates will be held in the cafeteria at 6:30 PM. Snacks and Babysitting available. RSVP to Jenny McMillen: jennifer.mcmillen@ludlow.kyschools.us or 261-8210</p>  | <b>P-3</b>             |
| <b>Feb 3<br/>Feb 9</b>                        | <p><b>Raising Resilient, Safe, and Healthy Kids</b></p> <p>Ugh! What do I do with my preteen/teen?! Help get some solutions to common concerns and questions as your child grows up. Topics to include: teen brain development, positive teen relationships, social media issues and safety, building leadership and grit, drug/alcohol/smoking/vaping safety, self-esteem, and mindfulness. Share your best tips too! Parents are encouraged to attend both nights. Meet in the cafeteria at 6:30 PM. RSVP to Jenny McMillen: jennifer.mcmillen@ludlow.kyschools.us or 261-8210</p>  | <b>4-12</b>            |
| <b>Mar 1<br/>Mar 8<br/>Mar 15</b>             | <p><b>Born Learning: March Series</b></p> <p>Parents with little ones, ages birth through 5 years, are invited to attend our March series of Born Learning. Learning starts for our little ones from Day 1! Whether you attended the December series or not, you are still invited! Get tips and strategies on helping your little panther by turning everyday activities into important learning moments. Materials and goodies for all parents and kids. Dinner and Babysitting too! Reserve your spot with Jordan Goodpaster: jordan.goodpaster@ludlow.kyschools.us or 261-3223</p>  | <b>Birth - 5 Years</b> |
| <b>Mar 16</b>                                 | <p><b>STEM is My Super Power: What's Yours?</b></p> <p>Families are invited to join us for a night of exciting activities, games, and competitions that are all centered around STEM: Science, Technology, Engineering, and Math. We're sure you'll leave wearing a STEM cape, proud of your new super power! Parents will leave with tips, strategies, and materials to use at home to encourage STEM concepts and learning.</p>   | <b>P-6</b>             |
| <b>Mar 29<br/>Apr 19</b>                      | <p><b>Parent Book Club: 2nd Semester</b></p> <p>We are looking for parents to join our Parent Book Club! Our second book: <i>Raising Good Humans</i> (by Hunter Clarke-Fields, MSAE). You'll receive a free copy of the book ahead of these dates. We'll meet on these two dates to discuss parts of the book. Let's all read and chat together to strengthen our parenting skills! Snacks and Babysitting available. We'll meet in the cafeteria at 6:30 PM. Reserve your book today! Jenny McMillen: jennifer.mcmillen@ludlow.kyschools.us or 261-8210</p>  | <b>P-12</b>            |
| <b>Apr 6</b>                                  | <p><b>YouScience, Xello &amp; ILPs</b></p> <p>Students will teach parents about their YouScience profiles (career aptitudes), Xello activities, their ILPs (Individual Learning Plans)! These are completed during PAWS Time on Fridays. This activity will allow for parents to learn A LOT more about their son/daughter's interests, learning styles, plans for the future, and career aptitudes and preferences. This evening starts at 5:45 PM in the cafeteria. Snacks will be served. Students should bring their laptop with them.</p>  | <b>7-12</b>            |
| <b>May 5</b>                                  | <p><b>Transitioning to the 7<sup>th</sup> Grade at LHS</b></p> <p>Get all of your questions answered about Ludlow High School and moving to the 7<sup>th</sup> Grade! Ease your anxiety and learn more about your class schedule, changing classes, lockers, clubs/activities, and much more! A tour will be given too! Meet in the cafeteria beginning at 6:30 PM.</p>   | <b>6</b>               |