

PARENTING SERIES

The Hampshire Regional School District (HRSD) announces its spring calendar of workshops for parents. The workshops are part of the District's plan to encourage dialogue between parents and schools on topics of substance use prevention, bullying, safety and parenting strategies. The topics were identified by families on a previous school survey.

“Bullying: A Community Approach”

The HRSD invites all parents, guardians and community members concerned about bullying and anti-social behavior in the school community to attend the first program in the series, “Bullying: A Community Approach.” The program will be held at the HRHS auditorium on **Thursday, March 11th from 6:30 - 8:00 pm.**

The interactive program will be facilitated by Amy Scully, Hampshire Regional High School guidance counselor and panelists will include Dr. Craig Jurgensen, Hampshire Regional School District Superintendent, Patricia Clem, Hampshire Regional High School Principal and HRHS guidance staff.

“Internet Smart and Safe”

The next program, “Internet Smart and Safe” will offer parents and guardians a glimpse into the online lives of young people. The Internet's “super highway” runs right through the middle of our children's lives. It opens up a world of entertainment, communication and educational opportunities. However, it also allows direct access to people and web sites that can expose kids to age-inappropriate content and risky social contacts.

Cynthia Boyle of the Northwest District Attorney's Office and Kim Florek, the Director of Information and Technology for the Hampshire Regional School District will lead the audience in a lively discussion about what children are doing online and what every parent and guardian should be aware of.

Participants will become familiar with web sites that are popular with the youth in our communities. Topics covered will include: social networking sites, online gaming, instant messaging and cyber bullying. On line safety tips and family contracts regarding internet use will also be discussed as important tools for keeping our young people safe while online.

To learn more about what children are doing online and what every parent/guardian should be aware of, we invite you to attend this workshop on **Wednesday, March 31st** at the Hampshire Regional High School Media Center from 6:30 to 8:00 PM.

Parents, guardians and community members are invited to attend all programs. There is no charge for the programs and childcare is available by contacting Mary Phelan, Health Education Coordinator at mphelan@hr-k12.org or 527-7200.