



Lunch 'n Learn



Thursday, February 23
11:30 am to 1:00 pm

Held at the Board of Education Administration Offices across from Elizabethtown Middle School

SERVING UP FRESH WORKSHOPS

These engaging and informative, 45-minute workshops will help parents/guardians significantly improve their interactions and communication with their children and other youth. You are guaranteed to leave our workshops with new tools that you can begin using immediately.

Session 1

FREE

Study Skills that Support Your Child

When “try harder” and “hurry up and finish” isn’t working, it’s time for strategic study habits! Join us as we explore the Top Habits of highly effective students. Study habits are the same as any other habits...they need to be made so routine it seems strange to not do these. Great study habits = successful students and families!

Session 2

FREE

Health and Wellness for Your Child

Eating disorders, obesity and diabetes are on the rise in this country. It's no wonder then that many parents despair when they see their child choosing junk foods loaded with sugar. Yet when parents intervene, they often find themselves engaged in a power struggle with their child that makes the problem worse rather than better. This workshop helps parents feed their children in healthy ways. You will also learn how you can bring Fuel Up to Play 60 to your school.

Session 3

FREE

Teacher Conferences: What to Ask

Did you know that parental involvement is a strong predictor of academic success? Teachers want you to attend conferences and be involved in your children’s school lives. This is an exciting opportunity for both you and the teacher.

Dine with us while learning how to help your child be academically successful. You can bring your own lunch or enjoy one of our bagged lunches.

For more info, call (910) 862-4136 ext. 18

