

Fall 2018



# Parent Quest

A WDMCS Community Education Program



**A free learning opportunity!**

Academics  
Cultural Awareness  
Health and Wellbeing  
Parenting  
WDMCS 101  
and More



## Welcome to ParentQuest!

Partnering with parents and other caring adults as they navigate each child's unique path to success in school and life.



Visit <https://bit.ly/2PQiUrw> for more information.





# ParentQuest

A WDMCS Community Education Program

**ParentQuest** was developed to support parents and other caring adults by providing free learning opportunities that positively impact children's success in school and life. Each child's path to success is unique, and ParentQuest will offer relevant opportunities to help parents along the way.

## WDMCS Community Education

Learning Resource Center  
3550 Mills Civic Parkway  
West Des Moines, IA 50265  
515-633-5001 | [www.wdmcs.org/commed](http://www.wdmcs.org/commed)



## Silver Cord 101

All incoming ninth-graders are invited to participate in the Silver Cord program beginning the summer following their eighth-grade year. We will cover the purpose of the Silver Cord program, requirements and guidelines, the online tracking system, and how your child can sign up and start volunteering. The last half an hour will be a Q&A session. Facilitated by Cyndi Bonus, Silver Cord Coordinator, and Rosemary Brandt, Service Learning Coordinator.

Monday, 10/1, 6:30-8 p.m. Learning Resource Center, Fairmeadows Room. #WDM01

## Breaking Up is Hard to Do

Divorce is hard enough by itself. This class will help you understand the process and potential pitfalls. It will cover topics like how to choose an attorney, custody issues, child support, and equitable division of assets such as 401K pensions, social security, and alimony. Course taught by professionals.

Thursday, 10/4 6:30-8:30 p.m. Learning Resource Center, Fairmeadows Room. #PAR07

## Understanding Social Media

Are you struggling to keep up with your child's social media accounts? The world constantly evolving, with new apps and ways to connect with others. This course will offer parents basic tips and resources for managing their child's social media habits and being informed on the latest and greatest apps available. Class led by Carrie Jacobs, WDMCS Online Learning Coordinator.

Monday, 10/8, 6:30-8 p.m. Learning Resource Center, Hillside Room. #PWEL04

## Advanced Learners: Who Are They and How Do We Meet Their Needs?

Advanced learners do not all fit neatly into the same category. Each student has unique learning needs that are met in a variety of ways throughout the school day. Learn more about how we collaborate with stakeholders to meet the varied needs of advanced learners. This class is led by Jen McLaughlin, Extended Learning Program (ELP) teacher at Jordan Creek Elementary and Dr. Kristine Milburn, ELP District Coordinator.

Thursday, 10/11, 6:30-8:00 p.m. Learning Resource Center, Fairmeadows Room. #WDM03

## 3 Principles Workshop

The 3 Principles are a simple concept of examining our own mental functioning, which can have a life-changing effect on our experiences. We will look at the 3 Principles through the lens of education and impact on our students who are growing up bombarded with information through social media. Parents and students are welcome. Class taught by Valley Southwoods Principal Mitch Kuhnert and WDMCS teacher Ben Stein.

Saturday, 10/13, 8:00 a.m.-3:00 p.m. Learning Resource Center, Community Room. #PWEL03

## Parenting with Love and Logic®

Parenting with Love and Logic teaches practical "how-to" approaches. Learn how to set limits, reduce power struggles, encourage responsibility, and improve decision-making skills. Course taught by Erin Willoughby, Learning Supports/Family Engagement with WDMCS.

- 10/15 Session 1: Putting an End to Arguing, Back Talk, and Begging
- 10/22 Session 2: Teaching Responsibility Without Losing Their Love
- 10/29 Session 3: Setting Limits Without Waging War
- 11/5 Session 4: Avoiding Power Struggles
- 11/12 Session 5: Guiding Kids to Own and Solve Their Problems
- 11/19 Session 6: Teaching Kids to Complete Chores...Without Reminders and Without Pay

Mondays, 10/15-11/19, 5:30-7:30 p.m. Hillside Elementary, 1119, MC (Main)



## College Planning

Become empowered and take an inside look at preparing for college. This course offers a comprehensive program covering high school preparation, activities, resumes, ACT/SAT testing, college visits, application timing, college choices, factors in choosing a college, scholarships, and financial aid. Class taught by MacKenzie Gersdorf and Tony Wieland, Valley High School counselors.

Thursday, 10/25 6:30-8:00 p.m. Learning Resource Center, Fairmeadows Room. #PAR08

## Healthy Co-Parenting

Parents will learn how to communicate more effectively with their co-parent and will be provided tools to deal with the most common challenges faced by co-parents. Topics discussed will include: communication, resolving issues with your co-parent, responsibilities, boundaries, money, and trust. Time will be allowed for a question and answer session. This class is facilitated by Kimberly Stamatelos, an attorney and mediator in West Des Moines who has 35 years experience assisting divorcing couples.

Thursday, 11/1, 6:30-8 p.m. Learning Resource Center, Fairmeadows Room. #PAR06

## BeAware WDMCS: What Our Kids Tell Us About Alcohol and Drugs

Do you wonder what it's like to be a teen in today's world? Our students give a behind-the-scenes glimpse through the Iowa Youth Survey. Shahna Janssen, Director of Community Education at WDMCS, will review what our sixth-, eighth-, and 11th-graders said about their perceptions and experiences around alcohol and drugs and how parents can have a positive impact. Class taught by Shahna Janssen, WDMCS Community Education Director.

Thursday, 11/8, 6:30-7:30 p.m. Learning Resource Center, Fairmeadows Room. #PWEL02

## Learning with Your Eyes Shut

This course explores the foundational skills of early reading with a focus on how parents can support young learners to be ready for school. Course led by Shana Olson, Elementary Instructional Coach at WDMCS.

Monday, 11/5, 6:30-8:00 p.m. Learning Resource Center, Fairmeadows Room. #PWEL01

## Project Based Learning

What does Project-Based Learning look like in the West Des Moines Community Schools? Come see how our Project-Based Learning Network (formerly New Tech) schools approach education in the classroom differently than the conventional methods. Parents will become versed in the specific learning outcomes, and our focus on 21st century skills. We will learn together why there is a need to teach skills and technology beyond the content standards to prepare our learners no matter their pathway. Course taught by Justin Miller, Thought Partner for the WDMCS Project-Based Learning Network.

Tuesday, 11/13, 6:30-8 p.m. Learning Resource Center, Fairmeadows Room. #WDM02

## PBIS for Parents

This course will focus on understanding the Positive Behavior Intervention and Support (PBIS) system that is used in many schools. Parents will learn how PBIS fosters social and emotional learning by developing common expectations and providing students positive feedback to support their mastery of the expectations. Course led by Shana Olson, Elementary Instructional Coach at WDMCS.

Tuesday, 11/27, 6:30-8:00 p.m. Learning Resource Center, Fairmeadows Room. #WDM04



The following classes are held at the West Des Moines Public Library on the first Friday of each month, October-December. Led by Jessica Pierce, WDMCS Early Childhood Parent Educator, classes are geared toward parents of young children, birth through preschool. Parents can learn while their children play with Imagination Playground blue blocks. Refreshments will be provided each session.



Registration is required through the West Des Moines Public Library website at [www.wdmlibrary.org](http://www.wdmlibrary.org).

### Gender

What does society tell us about "girl" and "boy" things? How can we help our children navigate these ideas? This class will explore removing gender labels. Kelley Kelting, founding member of "Little Rainbows of Des Moines," will share her family's personal journey of gender identification.

Friday, 10/5, 11 a.m.-noon

### Siblings

Is it sibling rivalry or sibling love? Almost 80 percent of children grow up with at least one brother or sister. Let's look at sibling relations and their impact on children's development.

Friday, 11/2, 10-11 a.m.

### Anxiety/Mental Illness in Early Childhood

Most chronic mental health disorders begin in childhood, with 20 percent of children experiencing a mental health or learning disorder. How can we help support our anxious children? Dr. Jennifer Ulie-Wells from Please Pass the Love will join us.

Friday, 12/7, 10-11 a.m.

# Register Today!

- Registration procedures vary by opportunity, so please read each opportunity carefully.
- Registration is taken on a first-come basis.
- If registering close to the start of class, call or check the website to confirm that space is still available.
- Send registration forms back to WDMCS Community Education, not your child's school.
- If you are no longer able to attend the class, please contact Community Education so your spot can be released.

## Confirmations

If an email address is provided, a confirmation will automatically be sent. If not, please request a confirmation when registering.

## Questions?

Call 515-633-5001 or email [communityeducation@wdmcs.org](mailto:communityeducation@wdmcs.org).

## Locations

- Learning Resource Center, 3550 Mills Civic Pkwy., West Des Moines
- Hillside Elementary, 713 Eighth St., West Des Moines
- West Des Moines Public Library, 4000 Mills Civic Pkwy., West Des Moines

## Four Ways to Register

### Online

[bit.ly/wdmcs-parentquest](http://bit.ly/wdmcs-parentquest)



### In Person

at the Learning Resource Center, 3550 Mills Civic Parkway in West Des Moines between the hours of 8 a.m. and 4:30 p.m.



### By Mail

Learning Resource Center  
LEARNwest  
3550 Mills Civic Parkway  
West Des Moines, IA 50265-5556



### By Phone

Call 515-633-5001 between 8 a.m. and 4:30 p.m. Please complete the registration form before calling to avoid delays.

Visit <https://bit.ly/2PQiUrw> for more class opportunities.

## ParentQuest Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_\_

How did you hear about us?

Flyer    Facebook    Website    Friend    Instructor    Other \_\_\_\_\_

1. Class Name \_\_\_\_\_ Code \_\_\_\_\_ Class Begins \_\_\_\_/\_\_\_\_/\_\_\_\_

2. Class Name \_\_\_\_\_ Code \_\_\_\_\_ Class Begins \_\_\_\_/\_\_\_\_/\_\_\_\_

3. Class Name \_\_\_\_\_ Code \_\_\_\_\_ Class Begins \_\_\_\_/\_\_\_\_/\_\_\_\_

### Photo Permission

I prefer NOT to be photographed for future use in publications, website, social media, or local media and newspapers.