During this time of learning at home for our students, the Los Angeles Unified is offering the following workshop series for parents and families. It is important to empower ourselves with the necessary tools to support our children and be mindful of self-care during this time. The workshop series will present valuable information, and practice strategies with you to use with children in various grade levels. Each workshop is accessed on Zoom by using the following link and password, as well as phone number:

https://zoom.us/j/93587208187?pwd=QnIptjU3L3lrddjg5TGZXSUdmcGJkQT09
Webinar ID: 935 8720 8187  Password: 2020
Phone: 646 558 8656  Webinar ID: 935 8720 8187

If you join the workshop by phone, email questions during the presentation at families@lausd.net.

**Los Angeles Unified Workshop Series**

**Transition to Summer Learning for Families**

During this time of learning at home for our students, the Los Angeles Unified is offering the following workshop series for parents and families. It is important to empower ourselves with the necessary tools to support our children and be mindful of self-care during this time. The workshop series will present valuable information, and practice strategies with you to use with children in various grade levels. Each workshop is accessed on Zoom by using the following link and password, as well as phone number:

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**WORKSHOP 1**

**Tuesday, MAY 19**

**5:00 - 6:30 PM**

**Session I/4: Stress Management & Emotional Wellbeing**

Don’t Judge a Book by Its Cover: We don’t know what others are experiencing, kindness can help a wrinkled heart.

**Greetings:**
Heidi Mahmud
Co-Presenters:
Alejandra Acuna
Norma A. Ramirez
School Mental Health

**PRESENTERS**

- **Learn** how to identify and manage our emotions and the benefits this has on our relationship with our children.
- **Define** what emotions are and how a “feelings thermometer” is helpful in the identification of and managing emotions.
- **Promote** ways we can cope with this crisis as well as guide and support our children.

**WORKSHOP 2**

**Thursday, MAY 21**

**5:00 - 7:00 PM**

**Accessing Family Resources on Los Angeles Unified Webpages: Academic, Wellness and Public Agencies**

**Greetings & Co-Presenters:**
Andrea Canty
Antonio Plascencia
PCS

**PRESENTERS**

- **Learn** about important webpages at the Los Angeles Unified with district, non-profit and government resources available to support our families.
- **Practice** linking to the Los Angeles Unified Parent Portal, local district offices and school sites.
| WORKSHOP 3 | Tuesday, MAY 26 5:00 - 7:00 PM | Session 2/4: Stress Management & Emotional Wellbeing  
When life gives you lemons, make lemonade: *Every experience is a lesson learned.*  
• **Learn** skills to manage our stress, which benefits our body, behavior and feelings.  
• **Define** what toxic stress is and how the body keeps the score.  
• **Promote** ways to improve our emotional wellbeing during seasons of high stress. |
|---|---|---|
| Greetings: Heidi Mahmud  
Co-Presenters: Alejandra Acuna Norma A. Ramirez  
School Mental Health | PRESENTERS |  
| DATE | PRESENTERS |  
| | | |

| WORKSHOP 4 | Thursday, MAY 28 5:00 - 7:00 PM | Session 1/2: Learn How to Use Mail Home Resources to Support English Learners  
• **Learn** how to use mail home resources to support your child’s language development and reinforce current distance learning with teachers.  
• **Practice** using helpful mail home handouts and strategies to support your child’s language development. |
|---|---|---|
| Greetings: Dr. Danny Dixon  
Co-Presenters: Reina Diaz Lydia Acosta Stephens  
MMED | PRESENTERS |  
| DATE | PRESENTERS |  
| | | |

| WORKSHOP 5 | Friday, MAY 29 3:00 - 5:00 PM | First Steps to Navigating the Internet & Connecting to Your Child’s Progress Using the Los Angeles Unified Parent Portal (Beginners)  
• **Learn** how to register and create online accounts: email, online learning sites, and clouds such as Google Drive to help with saving important documents.  
• **Practice** the process to register and use the Los Angeles Unified Parent Portal & Schoology. |
|---|---|---|
| Greetings: Antonio Plascencia  
Co-Presenters: Jose Escalante Antonio Hernandez  
PCS & PLS | PRESENTERS |  
| DATE | PRESENTERS |  
| | | |
## Los Angeles Unified Workshop Series: Transition to Summer Learning for Families

<table>
<thead>
<tr>
<th>WORKSHOP 6</th>
<th>Tuesday, JUNE 2 5:00 - 7:00 PM</th>
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<tbody>
<tr>
<td>DATE</td>
<td>Session 3/4: Stress Management &amp; Emotional Wellbeing</td>
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<tr>
<td></td>
<td>In the midst of difficulty lies opportunity: <em>We can bounce back from life’s inevitable setbacks.</em></td>
</tr>
</tbody>
</table>
| PRESENTERS | Greetings: Heidi Mahmud  
|            | Co-Presenters: Alejandra Acuna  
|            | Norma A. Ramirez |
|            | • **Learn** about resilience (to recover and adjust from difficulty) as well as the skills and resources for being resilient.  
|            | • **Practice** ways we can increase our resilience and model this for our children. |

## WORKSHOP 7

<table>
<thead>
<tr>
<th>DATE</th>
<th>Thursday, JUNE 4 3:00 - 5:00 PM</th>
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<tbody>
<tr>
<td></td>
<td>Session 1/2: Supporting English Language Arts at Home - It’s More Than Reading and Writing!</td>
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</tbody>
</table>
| PRESENTERS | Greetings: Heidi Mahmud  
|            | Co-Presenters: Traci Ausby  
|            | Jakell Bell  
|            | Carrie Berger  
|            | Lourdes Puyol  
|            | DOI |
|            | • **Learn** about 5 major areas of child development that support student success in school and how parents can support their children - body, mind and soul.  
|            | • **Learn** about the Los Angeles Unified Learning Play Cards with a simple explanation of the reading and writing standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities.  
|            | • **Practice** downloading and using the concepts presented during the presentation and in the Play Cards. |

## WORKSHOP 8

<table>
<thead>
<tr>
<th>DATE</th>
<th>Tuesday, JUNE 9 5:00 - 7:00 PM</th>
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<tbody>
<tr>
<td></td>
<td>Session 4/4: Stress Management &amp; Emotional Wellbeing</td>
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<tr>
<td></td>
<td>Reignite your light: <em>Do what makes you smile.</em></td>
</tr>
</tbody>
</table>
| PRESENTERS | Greetings: Heidi Mahmud  
|            | Co-Presenters: Alejandra Acuna  
|            | Norma A. Ramirez  
|            | School Mental Health |
|            | • **Learn** about mood-lifting activities that promote the balance and wholeness of our mind, body, spirit, and emotions.  
<p>|            | • <strong>Identify</strong> family and cultural behaviors, rituals, and practices that support our well-being and the wellness of our family. |</p>
<table>
<thead>
<tr>
<th>WORKSHOP 9</th>
<th>Standard English Learners: Supporting the language and literacy needs of students at home</th>
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<tbody>
<tr>
<td>DATE</td>
<td>Thursday, JUNE 11 5:00 - 7:00 PM</td>
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</tbody>
</table>
| PRESENTERS | Greetings: Dr. Danny Dixon  
Co-Presenters: Andre Spicer  
Jessica Thomas  
DOI AEA |
|            | • **Explore** research-based ways to support and enhance the language and literacy development of Standard English Learners.  
• **Learn** about *Constructive Conversation Tools* to independently build on ideas (knowledge, agreement, and solution).  
• **Learn** about the *Common Rules List* for identified Standard English Learner groups.  
• **Practice** ways to support the concept of the *whole child*. |

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<thead>
<tr>
<th>WORKSHOP 10</th>
<th>Supporting Math at Home - It’s More than Adding, Subtracting, Multiplying and Dividing!</th>
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<tbody>
<tr>
<td>DATE</td>
<td>Tuesday, JUNE 16 3:00 - 5:00 PM</td>
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</tbody>
</table>
| PRESENTERS  | Greetings: Heidi Mahmud  
Co-Presenters: Carrie Berger  
Norma Cantu  
Helen Kim  
Lourdes Puyol  
Lillian Valadez-Rodela  
DOI |
|            | • **Explore** styles to organize positive learning environments at home.  
• **Learn** about the Los Angeles Unified Learning Play Cards with a simple explanation of the math standards students master in Kindergarten through Eighth grade and how parents can support at home with fun activities.  
• **Practice** downloading and using the concepts presented during the presentation and in the Play Cards. |

<table>
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<tr>
<th>WORKSHOP 11</th>
<th>Session 2/2: Mail Home Resources &amp; English Language Development Play Cards for English Learners</th>
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</thead>
<tbody>
<tr>
<td>DATE</td>
<td>Thursday, JUNE 18 5:00 - 7:00 PM</td>
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</tbody>
</table>
| PRESENTERS  | Greetings: Antonio Plascencia  
Co-Presenters: Reina Diaz  
Lydia Acosta Stephens  
MMED |
|            | • **Learn** how to use mail home resources and the English Language Development Play Cards to support your child’s language development.  
• **Practice** at home activities to support English Learner continuity of learning. |