

# Parent Education Night

Supporting Parents and Families

Join Us - Parents and Students

**FREE AND FUN EVENT**

**Date: Thursday, December 3rd, 2009, 6:30-8:30 p.m.**

**Place: Keller Elementary Gym**

**13820 108th Ave. N.E., Kirkland, WA 98034**

## **GET FIT FAIR**

A fun time for parents and students! Learn about great afterschool programs at Keller and in the community geared to keeping children active and healthy. Participate in “get fit” challenges and watch demonstrations from past Jr. Jazzercise participants, Keller Hot Dog USA Jump Ropers and more...

### **Demonstration Times (approximates)**

Jr. Jazzercise 6:45 – 7:00

Martial Arts (North Kirkland Community Center) 7:15 – 7:30

Hot Dog USA Jump Rope Team 7:45 – 8:15

### **Get Fit Challenge Times (approximates)**

6:30 - Hoola – Hoop

8:15- Jump Rope Speed

**Be sure to visit the “Heathy Snack” Table outside the Gym!**

**Proceeds will be used to help pay for 6th Grade Camp (a tradition that has been at Keller for many years!)**

**Bring a couple bucks with you to help out the sixth grade class!**



[www.helenkellerPTA.org](http://www.helenkellerPTA.org)

[KellerParentEd\\_Tina@hotmail.com](mailto:KellerParentEd_Tina@hotmail.com)

**KellerCares**

# ***“Giving parents what they want— a way to help their children succeed.”***

## **What is Parent Education?**

**Parent Education Nights** are sponsored by the Keller PTA and Lake Washington School District PTSA Council. Throughout the year we offer presentations, seminars and other opportunities for parents to come together and learn about specialized topics relevant to students in Kindergarten through Grade Six. Some topics apply to the general community while others support topics that Keller has decided to focus on with their students. Programs are designed not only to benefit the child, but the parent and the whole school community.

### **Helen Keller PTA Parent Education Goals:**

- To grow healthy families and children
- To provide educational resources for parents
- To encourage parent involvement in their child’s educational experience
- To build a community of involved and interested parents

We have some great presentations this year and hope to see all of you at some point.

### **SAVE THE DATE!**

All Parent Education Nights will be held at Keller in the Library or Gym (unless otherwise noted) from 7:00 - 8:30 with social time from 6:30 - 7:00.

#### **Thursday, December 3rd, 2009, Get Fit Fair (Keller Gym) - Fun Begin at 6:30 and ends at 8:30**

A fun time for parents and students! Learn about great afterschool programs at Keller and in the community geared to keeping children active and healthy, participate in “get fit” challenges and watch demonstrations from past Jr. Jazzercise participants, Hot Dog USA Jump Ropers and more...

#### **Thursday, January 14th, 2010 Birds + Bees + YOUR Kids, by Amy Lang (Keller Gym)**

Are you wondering when you should start talking to your kids about the birds and the bees? Are you unsure of what to say and how to say it? Do you *have* to have these conversations with your kids? Come find out the answers to these and many other questions on **January 14th** and join us for a lively and engaging lecture with parent and sexual health educator Amy Lang, MA. It's not about one "talk" it's about continuing the conversation with your kids. Come and learn compelling reasons to start the conversation early and how to keep it going throughout your child's adolescence. PARENTS ONLY!

**Thursday, March 18th, 2010, Presentation: TBD**

**Thursday, May 6th, 2010, Presentation: TBD**

**Keep your eye on the PTA Parent Education webpage for more information about the above topics and Parent Education at Keller and in the community.**

Visit [www.helenkellerpta.org/parent-education.htm](http://www.helenkellerpta.org/parent-education.htm)

**Questions:** Contact Tina Millican, Keller Parent Education Coordinator at