



DEXTER COMMUNITY SCHOOLS

Christopher Timmis, Ed.D., Superintendent
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October 5, 2017

Dear DCS Parents and Community,

Thank you for a wonderful start to the school year. As a community school district, we value offering opportunities to everyone in our community. One example is a series of parent education workshops we've been scheduling.

Our topics currently scheduled are:

- Technology and the Impact on Mental Health
- Parenting with Love and Logic
- Strategies to Improve Academic Achievement

We are working on additional workshops and topics throughout the year. Information will be available for future workshops in our weekly events list email.

Please see the following page for more information on each session.

Thank you for your commitment Dexter kids and Go Dreads!!!

Sincerely,

Christopher Timmis, Ed.D.
Superintendent



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"TECHNOLOGY AND THE IMPACT ON MENTAL HEALTH"

WEDNESDAY, OCTOBER 18, 7:00 - 8:30 PM

Location: Mill Creek Cafeteria

A growing body of research from a variety of disciplines indicates that the widespread use of digital technology – including computers, the internet, video games, and smart phones – has a measurable, negative impact on the development and adaptation of the human brain, resulting in significant changes in our sleep, mood, concentration, memory and learning, as well as behaviors such as risk-taking and aggression. This effect appears to be more pronounced for the younger generation of so-called "digital natives": those who have been using digital technology and social media during their critical stages of neurological development. This is a presentation that we suggest parents rearrange their schedules to attend. All parents are strongly encouraged to attend this important presentation.

Dr. Scott Becker is the Director of Counseling Services at Michigan State University. He received his Ph.D. in clinical psychology from Miami University in Oxford, Ohio in 1995 following his doctoral internship at the University of Notre Dame. Over the past twenty-two years he has worked at a number of universities, including Xavier University, the University of Oregon, and the University of Rochester. Dr. Becker contributed the psychological commentary to the biography, *The Life and Ideas of James Hillman*, and he is the editor of the forthcoming book, *Inhuman Relations*, Volume 7 of the Uniform Edition of Hillman's writings. Dr. Becker's clinical and academic interests include archetypal psychology, trauma, grief and loss, and multiculturalism. Over the past four years he and his partner, Aislinn Sapp, have developed an integrative model that addresses the negative impact of digital technology on psychological and neurological development. He has presented this work at MSU; in national and regional webinars, conferences, and workshops; and in lectures and publications at the Dallas Institute of Humanities and Culture.

Aislinn Sapp, MA, LLP, has her Master's degree in clinical psychology and completed her doctoral coursework and doctoral internship at the University of Rochester, where she later served as a staff therapist in the University Counseling Center. Ms. Sapp has worked at MSU for the past 8 years and currently serves as the Conduct and Retention Specialist in the Office of the Vice President for Student Affairs and Services. In her clinical work, she specializes in the treatment of complex trauma and PTSD, and she has research and assessment specialties in child and adolescent development and motivational theory.

Back to School Y5-6th Grade Parent Education Series

Thursdays, September 28, October 12, and October 26 from 6:00-7:30pm
Child care and dinner provided!

The Parent Education Series is sponsored by the Education Foundation of Dexter, in conjunction with Bates, Cornerstone, Wylie and Creekside. Please join us in the Cornerstone cafeteria for 3 sessions as behavior specialist Karen Wagnon shares her expertise on relevant parenting and family topics. Pizza dinner will be served at each session for families. Child care will be provided by DHS students. *Space is limited, so please sign-up soon. More detail about each session is below.



Strategies to Increase Productivity at Home: Solving the People Puzzle This introduction to relationship dynamics for parents is a fun, informative, humorous look at our everyday human behavior. Understanding keys to the "People Puzzle" allows us to understand ourselves and our children in order to create better relationships, build self esteem, and increase academic achievement while reducing stress in the home.

Thursday, September 28

Thursday, October 12

Parenting with Love and Logic Love means giving our children opportunities to be responsible and empower them to make their own decisions. Logic means allowing them to live with the natural consequences of their mistakes and showing empathy for the pain, disappointment and frustration they will experience. Based on the program developed by Jim Fay and Dr. Charles Fay, Ph.D.



Strategies to Improve Academic Achievement Research has shown that low achievers think very differently about success and failure than high achievers. How can we motivate underachieving kids? In this session we will take a look at the causes and solutions to repair the thought process in the underachieving student to move them on to believe they have what it takes to succeed.

Thursday, October 26

***To sign-up, access Payscale through Bates, Cornerstone, Wylie, or Creekside. Cost is \$25/family for all 3 sessions. Please contact any Y5-6 building principal with questions.**