



SELA Interactive Parent Workshops

Research shows that children's academic, social, and emotional outcomes are better when their parents are engaged in their growth and development. New for the 2023-2024 school year, SELA is hosting Interactive Workshops once a month for parents to learn more about a variety of topics relating to the growth, development, and academic advancement of children of all ages! These workshops are designed to build skills and knowledge by first allowing participants to gain understanding of key concepts, and then provide the opportunity to reflect on what those concepts can bring to the participants' own family.

All workshops will take place one Thursday per month, from 4:30-5:30pm, and the location will vary between SELA's Hingham and Norwell locations.

September 9/21 (Hingham - Elementary Cafeteria): The SELA Child: Creative/Confident/Bilingual

Come join SELA Directors as we discuss what it takes to make a Creative, Confident, and Bilingual SELA student! You will get an inside look at our hands on EGE and Elementary Curriculum, learn tips for helping to foster independence among children, as well as understanding what goes into teaching and learning a second language in an Immersion Program. Whether you are new to the program, or have been with SELA for years, this is a wonderful opportunity to learn more about what sets SELA students apart!

October 10/5 (Hingham - Elementary Cafeteria): Promoting Kindness Within the School Culture

In today's world, it's essential for children and parents alike to equip themselves with the skills and knowledge needed to navigate the challenges of bullying and conflict. We will cover topics such as identifying different forms of bullying, effective communication, conflict resolution techniques, and fostering a culture of kindness and respect. We'll provide parents with the tools they need to support their child's social and emotional development, enabling them to thrive academically and socially. Don't miss this opportunity to strengthen your family's ability to handle conflicts, promote empathy, and create a harmonious school experience for your child. Together, we can build a brighter, more compassionate future for our children.

November 11/16 (Hingham - Elementary Cafeteria): Infant/Pediatric CPR & First Aid

Join SELA's Health Department for a brief overview and demonstration of 'Infant Choking, CPR and First Aid Practices'. This is **not** formal training and will not lead to any certification but is designed to go over general safety practices that are beneficial for all caretakers of infants and young children.

January 1/11 (Norwell- Gym): Healthy Kids and Healthy Families Workshop

Join SELA Norwell's neighbor – Leslie Delaney who is a Certified Integrative Nutrition Health Coach, with extensive experience in creating wholesome, exciting, and delicious menus for individuals and families. She will be here to talk to SELA parents about healthy food choices. She will teach how to read labels and educate on why some foods look healthy but really are not. Bring your child's favorite snack item from your pantry if you would like and let's learn more about it! Ask questions and get useful information about making healthy choices. Leslie will share ideas and ways to make wholesome, exciting, and delicious menus for individuals and families.

February 2/1 (Hingham - Elementary Cafeteria): SEL at SELA: Understanding the What, Why, and How of SEL

Social Emotional Learning (SEL) is a critical part of academic learning. Current research shows us that as students are emotionally self-aware and can self-manage their emotions, their academic engagement and success increase. Parents and caregivers are children's first teachers, and therefore they are key partners in helping build children's social and emotional competence. This role can be strengthened with broader awareness of SEL and what it means. Come join us to learn more about exactly what SEL is, and how SELA helps to foster this type of learning in our students of all ages.

March 3/21 (Norwell- Gym): Potty Training

Potty training is an exciting time for you and your child! This milestone of independence and freedom for children and parents is wonderful. When and how to help your child learn to use the potty depends on how ready your child is, as well as your own beliefs and values about toilet training. There is not one "right" way or one "right" age to learn, however there are some key developments that must take place prior to your child being successful in the potty-training process. SELA Directors and Nurses will help parents navigate this developmental milestone and give tips and tricks for a successful and stress free process.

April 4/25 (Hingham- Elementary Cafeteria): Internet Safety & Digital Literacy

In today's digital age, it's crucial to equip children and their parents with the knowledge and tools needed to navigate the online world safely and responsibly. We will cover essential topics such as online privacy, safe internet browsing, recognizing and dealing with cyberbullying, and fostering healthy screen time habits. Through interactive workshops and practical tips, parents and young learners will gain the confidence to make informed decisions about their digital lives.

Additional Information:

Please sign up for as many workshops as you would like, based on what is most meaningful for your family and your child(ren). Each workshop is free of charge and is open to families enrolled in any of SELA's programs, but has a limited number of participants, so RSVP is required. These are parent only workshops, so we ask that students and siblings please remain at home.

Please click [HERE](#) to RSVP and save your spot!

Any questions, please feel free to reach out to your program Director. We look forward to seeing you all there!