



West Ada  
SCHOOL DISTRICT

## **West Ada School District Parent Education Classes for 2021-2022**

### **Love and Logic Parenting Class– Open any district parent(s)/guardian(s)**

This is a six-week session of Love & Logic for parents who are interested. Love & Logic is a parenting approach that provides parents with an opportunity to gain practical and proven tools for raising respectful and responsible kids.

Location: Cecil D. Andrus Elementary – 6100 Park Meadow Dr., Boise, ID 83703

Time: 6:00 – 8:00 pm

Class Dates: Tuesdays, starting September 28, 2021 - runs 6 weeks

Facilitator: Natalie Dalos, School Counselor

Class fee: \$15

Registration Deadline: September 20, 2021

\*Limited to 12 parents

### **Love and Logic Parenting Class – open to any district parent(s)/guardian(s)**

I will be offering a six-week session of Love & Logic at Frontier Elementary for any West Ada School District parents who are interested. Love & Logic is a parenting approach that provides parents with an opportunity to gain practical and proven tools for raising respectful and responsible kids. Classes will begin Monday October 11<sup>th</sup> from 6-8 pm in the Frontier gymnasium and will be held weekly. The last class will wrap up on Monday November 15<sup>th</sup>. The cost of the class is \$15 per person/couple (to cover the cost of the workbook). The class will be limited to 20 people/couples in order to maintain proper social distancing. Given that this class is on school property, masks will be required. Please email [Buffington.sara@westada.org](mailto:Buffington.sara@westada.org) in order to reserve your spot!

Location: Frontier Elementary – 11851 Musket Dr., Boise, ID 83713

Time: 6:00-8:00 p.m.

Class Dates: Mondays—October 11, 18, 25 and November 1, 8, & 15

Facilitator: Sara Jo Buffington, School Counselor

Class Fee: \$15 per person/couple (Fee covers the cost of the class workbook)

Register by contacting Sara Jo Buffington at Frontier Elementary School  
Buffington.

Registration Deadline: October 1, 2021 – or until full

"Teaching Our Children Social-Emotional Skills" is a self-paced online class with 8 lessons based on The Zones of Regulation and the 12 Tools of Toolbox.

Counselors Karla Holmes, Quyann Kerby, and Laura Minogue present lessons and resources on how parents can teach their children valuable social-emotional skills including:

- Self-Awareness
- Emotional Regulation
- Empathy
- Listening
- Communication
- Problem-Solving
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These lessons are geared toward K-6 graders, but parents can learn how to model these skills for students of any age.

[https://teams.microsoft.com/#/school/files/General?threadId=19%3A7XhIwE5Jq7IjeV2Iz\\_v9w6JRYM7luUWhaabfnlejONA1%40thread.tacv2&ctx=channel&context=FINAL%2520CLASS%25208%2520Lessons%2520and%2520Resources&rootfolder=%252Fsites%252FParentEdSocial-EmotionalSkills%252FShared%2520Documents%252FGeneral%252FFINAL%2520CLASS%25208%2520Lessons%2520and%2520Resources](https://teams.microsoft.com/#/school/files/General?threadId=19%3A7XhIwE5Jq7IjeV2Iz_v9w6JRYM7luUWhaabfnlejONA1%40thread.tacv2&ctx=channel&context=FINAL%2520CLASS%25208%2520Lessons%2520and%2520Resources&rootfolder=%252Fsites%252FParentEdSocial-EmotionalSkills%252FShared%2520Documents%252FGeneral%252FFINAL%2520CLASS%25208%2520Lessons%2520and%2520Resources)