

Please see below for an invitation for all parents:
All Events will be held at St. Julia 6770 Historic Trail

The St. Julia Pro-Grant Parent Engagement Speaking Tour

The St. Julia School Council applied to receive a Pro-Grant from the Ministry of Education and we received \$1000 for this school year. Three amazing speakers have been booked to share their expert tips with the parents in our community.

Mark your calendars...

Thursday, January 26th at 7 p.m.

Speaker: Ronald Morrish

Topic: Top 10 Ways to Parent a Successful, Responsible Child of Character

Are you **tired of bargaining with your children** just to get a little co-operation? Are you **frustrated by their lack of respect**? Then join us for a special evening with international speaker Ronald Morrish to learn practical strategies for teaching your children to be responsible and co-operative.

Ronald Morrish has been an **educator and behaviour specialist for almost 40 years**. He has written and published three books, has made **over 2000 presentations to parents** and teachers internationally, and has made over 50 radio and television appearances. His book, *Secrets of Discipline*, was one of five books selected for Family Talk Radio's reading list. Family Talk Radio is heard in 38 states.

Wednesday, February 1st at 7 p.m.

Speaker: Michael Reist

Topic: Raising Kids in a New Kind of World

From Facebook to Xbox, **children and teenagers are living in a social environment very different from the one their parents and teachers grew up in**. How do we raise our children in such a new world? What are the new rules? Do any of the old rules still apply? This thought-provoking workshop will deal with some of the most pressing issues facing parents and teachers today... **the internet, video games, bullying, keeping the lines of communication open, and many others**.

Michael Reist is a teacher with **over 30 years experience in the classroom** and is a frequent speaker to parent groups and education conferences across Canada. His **work has been featured on CBC, TV Ontario, Today's Parent Magazine, the National Post and the Toronto Star**.

Tuesday, March 6th 7 p.m.

Speaker: Cara Rosenbloom R.D.

Topic: Raising Healthy Eaters – Nutrition Tips for Parents of Children Aged 5 to 15

Are your kids out the door before breakfast is on the table? Are chips considered a snack? Have you become a short-order cook in your own kitchen to suit picky palates? Dietitian Cara Rosenbloom can help solve these mealtime problems with tried-and-true nutrition tips from her 12 years as a dietitian and 5 years as a mom. **This session will offer valuable insights on topics**

including the best beverages for kids, whether your child needs a multivitamin, the importance of family meals, getting the kids involved, picky eaters, snacks versus treats, and much more.

Prior to starting her own nutrition communications company, Words to Eat By, in 2007, Cara worked as a dietitian at **The Hospital for Sick Children**. Recognized by the media as an authority on nutrition, Cara is a **featured columnist at Canadian Living Magazine** and a **blogger for CTV News**. She has appeared as a guest on TV programs including **CTV News, CityLine, Global News and Breakfast Television**.