

# Alta Vista School Council Speaker Series



Alta Vista School Council is pleased to launch this year's Speaker Series, beginning February 2013, on a range of topics of interest to our parent community. **All events are free.**

Events take place in either the Library or Gym and are open to both school and community members.

While an RSVP is not required, an email to [AltaVistaSC@gmail.com](mailto:AltaVistaSC@gmail.com) indicating your interest in attending would be appreciated to allow us to plan for space.

## UPCOMING TOPICS

Thur. February 28  
7-8:30pm

[The Child Who Worries: How to Help Your Anxious Child](#)

Thur. March 28  
7-8:30pm

[Childhood Nutrition: Healthy Eating and Food Intolerances](#)

Thur. April 25  
7:30-8:30pm

[Drugs and Alcohol: Tips on How to Talk With Your Children](#)

Thur. May 23  
7-8:30pm

[Becoming an Approachable Adult: Handling the Birds, Bees and Beyond](#)

## **The Child Who Worries: how to help your anxious child**

**Thursday February 28, 7-8:30pm**

*Speaker: Dr. Megan Harrison*

Does your child worry a lot? Do you think that his/her worries and anxieties sometimes get in the way of him/her having fun, participating in activities, or achieving at school? Join Dr. Megan Harrison, Pediatrician from the Division of Adolescent Medicine at CHEO, to learn practical tips on how to help your child with their worries and anxieties. Examples of anxiety workbooks and relaxation techniques will be discussed as ways of teaching your child how to manage anxiety. We will also discuss how to recognize red flags and warning signs that a more serious anxiety disorder or other mental health disorder is going on. There will be ample time for Q&A and discussion.

## **Drugs and Alcohol: tips on how to talk with your children**

**Thursday April 25, 7:30-8:30pm** *(note later start time)*

*Speaker: Dr. Mark Norris*

Dr. Norris is a pediatrician who specializes in Adolescent Medicine at CHEO. He works with youth and teens who experiment with drugs and alcohol, and some who abuse substances. He specializes in a family-centered approach, coaching families on how to support their children. In this interactive session you will learn: 1) about the common substances used by youth; 2) how to talk about drugs and alcohol with your kids; 3) how to recognize warning signs in your children; 4) how to keep an open dialogue with your children about experimentation and high risk behavior. Dr. Norris will welcome any questions.

## **Childhood Nutrition: Healthy Eating and Food Intolerances**

**Thursday March 28, 7-8:30pm**

*Speaker: Dr. Vivienne Guy*

Nutrition is the foundation for health and food choices affect how your child can get through his or her day. Dr. Vivienne Guy, ND, local Naturopathic Doctor will discuss how to include great nutrition in your family's daily life and tips for feeding the picky eaters in your home. You will learn what foods will set your child up for an energetic and attentive day at school.

We will also discuss how foods might negatively impact your child. If he or she is tired often, gets frequent colds, or has trouble focusing they may be having reactions to some foods they are eating. Dr. Guy knows first hand the real-life trials of catering to individual food intolerances as she and her family have been managing them for years.

## **Becoming an Approachable Adult: Handling the Birds, Bees and Beyond**

**Thursday May 23, 7-8:30pm**

*Speaker: Laura-Lee MacDonald, B.S.W., R.S.W.*

So, your child has come to you with a sex question and you are not sure how to answer them. This is normal. Maybe your values clash with the possible answers, maybe you don't know the answer, or maybe you just don't want to deal with the subject at all. It may be hard to do, but you know you must be there for your kids. If your child comes to you with questions, they have reached out to you because they trust you and feel you can help. If you don't help them, they may get bad information from elsewhere. Join Laura-Lee MacDonald, Planned Parenthood Outreach Education Facilitator, and learn to be an "Approachable Adult". This interactive workshop is full of information on how to stay calm, honour your values, find out what you and your child need to know from reputable sources, and most of all, how to have a healthy sense of humour about sexuality and health. Covers age appropriate topics and tips from Junior Kindergarten (ages 4-5) to Grade 8 (ages 13-14).

