

FUTURE LEADERS ACADEMY PARENT SATURDAY ACADEMY

APRIL –JUNE 2018

Roosevelt High School-Early College Studies
631 Tuckahoe Rd, Yonkers, NY 10710



REGISTER ONLINE AT
YONKERSPUBLICSCHOOLS.ORG/PARENTACADEMY

Parent Saturday Academy Registration Form

Register Online at YonkersPublicSchools.org/ParentAcademy

OR Complete this form and return it to your child's school or the Office of School Improvement located at One Larkin Center, Yonkers, NY 10701.

Name: _____
Phone Number: _____
Child's Name: _____
School: _____ Grade Level: _____

Classes are filled in the order in which registrations are received. Please use this catalog to choose the class, date, and time.

Class Title	Date	Time

***All Classes scheduled for April 21st and 28th and May 5th, 12th, and 19th will held at Roosevelt High School - Early College Studies. Classes scheduled for June 2nd will be held at Saunders Trades and Technical High School.**

PROGRAM DESCRIPTIONS

HEALTH, PERSONAL DEVELOPMENT, SAFETY AND WELLNESS

CPR for Adult, Child and Infants (2 hours) – Learn the skills to save lives! Participants will learn the procedures to deal with situations of choking and cardiac arrest. This class is ideal for parents, grandparents, babysitters, and others.

Workshop Leader: Clarice Morris, PhD.

Dr. Clarice Morris is an American Red Cross instructor and American Heart Association instructor. Dr. Morris has a PhD. in Microbiology from the University of Michigan.

April 28 9 a.m. – 11 a.m. (Workshop in English)

April 28 9 a.m. – 11 a.m. (Workshop in Spanish)

May 5 11 a.m. – 1 p. m. (Workshop in English)

May 5 11 a.m. – 1 p.m. (Workshop in Spanish)

Health, Wellness and Neuromuscular Disorders (1 hour) – Explore what it means to be healthy. Learn about chiropractic medicine and how it can help you to achieve optimal health.

Workshop Leader: Dr. Michael Wszolek

Dr. Michael Wszolek has been a chiropractor for the past 18 years. His former practice was All Family Chiropractic. He is currently a teacher in the medical program at Gorton High School.

May 9 10 a.m. – 11 a.m.

May 12 10 a.m. – 11 a.m.

Learning about Healthcare, Exam, Diagnosis and Treatment (2 hours) - Learn about diagnosis and treatment of acute and minor health problems such as asthma, diabetes and obesity. Learn about comprehensive physical exams, laboratory testing, immunizations and preventative dental care.

Workshop Leader: Cathy Hopkins

Cathy Hopkins is a Nurse Practitioner for the Spectrum program through St. Joseph's Hospital in Yonkers.

April 28 9 a. m. – 11 a.m.

DO IT YOURSELF PROJECTS

Automotive Maintenance for Women (2 hours) - Learn how to do oil changes and check your tires. Find out about easy maintenance tips, discuss ways to speak to a mechanic and keep your car running smoothly and efficiently.

Workshop Leader: **Nicholas Ricciardi**

Nicholas Ricciardi has been an automotive instructor for 35 years. He currently works at Roosevelt High School in the Career and Technical Education Automotive Program.

April 21 9 a.m. – 11 a.m.

April 28 9 a.m. – 11 a.m.

May 5 9 a.m. – 11 a.m.

May 12 9 a.m. – 11 a.m.

May 19 9 a.m. – 11 a.m.

June 2 9 a.m. – 11 a. m.

Automotive Maintenance-Intermediate Level (2 hours) - Learn how to do oil changes, tire rotation and balancing. Find out how to connect scan tools to read engine codes. Discuss practical ideas on how to keep your car in excellent shape.

Workshop Leader: **Nicholas Ricciardi**

April 21 11 a.m. – 1:00 p.m.

April 28 11 a.m. – 1:00 p.m.

May 5 11 a.m. – 1:00 p.m.

May 12 11 a.m. – 1:00 p.m.

May 19 11 a.m. – 1:00 p.m.

June 2 11 a.m. – 1:00 p.m.

FITNESS, DANCE AND EXERCISE

Yoga (2 hours) - Learn how to move through gentle sequences designed to relax the body and quiet the mind. Learn techniques for breathing and meditation. Yoga helps increase your flexibility and strength, as well as balance. It's fun and relaxing!

Workshop Leader: **Chandra Sookdeo**

Chandra Sookdeo is a retired school teacher and is currently the owner of the Yonkers Wellness Center. She has been practicing and teaching yoga for the past 15 years.

April 28 9 a.m. – 11 a.m.

May 5 9 a.m. – 11 a.m.

May 12 9 a.m. – 11 a.m.

May 19 9 a.m. – 11 a.m.

June 2 9 a.m. – 11 a.m.

Social Dancing (2 hours) - Participants will learn the basics of social dancing including Ballroom, Salsa, Tango, Foxtrot and Bachata and other popular ballroom styles. Participants are encouraged to come with or without a partner. Partners will be rotated throughout each session.

Workshop Leader – **Daniela Del Giorno**

Daniela Del Giorno has spent 8 years with the American Ballroom Theater Company. She is a passionate dancer and dancing artist who believes that the learning process should be fun and inclusive. She provides a safe, open, yet structured classroom that allows her students to express themselves as individuals.

April 21 11 a.m. – 1 p.m.

May 5 11 a.m. – 1 p.m.

May 12 11 a.m. – 1 p.m.

May 19 11 a.m. – 1 p.m.

June 2 11 a.m. – 1 p.m.

EDUCATIONAL RESOURCES, CHILD DEVELOPMENT AND PARENTING

Yonkers Basics, Overview (2 hours) - Learn about the evidence-based parenting and caregiving principles that experts say are important for children from birth to age 3. Every child from every background can benefit from the experience. Using the Yonkers Basics program will ensure all children enter school ready to learn.

Workshop Leader: Dr. Jen Longley

Dr. Jen Longley is an Assistant Professor of Teacher Education in the Early Childhood Infant/Toddler Program of Manhattan Community College (CUNY). She has worked with infants, toddlers and families for more than 25 years.

April 28 10 a.m. – 12 p.m.

School Library Resources and Naviance for Parents (1 hour) – Learn to help your child succeed by learning about the different online resources available through the school library. Participants will learn how to navigate Naviance’s Family Connection to learn about colleges and online databases.

Workshop Leader: James Riley

James Riley has been a Library Media Specialist for 18 years. He holds a Masters in Library Science from Queens College School of Library and Information Studies.

April 21 9 a.m. – 10 a.m.

April 21 10 a.m. – 11 a.m.

April 21 12 p.m. – 1 p.m.

College and Career Preparedness: Steps to Take to Plan for Your Child's Future (2 hours) – Learn about ways to prepare your child for college and careers. Explore the college process: types of colleges, degrees, scholarships, applications, etc. Also learn how to help your child with time management, planning and study skills.

Workshop Leader: **Roselyn Jones**

Roselyn Jones has been a guidance counselor for 24 years. She holds a Master's degree in school counseling from the College of New Rochelle and currently works at Yonkers Middle High School.

April 21 9 a.m. – 11 a.m. (Workshop in English)

April 21 9 a.m. – 11 a.m. (Workshop in Spanish)

May 19 9 a.m. – 11 a.m. (Workshop in English)

May 19 9 a.m. – 11 a.m. (Workshop in Spanish)

Navigating the College Application Process: From FAFSA to Writing a Winning Essay - Learn how to write a winning essay and get an overview of the **FAFSA** form and the application process. This workshop will be conducted in Arabic.

Workshop Leader: **Haifa Bint-Kadi and Hanade Sarar**

Haifa Bint-Kadi has been teaching S.T.E.A.M. and Arts Education for over 23 years in Westchester County and New York City schools. She has taught numerous cultural arts programs at the Metropolitan Museum of Art, The Asia Society, The Children's Museum of Manhattan and many more. Ms. Bint-Kadi has helped many students successfully navigate the college process with acceptance to Ivy League schools and scholarships.

Hanade Sarar is a certified math teacher and instructional director with the New York Department of Education and delights in teaching novices how to manage technology and online programs for career and college success.

May 5 11 a.m. – 1 p.m.

May 12 11 a.m. – 1 p.m.

May 19 11 a.m. – 1 p.m.

ARTS AND CRAFTS

Beginner's Knitting (2 hours) – Learn how to do basic knitting. Participants will work on a small project and materials will be provided.

Workshop Leaders: **Dr. Carla Collins and Linda Kristian**

Dr. Carla Collins and Linda Kristian are passionate knitters who love to share their craft and skills.

May 12 9 a.m. – 11 a.m.

Making Masks (3 hours) – Learn about African masks from countries such as Mali, Ivory Coast, Nigeria, Cameroon and more. Participants will decorate a paper mask with colorful West African fabrics.

Workshop Leader: **Vickie Fremont**

Vickie Fremont is an artist, teacher, designer and anthropologist. She has a passion for the arts, culture and music of Africa. She is an artist who is interested in recycling, reusing and recreating since she was a child. She is fluent in French, Spanish, English, Portuguese and Italian.

April 21 9 a.m. – 12 p.m.

Making Bags (3 hours) – Learn how to make a summer bag from plastic containers and colorful fabrics. This workshop will be conducted in Spanish.

Workshop Leader: **Vickie Fremont**

May 12 9 a.m. – 12 p.m.

Making Bracelets (3 hours) – Explore your creativity and design a bracelet. Participants will work with memory wire and a variety of glass and clay beads to create bracelets. Find out how memory wire can also be used for earrings and a necklace.

Workshop Leader: Vickie Fremont

May 19 9 a.m. – 12 p.m.

Making Puppets (3 hours) – Learn how to transform wire hangers, yarn and plastic bags to create unique puppets.

Workshop Leader: Vickie Fremont

June 2 9 a.m. – 12 p.m.

Mapping Our Heritage (2 hours) - Using a variety of exciting art materials, learn how to create beautiful maps to display your cultural heritage.

Workshop Leader: Haifa Bint-Kadi

Haifa Bint-Kadi has taught numerous cultural arts programs at the Metropolitan Museum of Art, The Asia Society, The Children's Museum of Manhattan and many more. She is passionate about providing access to the arts to all ages and believes cultural awareness is the basis for all art-making.

May 5 9 a.m. – 11 a.m.

June 2 9 a.m. – 11 a.m.

Lehman Art Gallery (4 Hours) - *Art Making Workshop and Campus/Public Art Tour.* Participants will engage in a portraiture lesson using watercolor and collage. Incorporate items that are symbolic of your own backgrounds and learn the basic techniques for creating a self-portraits using mirrors. Participants will receive a guided tour of the campus. Transportation will be provided from Roosevelt High School-Early College Studies.

Workshop Leader – Patricia Cazorla

Patricia Cazorla is an artist whose work includes figurative drawings, paintings, and portraits. She works in acrylics and watercolors as well as oil paint, and her work highlights age, culture, beauty and gender.

May 5 9 a.m. – 1p.m.

Photography and Graphic Arts (2 hours) – This will be an introductory class into digital photography with the usage of the computer program of Photoshop for editing.

Workshop Leader - Susan Lashley

Susan Lashley has been an art and digital arts teacher for 20 years and is currently teaching at Gorton High School. Susan graduated from Penn State University in art education and sculpture and NYU in photography and print making.

April 21 11 a.m. – 1 p.m.

May 5 11 a.m. – 1 p.m.

May 12 11 a.m. – 1 p.m.

May 19 11 a.m. – 1 p.m.

Chess (1 hour 30 minutes)- Participants will learn how to play the fun and exciting game of chess by being introduced to the board and the pieces and learn algebraic notation as a method to communicate ideas on the chessboard. They will learn opening strategies, middle game tactics, and basic checkmating patterns in the endgame.

*Workshop Leader-***Mike McDermott**

Mike McDermott is a former student of Grandmaster and seven-time US Champion Samuel Reshevsky. Mike has attained the rank of Candidate Master in the USCF. A full-time chess instructor for the NSCF, Mike's students, include a National Scholastic Champion. He loves to entertain his students with stories of his games against famous chess personalities, especially his loss against Bobby Fischer and his simultaneous exhibitions draw against two other former World Champions, Gary Kasparov and Boris Spassky.

April 21 10 a.m. – 11:30 a.m.

April 28 10 a.m. – 11:30 a.m.

May 5 10 a.m. – 11:30 a.m.

May 12 10 a.m. – 11:30 a.m.

May 19 10 a.m. – 11:30 a.m.

June 2 10 a.m. – 11:30 a.m.

FINANCE AND RESUME WRITING

Resume Writing (1 hour) - Interested in changing jobs or advancing a career? This workshop will show you how to highlight your accomplishments and how to create a helpful resume. You will learn how to design a resume for different purposes.

Workshop Leader: **Barry L. Morris**

Barry L. Morris is a graduate of the University of Michigan with a B.A. in Economics and a Masters of Business Administration. During his career, he has held senior management positions in Fortune 500 companies and currently owns a consulting firm.

April 28 9 a.m. – 10 a.m.

April 28 11 a.m. – 12 p.m.

Basic Accounting (1 hour) – Learn how to create a budget and keep track of expenses. Find out the meaning of various accounting terms and learn how to interpret financial statements.

Workshop Leader: **Barry L. Morris**

May 5 9 a.m. – 10 a.m.

May 5 10 a.m. – 11 a.m.

RESTORATIVE PRACTICES

Restorative Practices and Circles (5 hours) -The goal of Restorative Practices is to improve relationships in a disconnected world. This workshop will allow the participants to engage in activities that will deepen their understanding of Restorative Practices and Circles. Join in us as we embark on this restorative journey together. YPS parents, teachers and staff are welcome to attend both sessions. These workshops will be conducted in both English and Spanish.

Workshop Leaders: **Dr. Fred Hernández and Ms. Gail Joyner-White, MS.Ed.**

Dr. Fred Hernandez has been employed by the Yonkers Public School District for thirty one years as a school administrator- elementary, middle and high school. He earned a B.S. from the University of Connecticut, M.S. from the College of New Rochelle and an Ed.D. from Teachers College, Columbia University. He is certified as a licensed Trainer in Restorative Practices, Restorative Circles and Restorative Conference by the International Institute for Restorative Practices in Bethlehem, PA. Currently, Superintendent's Hearing Officer, Restorative Practices Trainer and New Code of Conduct facilitator.

Ms. Gail Joyner- White, M.S. Ed is a 28 year educator who has worked diligently throughout her career to 'Challenge the Status Quo'. She worked the last 13 years as a high school principal using a restorative approach to build relationships with parents, students and staff. In her current role she serves as the Extended Learning Time Initiatives liaison, and works with the District Professional Development Team. She is a trained facilitator for Introduction to Restorative Practices and Restorative Circles. It is her belief that, "Restorative Practices keep students in school learning, rather than removing them for suspension or expulsion".
(Unknown)

April 28 9 a.m. – 2 p.m. Part I Introduction to Restorative Practices

May 5 9 a.m. – 2 p.m. Part II Introduction to Restorative Circles

**Specify English or Spanish session on the Registration Form*

Let's Get Restorative!



yasa
YONKERS AFTER SCHOOL ACADEMIES
Project Educating Minds to Prepare Inspire and Reach Excellence

Teachers, Parents and Staff please join us for two informative sessions on practices that can be used at home and school!



"Restorative Practices **in** school, keep students **learning**, rather than removing them for suspension or expulsion..."



Follow us on

YASA_YPS

**Part I- Introduction to Restorative Practices
Saturday, April 28, 2018**

**Part II - Introduction to Restorative Circles
Saturday, May 5, 2018**

Location: Roosevelt High School-Early College Studies

Time: 9:00 a.m. - 2:00 p.m.

Will be offered in English and Spanish



Please Join Us!

Health, College, and Career Fair

9 A.M. to 12 Noon

Saturday, May 12, 2018

Roosevelt High School

Students and Families Invited



Feria Académica de Salud, Universidad y Carreras

9:00 A.M. – 12:00 P.M.

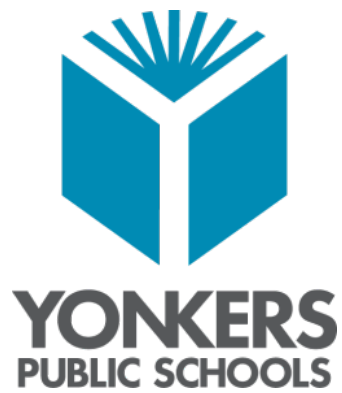
Sábado, 12 de mayo del 2018

Roosevelt High School

Estudiantes y sus familiares están

Cordialmente Invitados

Por Favor Participen!



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