

**ALUM ROCK SCHOOL DISTRICT**  
**FREE ENGLISH AND SPANISH WORKSHOPS FOR PARENTS**

*For scheduling workshops contact Mary Ann Burke at (408) 453-6522 or [maryann\\_burke@sccoe.org](mailto:maryann_burke@sccoe.org)*

WORKSHOP/PRESENTATION TITLE	FOCUS AREA	DATE	DURATION/LOCATION	PRESENTER/S
Cyber Safety: The workshop will provide guidance to parents on the safe use of computers and technology to ensure that their children do not become victims of deliberate and hostile behavior that is intended to harm them.	Health and Wellness	11/06/10	8:30 a.m. – 2:50 p.m. Three Session Options Sheppard Middle School	Kevin Jenkins Milpitas Unified School District
Parent Project	Parent Education	11/06/10	8:30 a.m. – 2:50 p.m. Three Session Options Sheppard Middle School	Parent Project Program Volunteer
Stress Management	Health and Wellness	11/06/10	8:30 a.m. – 2:50 p.m. Three Session Options Sheppard Middle School	Justin Ricks, SCCOE Health and Wellness Trainee Brenda Carrillo, SCCOE Coordinator School Health & Safety
Self-Esteem	Health and Wellness	11/06/10	8:30 a.m. – 2:50 p.m. Three Session Options Sheppard Middle School	Kerrie Wood , SCCOE Health and Wellness Trainee Ana Pantoja, SCCOE Health and Wellness Trainee
Gang Prevention	Violence Prevention	11/06/10	8:30 a.m. – 2:50 p.m. Three Session Options Sheppard Middle School	Mona Martinez & Julian Mireles City of San Jose Parks, Recreation, and Neighborhood Services
How to Support Your Child's Academic Learning at Home	Parent Education	11/23/10	8:30 – 10:00 a.m. Linda Vista School	Dr. Mary Ann Burke, SCCOE Director Categorical & Special Projects
Drug and Alcohol Prevention	Health and Wellness	12/02/10	6:15 – 7:15 p.m. Dorsa School	Rogelio Balderas Department of Alcohol and Drugs
How to Support Your Child's Academic Learning at Home	Parent Education	01/04/11	4:00 – 6:00 p.m. Renaissance/Fischer School	Dr. Mary Ann Burke, SCCOE Director Categorical & Special Projects
Student Health & Wellness	Health & Wellness	01/14/11	8:45 – 10:15 a.m. Lyndale School	Brenda Carrillo, SCCOE Coordinator School Health & Safety
How Schools Can Build an Effective Volunteer Program	Parent Leadership	02/04/11	8:30 – 10:00 a.m. Dorsa School	Dr. Mary Ann Burke, SCCOE Director Categorical & Special Projects
Business and Education Together	Career Technical Education	02/07/11	6:00 – 7:00 p.m. Alum Rock SD Office	Alyssa Lynch, SCCOE Director Career Technical Education
Supporting the Social and Emotional Needs of Your Elementary School Child	Parent Education	03/01/11	6:00 – 7:00 p.m. Renaissance/Fischer School	Brenda Carrillo, SCCOE Coordinator School Health & Safety
Nutrition	Health and Wellness	03/03/11	5:00 – 7:00 p.m. Dorsa School	Alejandro Villalobos Public Health Department

How to Support Your Child's Academic Learning at Home	Parent Education	03/17/11	8:50 -9:50 a.m. Sheppard School	Dr. Mary Ann Burke, SCCOE Director Categorical & Special Projects
School Site Council Leadership Development to Support Parent Engagement	Parent Leadership	03/31/11	8:30 – 10:00 a.m. Rodgers School	Dr. Mary Ann Burke, SCCOE Director Categorical & Special Projects
How to Improve Your Child's Health	Parent Education	04/01/11	8:30 – 9:30 a.m. Painter School	Brenda Carrillo, SCCOE Coordinator School Health & Safety
An Introduction to Bullying	Parent Education	04/07/11	6:00 – 7:30 p.m. Dorsa School	Brenda Carrillo, SCCOE Coordinator School Health & Safety