



Parent Communication Network

## PCN Calendar

### Sleepless in America

*Mary Sheedy Kurcinka*  
September 25, 2006

### Parenting the Internet User:

When On-Line is Out of  
Line

*Jeff Gottstein*  
November 6, 2006

### Friendships to Dating:

A Parent's Guide  
January 22, 2007

### **NATIONAL SPEAKER FORUM**

*Dr James Garbarino*  
"How We are the  
Solution, Not the  
Problem, in Our  
Children's Lives"  
February 5, 2007

### Kindness and Respect:

Bringing the  
Message Home  
March 19, 2007

### Transition to Kindergarten

April 23, 2007

# Edina PCN *newsletter*



Edina Parent Communication Network  
Quarterly Newsletter

September 2006

### Welcome Back to a New School Year!

Edina Parent Education Network (PCN) is proud to begin its ninth year of providing innovative parent education through our forums, quarterly newsletters and website. PCN is funded through generous donations from each of the Edina Public Schools and Our Lady of Grace School PTO/PTSO's, as well as receipts from our National Speaker ticket sales. PCN collaborates with the Edina Family Center as part of their commitment to continue providing parent education for parents of K-12th grade students. Volunteers represent each of the schools and several Edina Community organizations.

Last year over 1500 parents and educators attended our forums and workshops. Overwhelmingly our evaluations indicate that the presentations are timely, well researched and provide practical information.

This year we are pleased to again present six forums. Our topics will address sleep issues, internet safety, friendships and dating, cultivating respect and the always popular, transition to Kindergarten. We are also most fortunate to be able to host Dr. James Garbarino, PhD. as our National Speaker. Dr Garbarino is a practitioner and researcher who clearly articulates difficult issues yet focuses on positive solutions to the issues he presents. His books include, *Parents Under Siege: Why You Are the Solution, Not the Problem, in Your Child's Life*; *See Jane Hit: Why Girls Are Growing More Violent and What Can Be Done About It*; and *Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment and Emotional Violence*; and *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*. His presentation will be titled "How We are the Solution, Not the Problem, in Our Children's Lives." Please mark your calendar to join us on February 5, 2007 for this important forum.

Visit our website at [www.edinapcn.com](http://www.edinapcn.com)

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## *September Forum*

Mary Sheedy Kurcinka  
**Sleepless in America**

Monday, September 25, 2006  
7:00 - 9:00 PM  
Southview Middle School

As we adjust our family's schedules from summer activities to fall, come and learn about the importance of sleep for our overall physical and emotional health. **Mary Sheedy Kurcinka**, nationally known authority on child development (Author of *Raising Your Spirited Child* and *Kids, Parents and Power Struggles*) will present research from her current book titled *Sleepless in America*. Her latest book offers evidence on how lack of sleep can contribute to behavioral problems and health issues. Ms. Kurcinka will list strategies for getting enough sleep and share ideas about how a good nights sleep starts in the morning.

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## *November Forum*

Jeff Gottstein  
**Parenting the Internet User:  
*When On-Line is Out of Line***

Monday, November 6, 2006  
7:00 - 9:00 PM  
Concord Elementary

**Jeff Gottstein** is a police officer specializing in technology and crimes over the internet. With an interactive presentation, Mr. Gottstein will bring parents up-to-date on how our children are using the internet. He will discuss the popularity of sites such as MySpace and Facebook and chronicle the various ways children use these sites. Practical, helpful tips on keeping our kids safe and becoming comfortable with the growth of technology in our homes will be a major focus of this presentation.

## *Save the Date*

**February 5, 2007**

**National Speaker Forum  
With**

**James Garbarino Ph.D.  
"How We are the Solution, Not  
the Problem, in Our Children's  
Lives"**

**7:00-9:00 PM  
Colonial Church, Edina**

## *New Edina Public Schools*

### *Welcome Center*

The district's new Welcome Center is now located on the first floor of the Edina Community Center. The Edina Resource Center is also located in this lovely new space. Visit us any time to see our new home and get answers to any of your questions.

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# *From the Edina Family Center*

## **Parenting in a Divorced and/or Blended Family**

November 2, 2006

Edina Community Center Room 350

Parenting through a divorce, as a single parent, and into a blended family has unique challenges. Emotions are strong for all family members, children's needs continue throughout and parents often feel they are into uncharted waters. Join us to learn how to create a new sense of family and how to parent through some difficult times.

Taught by Laurie Denn M.Ed. and  
Jean Breitenbucher L.P.

## **School Age Parenting Classes**

If you have a child in elementary, middle or high school, you may be wondering where to find answers to your "new" parenting concerns. The Edina Family Center is proud to offer classes to meet your needs. These Beyond ECFE classes will meet once a month either at the Edina Community Center or an Edina School. A licensed parent educator (Jean Breitenbucher L.P.) will guide the discussion and provide information based on research and knowledge of child development and family education. Group discussion allows parents to share their challenges, experience and wisdom.

For more information call 952-848-3973, visit our web site at [www.edina.k12.mn.us/community/familycenter](http://www.edina.k12.mn.us/community/familycenter) and click on the Beyond ECFE link for the School Age Parenting class information, or call 952-848-3949 to register.



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## What is PCN?

### PCN's Mission Statement

Edina PCN (Parent Communication Network) serves the community by providing education and dialogue opportunities for families and educators of children grades K-12.

### PCN's Goals

- ◆ To provide an array of information for families and educators about topics related to personal, social and academic development of students
- ◆ To deliver compelling educational forums that address issues relevant to the community
- ◆ To provide opportunities for families and educators to dialogue with experts and other parents in a non-threatening environment
- ◆ To facilitate the building of assets and life skills for children

### Who is PCN?

PCN is a community organization comprised of volunteers from each of the Edina Public Schools; Our Lady of Grace (OLG), a private school in Edina; the Edina Family Center; as well as other community members.

### How is PCN Funded?

PCN is funded by Parent/Teacher Organizations from Edina Public Schools, Our Lady of Grace, community grants, and from proceeds of ticket sales for PCN's annual National Speaker Forum.

All PCN forums are free, with the exception of the National Speaker Forum. Ticket proceeds from this event are applied to the National Speaker's fees, transportation and lodging expenses and the cost of hosting the annual Educator Forum for Edina/OLG district staff.

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## Parenting Resources

- **PCN's website**  
[www.edinapcn.com](http://www.edinapcn.com)  
Contains author bios, directions to forums, links to community organizations, and resources for upcoming and previous PCN forums. Purchase tickets online for PCN's National Speaker event beginning in October.
- **Edina Family Center**  
In addition to ECFE and preschool classes, the Family Center offers parenting classes for parents of students grades K-12 and individual parent education sessions. Call 848.3973 for more info, or view the Edina Family Center's website at [www.edina.k12.mn.us/community/familycenter](http://www.edina.k12.mn.us/community/familycenter)
- **Edina Resource Center**  
952.848.3936  
[www.edinaresourcecenter.com](http://www.edinaresourcecenter.com)  
The perfect resource connection for families. From PCN forums, to library events, to resources for the elderly, the Edina Resource Center is your connection to the community.
- **Edina School District Website**  
[www.edina.k12.mn.us](http://www.edina.k12.mn.us)  
School district info and links to community resources for families of school-age children. Check the one-stop shop for resources on the **Parent Resource Page** available from the "Parents" drop down on the school district website or at <http://parents.edina.k12.mn.us>.

### PCN Board & Positions 2006-2007

President	Liz Abt Ellenberger
President Elect	Leah Lindgren
Treasurer	Kim Boisvert
Secretary	Barb Hatch
Program Operations	Cathy Groat
Marketing	Kate Boyer/Amy Scott
Marketing Assistant	Teresa Luterbach/Sally Larson
National Speaker Co-Chairs	Kristi Butterfield Jayne Tuttle/Theresa Bruncker
Curriculum Chair	Angela Lee
Newsletter/ECFE Liaison	Jean Breitenbucher

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## PCN School Liaisons

Concord Elementary	
Beth Webert	920.8563
Sarah Hall	928.9980
Cornelia Elementary	
D'Anne Briggs	935.8333
Michelle Hellickson	915.9941
Countryside Elementary	
Jayne Tuttle	920.1329
Carolyn Jackson	836.1770
Creek Valley Elementary	
Cathy Groat	829.0099
Kelli von Heydekampf	829.0114
Highlands Elementary	
Amy Scott	926.6740
Kim Boisvert	926.7360
Normandale Elementary	
Ellen Klos	929.4568
Kate Boyer	926.7446
Our Lady of Grace	
Mary Buska	945.9429
Lori Wagener	922.7611
South View Middle School	
Theresa Luterbach	926.1991
Theresa Bruncker	925.2685
Valley View Middle School	
Barb Hatch	944.1343
Kristi Butterfield	929.8233
Edina High School	
Mary Peterson	929.0747
Amy Rich	238.0812

For general questions or feedback, please contact:

**Liz Abt Ellenberger**  
PCN President  
952-927-0698  
Email: [contact@edinapcn.com](mailto:contact@edinapcn.com)

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This newsletter, more information & resources can be found at [www.edinapcn.com](http://www.edinapcn.com)