



Parent Communication Network

Edina PCN *ewsline*

Edina Parent Communication Network
Quarterly Newsletter

September 2007

Happy 10th Anniversary PCN!

Letter from the President 2007

This year, Edina Parent Communication Network celebrates a very important milestone. Over the past ten years, PCN has brought quality parent education forums to our community with a mission to provide information on topics related to personal, social and academic development of our children K-12. PCN has been dedicated to deliver forums that address relevant issues to the community and provide opportunities for educators and families to dialogue with the experts on these important topics. I am proud to be a part of such an organization and offer my sincere gratitude and congratulations to the legions of volunteers, Edina's parent-teacher organizations as well as community organizations and businesses who have worked together to make PCN a success for ten years strong.

Our forum lineup for this 10th anniversary year is fabulous with topics selected based on feedback we receive from our forum evaluations. We kick off our "season" with a practical presentation about nutrition and behaviors with regard to healthy eating and body image with Dianne Neumark-Sztainer. In November we discuss navigating the turbulent teen years with Roxanne Lehmann. In March we look at the issue of those transition years between young childhood and teen years, the "tweens," with a returning speaker Wendy Paulson. As always we will host the Transition to Kindergarten forum in the spring and finish our forums in April with an important discussion on the basics of seeking and maintaining healthy friendships with Edina Family Center's dynamic duo Jean Breitenbucher and Laurie Denn.

Finally, I am thrilled to announce that with the help of a generous grant from the **Edina Education Fund**, we will welcome **Dr. Mary Pipher to Edina on February 4, 2008** as our national speaker. Dr. Pipher has a wonderful message for families based on her book ***The Shelter of Each Other***. I have had the pleasure to hear Dr. Pipher speak and she is truly inspiring. Dr. Pipher is nationally acclaimed for her research and dedication to the development of girls in her book ***Reviving Ophelia***. She is highly sought after and with the Edina Education fund's help, we feel very fortunate that we can bring her message to our community. What a wonderful way to celebrate our 10th Anniversary!

On behalf of the thirty wonderful and dedicated PCN volunteers, we hope to "see you at the forum!"

Theresa C. Brunker, PCN President

PCN Calendar

Eating in a Weight Obsessed World: Helping Your Child Have a Healthy Body Image and a Healthy Weight

Dianne Neumark-Sztainer, PhD, MPH

October 1, 2007

Navigating the Turbulent Teen Years

Roxanne Lehmann, PhD

November 5, 2007

NATIONAL SPEAKER FORUM

Mary Pipher, PhD

The Shelter of Each Other: Building Families for the New Millennium

Feb 4, 2008

Tweens, not Teens: Treasuring the Transition

Wendy Paulson Licensed Parent

Educator

March 3, 2008

Transition to Kindergarten

March 13, 2008

Friendship 101: Seeking and Maintaining Healthy Friendships

Laurie Denn MA and

Jean Breitenbucher LP

April 21, 2008

Visit our website at www.edinapcn.com

October Forum

Eating in a Weight-Obsessed World: Helping Your Child Have a Healthy Body Image and a Healthy Weight

Dianne Neumark-Sztainer, PhD, MPH

Monday, October 1, 2007
7:00-9:00 PM
Creek Valley Cafeteria

November Forum

Navigating the Turbulent Teen Years

Roxanne Lehmann, PhD

Monday, November 5, 2007
7:00-9:00 PM
South View Auditorium

Dr. Neumark-Sztainer's book, *"I'm, Like, SO Fat!": Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World*, is the subject of her presentation.

In her talk, Dr. Neumark-Sztainer will be providing the 4 cornerstones for promoting a healthy body image and a healthy weight in your child. She will be available to answer any questions that you have on how to help your child adopt healthful eating patterns in a society that pushes too much food that is often laden with calories and low on nutrients. She will provide much-needed insight into how to talk (or avoid talking) about weight-related topics and how to help your child when you hear, "I'm, like, so fat!"

Our speaker, Dianne Neumark-Sztainer, has a PhD in Behavioral Sciences and Nutrition. Her interests focus on adolescent health and nutrition, as well as obesity and eating disorder prevention, health behavior change, and nutrition education programs. Dr. Neumark-Sztainer is currently a Professor at the University of Minnesota where she teaches in the School of Public Health.

The close connection we have established with our child is no guarantee we will never have to deal with a teen who makes bad decisions and worrisome choices. Regardless of how unthinkable it may be to accept, risk is fundamental to the teen years and the tightrope they walk between adolescence and adulthood. Parents must guide teens as they balance their need for independence with a parental need to keep them safe and healthy. This workshop will help us learn ways to stay connected to our teens and guide them as they make choices and decisions. Even as we gradually give up control, we can still retain our influence as a powerful and pivotal safety net for our teens. Learn how we can influence and prepare teens and how to get them back on their feet after they make a misstep.

Roxanne Lehmann, Ph.D., founder of *reframe, inc.*, has been involved in the field of adolescence for more than twenty years, teaching teens, and more recently, researching and teaching at the college level about teens. She holds a master's degree in gifted education from Wake Forest University and a doctorate in educational psychology from the University of Minnesota. Roxanne created *reframe, inc.* to help parents stay connected and influence their teens as they teeter from childhood to adulthood. Its goal is to support parents so that they can add to their teens' knowledge, shape their values, and guide them to wiser decisions and safer actions.

Evaluation Feedback

At every forum we hand out evaluations. Thank you for taking the time to fill these out. The feedback we receive is valuable in helping us to plan future forums. Our goal is to meet the needs of the community by addressing topics that are important to our audience.

At our national speaker forum last year we had 2 additional questions. Here are the specific responses.

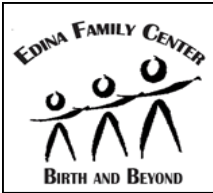
1. Are you interested in electronic notification?

The overwhelming response was yes. Some of you may already receive electronic reminders from your PCN school liaisons. We would like to expand our capability in this area and are researching the set up of electronic notification through our website. Updates of this option will be relayed in future newsletters.

2. Would you prefer the same or varied locations?

The majority of people prefer varied locations. This also enables us to use many venues available to us.

Thank you for your support!



From the Edina Family Center

Beyond ECFE

School Age Parenting Classes

Beyond ECFE classes meet once a month either at the Edina Community Center or an Edina School. A licensed parent educator guides the discussion and provides information based on research and knowledge of child development and family education. Group discussion allows parents to share their challenges, experience and wisdom.

- PE5-1&2** Parenting Your Kindergartner
Wed 10-11:30 AM or 1-2:30 PM ECC Rm 100
- PE67-1** Parenting the 1st-2nd Grader
Wed 1-2:30 PM ECC Rm 170C
- PE911-1** Parenting the 3rd-5th Grader
Tues 1-2:30 PM ECC Rm 135B
- PE1115-1** Parenting the 6th-9th Grader
Thurs 12-1:30 PM South View Middle School
- PE1115-2** Parenting the 6th-9th Grader
Tues 11:30-1 PM Valley View Middle School
- PE1618-1** Parenting Your High Schooler
Thurs 11:30-1:00 PM Edina High School

New Evening Offerings

- EPE1** Parenting Your K-2nd Grader
Tues 6:30-8 PM ECC Rm 120
Oct 2, Dec 4, Feb 5, April 8
- EPE2** Parenting Your 3rd-5th Grader
Tues 6:30-8 PM ECC Rm 120
Oct 9, Nov 27, Feb 12, April 15
- EPE3** Parenting Your Middle School and High Schooler
6:30-8:00 PM ECC Rm 120
Oct 11, Dec 6, Feb 7, April 10
- EPE4** Parenting the Spirited Child (All Ages)
Mon 6:30-8 PM ECC Rm 120 (Once-a-month)

Workshops

- Getting Ready for College**, Laurie Denn MA
Sept 27 7-9PM ECC Rm 350
- Supporting Academic Success**, Mary Kurchof, District Office and Laurie Denn MA
Oct 4 6:30-8 PM ECC Rm 165
- Girls and Boys: Nature and Nurture**, Marcia Treno, Wayzata Family Center Coordinator and Jean Breitenbucher LP
Oct 25 6:30-8 PM ECC Rm 165

(To check exact monthly dates or to register go to www.edina.k12.mn.us/community/family. Or call 952-848-3949)

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.

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.

How PCN is 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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There are a few PCN positions still open.
Call Theresa Bruncker, PCN President
952-925-2685



The Edina Education Fund
Supporting Edina Public Schools
through Community Commitment

Edina Education Fund

The Edina Education Fund supports the district in ways that reach across all levels of learning and all subjects. Every year, private donations provide funding to important programs that have an immediate benefit to Edina students. Whether through individual teacher grants, district wide initiatives, one-time needs, or long-term funding commitments, the Edina Education Fund is serving as the catalyst for needed change and development to enrich our public schools.

PCN recognizes the Edina Education Fund for their investment in helping to bring our National Speaker, Dr. Mary Pipher, to Edina in February. Dr. Pipher will present her research and information to Edina's educators at an afternoon forum on February 4, 2008. We are so grateful to the Education Fund and value their partnership.

Save the Date

February 4, 2008

National Speaker Forum
with Mary Pipher, PhD

“The Shelter of Each Other: Building Families for the
New Millennium”

7:00-9:00 PM

Edina Performing Arts Center
Edina High School

PCN Board 2007-2008

President	Theresa Brunker
President Elect	Leah Lindgren
Past President	Liz Abt Ellenberger
Secretary	Carolyn Jackson
Treasurer	Kim Boisvert
Communications/Marketing Chair	Cathy Groat
Curriculum Chair	Angela Lee
National Speaker Co-Chairs	Beth Webert
	Kelli von Heydekampf
Program Operations Coordinator	Kristin King Hauser
Research Coordinator	Becky Lindberg
ECFE Staff Liaison and Newsletter Editor	Jean Breitenbacher

PCN School Liaisons

Concord Elementary

Beth Webert 929.4226
Peggy Jessen 924.0276

Cornelia Elementary

Michele Hellickson 915.9941

Countryside Elementary

Jayne Tuttle 920.1329
Carolyn Jackson 836.1770

Creek Valley Elementary

Kelli von Heydekampf 829.0114
Kristen Walkup 944.0533

Highlands Elementary

Mertyce Mrvos Sudeith 922.1901
Gwen Smith 927.6922

Normandale Elementary

Ellen Klos 929.4568
Becky Lindberg 929.0715

Our Lady of Grace

Lori Wagener 922.7611
Amy Pumarlo 929.9660

South View Middle School

Teresa Luterbach 926.1991
Betsy Kitslaar 928.9440

Valley View Middle School

Kelly Jasper 926.2626

Edina High School

Liz Abt Ellenberger 927.0698
Cathy Burley 926.9579

ECFE Liaison

Mary Kerr 946.9681

For general questions or feedback,
please contact:

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