

Salina Unified School District No. 305

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Media Release

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Build Resilience in Schools and Homes: Free Training for Parents and Community Members

Salina Public Schools and Saline County are proud to offer a free training program designed to help parents and community members create a safe, connected, and problem-solving home or school environment. This ten-week E-Learning course is facilitated by a Salina Public Schools professional and will provide participants with the tools to turn everyday situations into learning opportunities for both children and adults.

The program focuses on the power of self-discipline and provides an array of behavior management strategies that anyone can use to transform ordinary situations into growth experiences. Participants will learn how to create settings that allow both adults and children to function in their best brain state, fostering a positive and engaging atmosphere for all.

"We are excited to offer this free training program to our community," said Salina Public Schools Superintendent, Linn Exline. "We believe that this program will help our parents and educators create positive and supportive learning environments for our students."

The training program is offered in two sessions, with the same content in each session. The sessions are as follows:

- Mondays, 5:30-7:30 p.m., January 22 - April 8
- Saturdays, 9-11:00 a.m., January 27 - March 30

If you are interested in participating in this free training or need more information, please feel free to contact Jody at jody.craddockiselin@usd305.com.

Don't miss out on this invaluable training opportunity! Visit the usd305.com website to sign up today and start building a more resilient school and home environment for you and your children!

Building Resilient Schools and Homes

Learn how to create safe, connected and problem-solving environments that allow adults and kids to function in their best brain state!

Who Should Attend?
Free and open to all adults

Through this social-emotional program, we will learn to discipline ourselves to help our children learn. Conscious Discipline provides an array of behavior management strategies that anyone can use to **turn everyday situations into learning opportunities.**

Building Resilient Schools and Homes is a 10-week E-Learning course from Conscious Discipline starting in January. Attendees will be provided with:

- **One graduate credit** from MidAmerica Nazarene University is available to certified staff. Information about the graduate credit and KDHE hours will be given at the first class.
- Material resources
- Individual registration for E-Learning course
- Free childcare for ages 2+, limited slots available
- Snacks

Questions?
Contact Jody at jody.craddockiselin@usd305.com

Register by scanning the QR code. Registration will close one week before the first day of class.

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