

# GLEN ROCK PUBLIC SCHOOLS

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Dear Glen Rock Parents/Guardians,

On Thursday, March 31, the Glen Rock Schools "Journey to Somewhere" Speaker Series will welcome Dr. Kenneth Ginsburg to the district. Dr. Ginsburg is a pediatrician specializing in Adolescent Medicine and a Professor at the University of Pennsylvania. He lectures internationally, bringing best practices to parents, professionals and communities on building resilience in youth. He has received over 30 awards for his research, clinical skills and advocacy on behalf of teens.

Dr. Ginsburg's visit to Glen Rock will include both morning and evening parent programs, as well as an afternoon in-service for district elementary teachers and staff.

From 9-11 a.m., Dr. Ginsburg will address *elementary parents* in the MS/HS auditorium on the "Seven Cs of Stress;" please join us for this special session. In the evening, Dr. Ginsburg will engage with the school community on the topic of parenting in the twenty-first century, including "Stress and Perfectionism." We invite the community – including current high school students - to join us at 7 p.m. in the MS/HS auditorium for this compelling presentation.

In addition, Dr. Ginsburg will address a number of relevant issues with the staff, including how teachers can take care of themselves so that they can take care of our children. In order to accommodate this worthwhile professional development workshop, the Board of Education has approved a one-session day for elementary schools; children in grades K-5 will be dismissed at 12:33 p.m. on March 31. The community school will provide students enrolled in the GRCS After Care program with coverage for the early dismissal.

I hope you will take advantage of this exciting Glen Rock Public Schools speaker series program.

Sincerely,

Paula Valenti, Ed. D.  
Superintendent of Schools