



## Our Second

### "Connecting for Kids" District - Wide Meeting!

In an effort to provide families with helpful information about children, we are continuing our "Connecting for Kids: Linking Home and School Together" workshops. All parents, guardians, and adult family members of students in our district are welcome to attend. We began on a trial basis last year at Andrew Maier and are looking forward to offering this series district - wide! We had our first meeting in October about homework and study habits.

Our second meeting will take place on February 7th, 2012 at Willow Creek Elementary School beginning at 7:00 with a snow date of *February 28th*. The topic is "Anxiety and Nutrition." This parent training will be an inner-active panel discussion focusing on childhood nutrition and anxiety in adolescents. The presenters will deliver information that families can use to address their children's nutritional needs as well as ways to identify and manage anxiety. There will be a focus on the behavioral changes that are required to successfully manage both nutrition and anxiety. Attendees should leave with helpful tips and tools to make sure their families are getting proper nutrition and are able to recognize and address signs and symptoms of anxiety. See the back for more information about our presenters.

We look forward to seeing you at 7:00 p.m. on February 7th<sup>th</sup> at Willow Creek Elementary School! The snow date will be February 28<sup>th</sup> at 7:00. Babysitting will be provided.

**Please complete and return to your child's school.**

**I plan to attend on February 7, 2012.**                      **yes**    \_\_\_\_\_                      **no**    \_\_\_\_\_

Number of adults- \_\_\_\_\_                      Number of children for babysitting- \_\_\_\_\_

Names of adults: \_\_\_\_\_

Grade Level(s) of students:    K - 4                      5 - 6                      7 - 8                      9 - 12

***Please have your child return this form to his/her school by January 30<sup>th</sup>, 2012.  
(snow date February 28<sup>th</sup>, 2012)***

***Thank you for your help!***

## About Our Presenters:

Dr. Margaret Wilkins, FCOFP, earned her Doctor of Osteopathy degree from University of Osteopathic Medicine and Health Services in Des Moines, Iowa and served her internship and residency at Lakeview Hospital in Milwaukee, Wisconsin. For the past 22 years, Dr. Wilkins has been affiliated with the St. Joseph Medical Center in Reading, Pennsylvania, holding titles that include Department Chair of Family Practice, Family Practice Residency Program Director and Director of Medical Education. She also serves as Associate Clinical Professor at the Philadelphia College of Osteopathic Medicine and the University of New England College of Osteopathic Medicine. Active in her professional organizations, Dr. Wilkins is the Past President of the Berks County Medical Society. She was named 2010 Osteopathic Family Medicine Educator of the Year by the American College of Osteopathic Family Physicians (ACOF). She was honored for her extraordinary impact on students, residents, peers, academic institutions and the osteopathic profession.

Christine M. Wasser, L.C.S.W. is a Licensed Clinical Social Worker. She earned her bachelor's degree from Elizabethtown College and her master's degree in social work from Marywood University. Chris is also a certified Gestalt therapist. She provides individual, family and group counseling to children as young as 2, adolescents and adults. Christine specializes in the area of children and adolescents with extensive experience in Attention Deficit Disorder. She is currently employed by Berkshire Psychiatric. Christine has also served on the faculty of Family Practice Residency at St. Joseph Medical Center as the Behavioral Scientist. She also has experience in working in foster care and adoption and was employed by Concern.