

# FPS Parent Education Series 2019-2020

By Dr. Sara Ahern, Superintendent of Schools

We are excited to be hosting a series of parent/guardians education events in order to share information and provide families with tools to support their children. So far, we have held two events.

In October, the Community Relations Subcommittee of the Franklin School Committee hosted parents/guardians and their children to learn more about the complexities of social media. Over 70 attendees learned from a panel of presenters including licensed mental health counselor, Amy Leone; Franklin High School Principal, Paul Peri; Massachusetts Partnership for Youth Representative, Bob Ferullo; and Franklin Police Department School Resource Officer, Dave Gove. A summary of the panel can be found in our podcast episode available here: <https://anchor.fm/fpsvoice> and on other common podcast sites.



Our second parent/guardian information night took place on November 19. Dr. Judith Owens, Director of the Center for Pediatric Sleep Disorders and Professor of Neurology at Harvard Medical School, engaged the audience in a presentation on the biology of sleep and the dangers of sleep deprivation. She also spoke about considerations for schools related to start times, homework, and sleep education. She provided parents/guardian with some practical advice, as well, about the influence they can have at home in promoting a healthy sleep environment and in discussing the dangers of sleep deprivation, including drowsy driving. A copy of Dr. Owens' slides can be accessed here:



[https://www.franklinps.net/sites/franklinmaps/files/uploads/franklin\\_2019f.pdf](https://www.franklinps.net/sites/franklinmaps/files/uploads/franklin_2019f.pdf)

Both events were recorded and videos will be made available to the community, once ready for distribution.

The next event in our series will be about combating the vaping epidemic and will be held on January 6, 2020. We are excited about this very important and very timely event and urge families to attend. Massachusetts Partnership for Youth is supporting FPS by providing speakers to discuss the dangers of vaping with middle and high school students, FPS faculty/staff, and with families during the first week of January. A formal invitation will be issued soon.



Stay tuned, as well, for a parent/guardian education night in the spring focused on homework and the new homework guidelines across the district.