

WEDNESDAY, AUGUST 20:

- **Nurturing Family Wellness: A Holistic Pathway**

This enriching workshop is designed to empower families on their journey toward holistic wellness. In today's fast-paced and demanding world, maintaining healthy routines and nurturing strong family relationships are more important than ever. The session explores key pillars of family well-being across physical, mental, and emotional domains. Participants engage with strategies to support social-emotional growth, effective communication, physical and mental health awareness, healthy eating habits, and consistent sleep routines.

- **Tackling Absenteeism: Ensuring Your Child's Success**

This workshop is designed to support parents and guardians in understanding the serious impact of absenteeism on a child's academic performance and long-term opportunities. Participants explore the root causes of student absences—ranging from health issues and family circumstances to school-related stress—and learn proactive strategies to address them. The session emphasizes early identification of attendance problems, effective communication with school staff, and the creation of a structured and encouraging home environment. By the end of the workshop, families are equipped with tools to support consistent school attendance and help their children thrive academically.

- **Introduction to Urban Farming**

This interactive workshop will give participants the opportunity to plant seedlings and learn how to grow herbs and vegetables at home.

- **Future-Ready Careers in Gaming, Esports & 3D Worlds**

This engaging, future-forward parent session explores the booming fields of **Esports, game design, 3D immersive environments, and creative entrepreneurship**. Designed to demystify the world of gaming and tech for families, this workshop empowers parents with the insights and tools to help guide their children toward meaningful and sustainable careers in these creative industries.

THURSDAY, AUGUST 21:

- **Strategies for Supporting Mathematics Learning at Home**

This workshop is designed to empower parents and caregivers with practical, accessible tools to support their child's math learning outside of the classroom. Participants are introduced to the state mathematics standards and gain clarity on the specific skills students are expected to master by the end of each grade level. The session emphasizes family-school collaboration and equips attendees with user-friendly strategies and resources to reinforce math concepts at home. By integrating these supports into everyday routines, families help students build confidence and a lasting foundation in mathematics.

- **Supporting ELA at Home: Boosting Your Child's Literacy Skills**

This workshop is designed to empower parents and guardians with practical tools and strategies to enhance their children's English Language Arts (ELA) development outside the classroom. It covers a broad range of literacy components including reading comprehension, vocabulary growth, writing skills, and critical thinking. Participants will

learn how to create a literacy-rich home environment, select appropriate reading materials, and use engaging activities to promote learning. The session also offers guidance on how to support schoolwork and foster a lifelong love for reading and writing.

- **UpChieve Tutoring / Parent Focus Group**

This workshop has two parts: First, is an introduction to UpChieve, the 24/7 virtual tutoring program available to UACHS students. Second, participants will have the opportunity to share and discuss with UACHS teachers and administrators their thoughts about what they would like their child to get out of their education at UACHS. This feedback will be used to enhance school programming and focus priorities.

- **Your Child's Future Beyond UACHS: Representatives from NJCU Admissions**

UACHS' affiliation with New Jersey City University affords your student not only access to college resources while they attend UACHS but also the opportunity to earn a Presidential Scholarship of up to \$10,000 per year if they graduate from UACHS with a 3.8 grade point average or higher. Hear from NJCU Admissions counselors about how you and your student can prepare for a successful future.

SATURDAY, AUGUST 23:

- **Together Toward Success: Guiding Families Into a Great School Year**

This engaging parent workshop guides parents through strategies for helping their children establish effective routines for a successful school year. Participants will focus on effective communication with teachers, creating a homework-friendly environment, staying organized as a family, and reflecting on past challenges to build future plans.

- **What I Wish My Parent Had Known When I Was in High School**

In this panel discussion, UACHS alumni will talk about their experiences as a high school student and ways that their parent(s) supported them or they wish their parent(s) had been able to support them. Topics will include: adjusting to high school, academic and social stress, mental health, managing time and responsibilities, etc.

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MORE SESSIONS MAY BE ADDED.