

# **PARENT LEARNING OPPORTUNITY**

## **Solana Beach School District**

### **WHEN**

**April 17 or April 24, 2019  
6:30-8:00pm**

### **WHERE**

#### **North District Meeting • APR 17**

Skyline School- Theatre  
606 Lomas Santa Fe Drive  
Solana Beach, CA 92075

#### **South District Meeting • APR 24**

Solana Ranch School- Stage Area  
13605 Pacific Highlands Ranch Pkwy.  
San Diego, CA 92130

### **Please Register by April 5, 2019**

RSVP with your selection to Mary Vaccarino  
in Pupil Services at: [maryvaccarino@sbsd.net](mailto:maryvaccarino@sbsd.net)

If you need childcare for your child ages K-6 grade,  
please indicate this with your RSVP response. If  
you have any questions you can contact Pupil  
Services at 858-794-7124.

## **AN EVENING OF PRESENTATIONS BY TRAINED PROFESSIONALS**

**Choose from 2 of the 3  
session topics listed:**

**Anxiety: How to recognize  
it and what to do to help  
your child**

**Presented by: Cobi Campbell,  
Guidance Staff, Solana Ranch**  
with

**Bullying: Recognizing the  
signs; What to do at  
home?**

**Presented by: Lisa Burkle,  
Guidance Staff, Solana Pacific**

**Practical tips on how to  
have boundaries in a  
digital world**

**Presented by: Jon Moffat,  
Cyber Education Consultant**

**Learn anger management  
skills to support you and  
your child in the home**

**Presented by:  
Jill Carter,  
Guidance Staff, Skyline**  
with

**Zones of Regulation:  
Strategies to support  
emotional regulation**

**Presented by: Lydia Noble,  
Guidance Staff,  
Solana Santa Fe**