

Dear Roslyn Families,

The Office of Pupil Personnel Services will be hosting **Community Workshops** over the course of this school year to assist ALL of our Roslyn families in navigating through various topics such as health, technology and academics. Each session starts at 7pm and will be approximately 45 minutes in length, with an additional 15 minutes for Questions and Answers. I am honored to be moderating each session:

January 11, 2021

Dr. Whitney Roban, Family, Educational, and Corporate Sleep Specialist

Dr. Roban will provide solutions and support to parents in order for them to have well-rested and productive family structure in these times of uncertainty.

February 8, 2021

Ms. Kristin Harris, Board Certified Behavior Analyst

Anxiety and school refusal are common problems in children and adolescents. Ms. Harris will talk about practical strategies and interventions that can be used to tackle this growing issue.

March 15, 2021

Mr. Armstrong, Physical Therapist and Ms. Spinoso, Occupational Therapist

Roslyn's own Mr. Armstrong and Ms. Spinoso will speak about integrating motor activities in the home setting.

Zoom Invite for each session:

Join Zoom Meeting

<https://zoom.us/j/2978874455?pwd=d1ZPZUI2TjlkQzJiM1U1MGI2ZndXdz09>

Meeting ID: 297 887 4455

Passcode: PPS2021

We are thrilled that we are able to provide this support to our community. If there are any topics that you would be interested in learning more about, please email me at bschwartz@roslynschools.org and we will try to incorporate them over the course of the year.

Take good care,

Barbara Schwartz

Director of Pupil Personnel Services and Special Education

Roslyn Public Schools