



PARENTING IN A DIGITAL WORLD

WE BOTH ENJOY USING TECHNOLOGY IN OUR PERSONAL AND PROFESSIONAL LIVES. WE APPRECIATE THE EASE OF READING A DIGITAL NEWSPAPER ON OUR IPAD WHILE AT A COFFEE SHOP AND BEING ABLE TO PULL UP STUDENT RECORDS WHEN NOT ON CAMPUS. WE ALSO REALIZE THE TENSION BETWEEN THE BENEFITS AND THE CHALLENGES OF LIVING IN A DIGITAL AGE, AND WE KNOW THAT THE PERVASIVE INFLUENCE OF TECHNOLOGY ON TEENS' LIVES IN PARTICULAR CAN COMPLICATE TEACHING AND PARENTING ADOLESCENTS.

The good news is that the same fundamentals that applied to successfully working with adolescents before the digital age still apply now. Adolescents benefit from structure, care and reasoning. They need to know your expectations, that you will respond to their emotional needs, and that you are willing to communicate your reasoning with them. Of course, the ever-changing world of technology and the impulsive behavior of adolescents create some additional challenges.

Helping adolescents understand the impact of their decisions — as well as how to make good, ethical decisions — is one challenge of working with teens. Technology complicates this challenge because it offers anonymous venues and the ability to act quickly and impulsively with just a few taps on a mobile device. Students

**A PRINCIPAL'S
PERSPECTIVE**

often tell us they did not really think about their actions before they made a bad decision. With the use of technology, those bad decisions can be amplified as they spread easily and quickly within social groups and ultimately on the internet. Talking to students before these types of decisions occur can help them when a difficult situation arises. For example, parents should discuss what steps their children might take if an inappropriate video or photo is shared with them, or if they know they might be videotaped or photographed in a compromising situation. If they have already processed how they would like to respond, they will be much better prepared for when the real situation occurs.

Photos and media enrich our lives, but they also complicate students' lives. All adolescents occasionally make poor decisions, but the likelihood of those decisions being recorded now is much higher than when we were growing up. Rather than a story about their behavior, there might be a video. Students need to really think about how they want to present themselves to the world. Using social media can be a great way to connect with friends and family, especially those who are not local. However, there are very real problems with social media. Everyone posts their most exciting activities and most flattering photos, so scrolling through these sites can make life appear as if it should always be amazing, which is unrealistic. Colleges, employers and others also look at

social media profiles, which can live on for years even after being "deleted." Students often post something impulsively, only to have it analyzed by an employer years later. A simple question can often guide students: *What would my family think of this?*

While technology can make educating and parenting adolescents more complicated, it also provides great learning opportunities. Helping students slow down their thinking and consider their actions is a part of their growth, and has only become more important in our digital age.

PRINCIPALS **DENISE DUBRAVEC**, WINNETKA CAMPUS
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THE STUDENT PERSPECTIVE

VOICE OF THE STUDENT

21st Century Learning

Our backpacks are lighter, collaborative assignments faster, and classroom activities enhanced. Welcome to 21st century New Trier, where technology is not merely an added school supply; it's an essential tool integrated into our everyday learning.

The Class of 2017 is the last to not have had four full years with iPads, and the iPad program has since become so engrained in the fabric of New Trier that we're hard-pressed to imagine day-to-day schoolwork without it. From English teachers who actively guide students' essays independently via Google Docs to Spanish teachers who FaceTime friends in foreign countries on the board so we can engage with native speakers, New Trier teachers constantly explore innovative uses of technology to enhance our experience and output.

So we thank you, moms and dads, for our

iPads; taxpayers, for outfitting our buildings; and faculty and staff for continually experimenting with how to amplify learning through unparalleled resources.

That's not to overlook that there are, naturally, challenges. In my role as President of our student governance body, I've facilitated more conversations regarding technology than any other issue. Community, faculty, and administration all are deeply vested. Yes, social media permeates the

"Full disclosure — I still have one class where spiral notebooks and pens are the norm... "

walls of our school and, yes, digital communication poses relatively new and sometimes unpredictable risks. But there's a reason I consider these *challenges* and not *problems*. When students are granted the highly valued freedom as we are at New Trier, of course we introduce complexity. But to limit our freedom to attempt to minimize the

potential risks, knowing the vast rewards — that isn't the New Trier way. I'm confident that our school constituents, as a whole, and student government, in particular, will continue to hone and perfect the balance to ensure that we as students can learn best and safely enjoy the process.

How could we do it better? The top technology-related issue raised by students to our student government is inconsistent application across departments and courses. While not all teachers need to be comfortable allowing us to take notes on our iPads yet, it's our hope as students that in the next few years all teachers will engage with Canvas, post accessible grades and materials online, and leverage the technology we're so fortunate to have in creative and inspiring ways.

Full disclosure — I still have one class where spiral notebooks and pens are the norm, and a green chalkboard is resolutely affixed to the wall. And it's one of my favorite classes.

BY JACOB SHAW, STUDENT BODY PRESIDENT,
STUDENT ALLIANCE, CLASS OF 2017

Finding the Right Balance in Accessibility

NEW TRIER IS DEDICATED TO FINDING THE RIGHT BALANCE BETWEEN WHAT STUDENTS WANT TO ACCESS ON OUR NETWORK DURING PERSONAL TIME, AND THE IDEAL ACCESSES NEEDED FOR CURRICULAR PURPOSES. We allow a wide breadth of appropriate internet sites, assuring that students are safe and focused on educational goals.

We know our students have unfiltered internet access across multiple devices on a personal level and a responsibility to exercise good judgment when engaging in these spaces. When students encounter restricted internet sites and apps, they typically share their frustrations with the Technology Department. Students insist they make good decisions in all digital settings, including school, and that our network should mirror that which they use outside of school. However, we must take other factors into consideration when developing our policies. Filtering



decisions are based on needs, years of experience, new opportunities, current and past challenges faced, and the federal Children's Internet Protection Act (CIPA) requiring schools to filter content and establish guidelines for internet use. We expect students to use technology for both academic and personal purposes when on campus, and it is our obligation to ensure it supports our curriculum and prevents students from accessing and distributing harmful materials.

As our digital culture continues to take shape, we look to our students, faculty, administrators and staff to determine what sites and apps should or should not be available. These discussions encompass a variety of topics including: internet safety, cyberbullying, balance of internet access with the need to maintain an educational environment at school, and the modeling of a healthy, balanced life that is not dependent on screens, among other topics. Our technology committee has studied said topics, and our Technology Department has adjusted New Trier's filtering software in response to the inputs. As we continue our study, maintaining a safe, educational environment for our students is New Trier's top priority.

BY STEPHANIE HELFAND
CHIEF TECHNOLOGY
OFFICER

WELCOME FROM THE NEW TRIER PARENTS' ASSOCIATION

The Digital World: Friend or Foe?

As we head into the second semester of the kids' SENIOR year we dedicate this issue to **Digital Citizenship!**

For many of us we ask... *what does it mean to be a good digital citizen?* We think it means to use the privilege of academics in an online world in a kind and respectful nature while following the rules. The rules of New Trier and how they impact our children and their devices are ever changing. We have found as parents, our children are smarter and faster at using their electronic devices than we have ever imagined. What this means for the administration of New Trier AND us parents is the task of trying to stay "ahead" of them in our understanding of what they are using these personal devices for.

The Technology Department of New Trier makes it their job to try to know and anticipate what the kids are doing. While we want to give our kids these technological devices to enhance their academic experience it also exposes them to a host of other issues, some we don't even know about. Ghost applications, VPN's and Puffin are terms that many of us parents don't begin to understand. As teachers have

abandoned the use of actual books for "online" or e-books many kids do well yet it may leave others wishing for an old book with a highlighter to enhance the classroom experience. How our kids adapt in the ever-changing digital world is a challenge for all of us!

While our Senior Class is given the task of more learning than ever before in a cyber world we are charged with the task of keeping up! In an effort to help out our parents, the NTPA spent many hours this summer working with the Technology Department at NT to write another section of the Parents to Parents online handbook. Coming in January we will be posting this on the NTPA website under the heading of P2P.

So stay tuned for valuable info from the NTPA! Happy Winter!



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2017

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HAVE YOU EVER HEARD OF ROOTS AND WINGS THEORY? THE IDEA BEHIND IT IS WE GIVE OUR KIDS ROOTS TO GROW AS WELL AS THE WINGS TO LET THEM FLY. Soon,

it will be time for our seniors to leave the nest. This may be going to college, work or taking a gap year. It will probably be harder for you than your child. "Staying connected" has a whole new definition these days. And, difficult as it is to fathom, being in touch all the time may not be a good thing. We need to let go of the "electronic tether."

According to a Middlebury College study, the average college student contact with parents has jumped tenfold within a generation. The easy access of communication has changed the nature of parental involvement. After high school, our children go through a period of emerging adulthood.

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This is the time for them to foster independence, self advocate and make their own decisions. The study found students with the most contact with parents during this period are those who are least autonomous. Parents who are hyper vigilant and keep constant watch on their children are doing them a disservice.

Our take, if you want your kid to live in your basement for the rest of your life, then keep the calling, texting, and/or tracking going. Seriously though, the BEST thing you can do is to learn to stay connected in a way that enables our children to spread their wings. You will be glad you did.

2018

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PSAT, ACT, PHSC, FISKE, COMMON APP, NCAA – SUDDENLY OUR JUNIORS ARE EXPERIENCING A WHOLE NEW VOCABULARY AND NEW WINDOWS INTO THE WORLD AROUND THEM AND THE OPPORTUNITIES THAT LIE BEYOND. However, these windows work both ways and suddenly our students are visible to college admission staff, school coaches and administrators, not just through their test results or academic achievements but also via social media: Facebook accounts, Twitter feeds and Instagram.

Our students need to remember that any thing posted on a social network can, and will, be accessed by anyone looking for information about your student – and it doesn't go away!!

Schools and coaches increasingly review student accounts and it's not uncommon to pull commitments due to bad decisions displayed on social media (by the student or by their parents).

The best message we can give to our young people – "when in doubt – don't post!"

LIFE BEFORE THE COMPUTER:

A Memory was something lost with age
An Application was for employment
A Program was a TV show
A Cursor used profanity
A Keyboard was a piano
A Web was a spider's home
A Virus was the flu
And a Hard Drive was a long road trip.

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2019

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CAN YOU BELIEVE OUR STUDENTS ARE HALFWAY THROUGH SOPHOMORE YEAR? THIS CLASS DOES THINGS DIFFERENTLY THAN WE DID. THEY HAVE THE INTERNET. WE WORRY ABOUT TIME SPENT ONLINE, WHAT THEY ARE DOING AND WITH WHOM ON THEIR DEVICES. WE TEND TO FOCUS ON THE NEGATIVE THAT COMES WITH TECHNOLOGY BUT WHAT ABOUT THE POSITIVE? We asked some sophomores how digital plays a role in their lives. The response was encouraging. "We use Google docs to work on group projects, arrange team study halls on OOVVOO and one-to-one's on FaceTime. All remote. Canvas enables us to retrieve and submit homework even when home sick. Questions get emailed to teachers while fresh in our heads. Snapchat and Instagram keep us in touch with school and distant friends and relatives. The Internet is our resource for current events."

What does this tell us? We have taught our children well and established solid foundations and boundaries. They have advantages we didn't dream of and they are teaching us how invaluable these tools can be.

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2020

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"MY KIDS DON'T TELL ME ANYTHING" IS AN AGE-OLD PARENTAL COMPLAINT. MANY OF US HAVE TRIED VARIOUS STRATEGIES TO GET OUR TEENS TO TALK: ASK THEM ABOUT SPECIFIC EVENTS IN THEIR DAY; GO FOR A DRIVE SO THEY DON'T HAVE TO LOOK AT YOU; SHOOT HOOPS OR DO AN ACTIVITY THAT YOU BOTH ENJOY. Great, but how do we even catch their attention when their eyes are laser-focused downward on their device of choice?

We don't have the answer. But we'd like to start the conversation. Visit our class webpage, tinyurl.com/newtrier2020, to:

WATCH Sherry Turkle's "Reclaiming Conversation" FAN talk

READ Andrew Sullivan's article on distraction and then share your thoughts with us, in person!

ATTEND our Parent Party on January 27 from 6-8 p.m. at the Kenilworth Club. *We can at least talk to each other while we figure out how to get our kids to talk to us.*



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Good Sportsmanship on the Field and in Social Media

SPORTS AT NEW TRIER CAN BE VERY INTENSE, WHETHER WE'RE COMPETING FOR A STATE TITLE OR JUST BRAGGING RIGHTS OVER A LOCAL RIVAL (YOU KNOW WHICH ONES). AND SOMETIMES, WE CAN GET CAUGHT UP IN THE EXCITEMENT AND EMOTION. In the "olden days," the rivalries were played out on the field while fans in the stands chanted their favorite cheers like "air ball" or "we can't hear you." But in the digital age, that competition has gone beyond the field. Rivalries surrounding high school sports have migrated to social media and affected the way athletes, coaches and parents interact.

When we think about good sportsmanship, an image of kids shaking hands after a game comes to mind. Bad sportsmanship was limited to the occasional comment from a loudmouth in the stands or a tantrum from a player after a questionable call. Today, it can extend to anonymous posts on SmackHigh, Twitter rants, or Facebook denigrations. Such conduct has harmed and embarrassed players, coaches, parents and teams. Remember what happened to Hope Solo because of her emotional tweet after the US lost to Sweden in the Olympics? It doesn't have to be this way.

We can choose to use social media to promote good sportsmanship. Check out a high school athlete's Twitter or Instagram account and, most likely, the list of followers will include members of opposing teams — players they've met through club teams, little league or summer camps.

Players they've gotten to know and respect. Social media keeps them connected and can keep rivalries grounded. I wonder if Javier Baez and Francisco Lindor are Facebook friends (and there's no bigger rivalry than the World Series)!

So if you have a high school athlete, encourage your child to show the same level of good sportsmanship and respect in the digital world that he or she demonstrates in the real world.



Source: Varsity Views

AN ALUMNI'S PERSPECTIVE

Human Insight Important in Technology Development

When I was a senior at New Trier, Raisa Landor gave me two weeks to figure out the meaning of life. Mrs. Landor taught the AP Great Books class — the definitive introduction to human thought, from Pascal's *Pensées* to *Catcher in the Rye*. We had just read Viktor Frankl, and we were given a fortnight to wrestle with the meaning of our existence before presenting to the class.

At New Trier, being asked the biggest question facing humanity in the middle of a regular Tuesday class was pretty much par for the course. What I didn't realize at the time is that my school's commitment to breadth and depth in education would shape my career in technology — and the way I think about raising children in a world where we are surrounded by computers.

After New Trier, I went to Stanford, where my entire freshman year was basically a reprise of Mrs. Landor's class. I majored in 'Symbolic Systems,' which brings linguistics, computer science, philosophy and psychology together — an interdisciplinary approach that felt totally natural after New Trier. And when I left a graduate program in artificial intelligence to join Facebook, the experiences I had at high school informed the way I thought about the software we were creating.

Designing software products that are accessible and loved by different communities requires a broad understanding of people: of their motivations, their habits, their passions and worries and needs. This is especially true for social media, which is above all about people.

Teaching people to code is important, and the need for software engineers and computer scientists remains strong. I would never have gotten into coding without exposure to the incredible rigor of the New Trier math faculty. But the most challenging problems in tech — the ones that will attract the brightest minds — are those that deal with human behavior.

Technology is the application of knowledge by people and for people. You can write all the code you want, but if you want people to use it you need to understand their behavior. That means the parts of the curriculum that search for the true character of our nature and explore the human condition provide important guidance for work as well as for life.

Humanities embraces the idea that the greatest questions facing us are timeless, and the great ideas are pondered time and time again; technology needs to be infused with humanity to be truly beneficial. As someone who works in technology, and as a parent, this is one of those counter-intuitive parenting lessons. To raise kids who can engage with and create technology, you should nurture their interests in humanities — something New Trier does so well.



BY CHRIS COX
NEW TRIER DISTINGUISHED ALUMNI
(CLASS OF 2000) AND
CHIEF PRODUCT OFFICER AT FACEBOOK

CALENDAR & EVENTS

ALL STUDENTS

Early Dismissal	Tues., January 17, 1:05 p.m. (N) & 1:25 p.m. (W)
Second Semester Begins	Wed., January 18
ACT National Test	Sat., February 11, 7:45 a.m.-12:30 p.m., Northfield Campus
Trevapalooza Dance	Sat., February 18, 7:30-10:30 p.m., Gates Gym (W)
Institute Day	No School – Fri., February 24
Winter Carnival	Fri., March 3, 5:30-9:00 p.m., Winnetka Campus
Early Dismissal	Fri., March 10, 12:00 p.m. (N) & 12:20 p.m. (W)
Late Arrival	Mon., March 13, 10:15 a.m. (N) & 10:35 a.m. (W) – No Early Bird Winnetka
Third Quarter Ends	Fri., March 24
Spring Break Begins	Sat., March 25
Classes Resume	Mon., April 3
ACT National Test	Sat., April 8, 7:45 a.m.-12:30 p.m., Northfield Campus

FRESHMEN

Parent Party	Fri., January 27, 6:00-8:00 p.m., Kenilworth Club
Freshman Play "Page to Stage"	Mon., February 20 thru Wed., February 22, Room E221 (N)

SOPHOMORES

PHSC Parent Night Girls	Wed., January 25, 7:00-8:30 p.m., Gaffney Auditorium (W)
PHSC Parent Night Boys	Thurs., January 26, 7:00-8:30 p.m., Gaffney Auditorium (W)
PSAT 10	Wed., April 5, 8:00-11:30 a.m., Winnetka Campus

JUNIORS

Gap Year Panel Discussion	Sat., January 28, 12:00-1:00 p.m., Gaffney (W)
Gap Year Fair	Sat., January 28, 1:00-3:00 p.m., Trevian Commons (W)
NTPA College Admissions 101	Wed., February 22, 7:00-8:30 p.m., Cornog (N)
SAT State Assessment	Wed., April 5, 8:00 a.m.-12:00 p.m., Winnetka Campus

SENIORS

Senior Scholarship Art Show	Mon., March 13 thru Thurs., March 23, Lower Level Foyer, West Addition (W)
Save the Date	GRADUATION: Sun., June 4, 5:00 p.m., Sears Centre Arena (in Hoffman Estates)

Annual Booster Bash Set for Saturday, January 21

JOIN FELLOW NEW TRIER PARENTS AT THE ANNUAL BOOSTER BASH AND HELP RAISE MONEY TO SUPPORT ALL THE GREAT PROGRAMS PROVIDED BY THE BOOSTER CLUB.



Over 1200 students play an intramural sport each year, including more than 700 in the Night League Basketball program alone. And, the Booster Club has set a new goal of updating the weight equipment in the New Trier weight rooms.

Head to Fields BMW on Frontage Road in Northfield from 7:30-10:30 p.m. to join the fun.

Fine Arts Summer Scholarship Applications due March 1st



DRAWING IN FLORENCE. JAZZ IN DOOR COUNTY. THEATER IN NYC. DEBATE IN MICHIGAN. These are just a few of the activities that New Trier arts students have pursued with the help of their New Trier Fine Arts Summer Scholarship which awards up to \$500. Applications are available in early January from Fine Arts faculty or online at www.newtrierfinearts.org.



Join us for the 2017 Alumni Achievement Awards Dinner

ELEVEN DISTINGUISHED NEW TRIER ALUMNI WILL BE HONORED ON THURSDAY, MARCH 16TH AT THE AWARDS RECEPTION AND DINNER HOSTED BY THE NEW TRIER EDUCATIONAL FOUNDATION AT THE HILTON ORRINGTON/

EVANSTON. Since the recognition awards began in 2011, 41 recipients have joined the Alumni Hall of Honor, a permanent display at New Trier High School's Winnetka Campus.

Visit www.newtrierfoundation.org/alumni-dinner to read about our honorees and inductees. You may also purchase tickets to attend this fundraising event for the Foundation.

Green Roof PROJECT

Help us Reach our Goal by April 17, 2017!

WE ARE HALFWAY THERE! THE SECOND NEW TRIER GREEN ROOF IS CLOSER TO BECOMING A REALITY. Just over \$51,000 has been committed to the project. Following the \$100,000 gift made by Girls' Club and Tri-Ship for the first roof, the Foundation is working hard to make the second roof a reality.

Donors making gifts of \$5,000 or more will have their names included on a donor plaque to be located by the Green Roof. Gifts of any amount are welcome. To make a gift, visit www.newtrierfoundation.org/green-roof.



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THE NEW TRIER PARENTS' ASSOCIATION MISSION IS TO PROMOTE CONNECTIONS, PROVIDE COMMUNICATION, AND PRESENT OPPORTUNITIES FOR PARENTS, WHICH SUPPORT AND ENHANCE THE NEW TRIER EXPERIENCE.

PARENT EDUCATION PROGRAMS



NTPA Annual Meeting & Winter District Dialogue featuring Superintendent Dr. Linda Yonke

Tuesday, January 24 | 9:00-11:00 a.m.

Room W336 (W)

Parents are invited to the NTPA's Annual Meeting followed by a book discussion led by Dr. Linda Yonke. This year's selected book is Angela Duckworth's best-seller *Grit: The Power and Passion of Perseverance*.

ECGC Parent Program: New Trier Teens: Perception vs. Reality

Tuesday, January 31 | 9:00-10:30 a.m.

Room C234 (N)

"Everybody at NT drinks." *Really*??? Come hear what students think is happening vs. what is really happening. Dr. Tim Hayes and Kristine Hummel will present a snapshot of New Trier High School students' responses to the Youth Risk Behavior Survey (YRBS), covering a wide range of teen behaviors — drugs/alcohol, physical health, stress/anxiety, bullying. They will share resources available to students, in addition to tips for parents as we help them navigate their high school experience.

Screenagers: Growing Up in the Digital Age

Tuesday, January 31 | 7:00-8:30 p.m.

Glencoe's Central School (620 Greenwood Ave.)

Misner Auditorium

Parents AND students (grades 5-12) are invited to watch this documentary that explores the impact of screen time on both the cognitive and social-emotional development of our youth. A panel of parents, students and teachers will facilitate a discussion around four themes: 1.) How does technology enhance and complicate our lives, 2.) Why is this happening and what does brain research tell us, 3.) What are the implications of technology, and 4.) How can we build support for our children.

NTFAA Program: Pursuing Fine Arts in College

Tuesday, February 7 | 7:00 p.m.

(Location TBD)

Post-High School Counseling staff will share ways in which to approach the college application process. Following this, meet in discipline-specific groups (art, dance, debate, music, theatre) with parents who have been through the college application process with their Fine Arts student(s).

College Admissions 101: What's the Right Fit for Your Student?

Wednesday, February 22 | 7:00-8:30 p.m.

Cornog Auditorium (N)

The NTPA Class of 2018, in conjunction with the Post-High School Counseling Department, invite junior parents to learn from a panel of admissions officers the kinds of students their schools are looking for. Our panel will represent a cross-section of various types of academic institutions including a large state school, a

highly selective private university, a small liberal arts school, and a community college. The panelists will share information about their selection processes and the opportunities and experiences offered by schools of their kind.

ECGC Parent Program: Resilience, Responsibility, Character

Wednesday, March 1 | 1:00-3:00 p.m.

Room C234 (N)

There are many theories about what makes a person resilient. How does resilience determine one's navigation of successes and failures? Join us in a conversation regarding the skills necessary to be strong under stress and change.

ECGC Parent Program: Good and Bad Stress

Wednesday, April 26 | 1:00-3:00 p.m.

Room C234 (N)

Stress occurs in many situations in our lives. How one deals with stress and whether that stress is helpful or harmful depends on many factors. What is the right amount of stress? Should we change the culture of stress? Join us for a conversation on good and bad stress and tips to regulate stress in your lives.

All-School Forums

Wednesday, January 18 | 3:45-5:00 p.m.

Wednesday, February 8 | 3:45-5:00 p.m.

Wednesday, March 8 | 3:45-5:00 p.m.

EPI Center Room 301 (W)

Join interested students, principals, faculty, staff and board members to discuss current issues. For more information, contact Eric Stewart at stewart@newtrier.k12.il.us.