Colorado Academy’s SPEAK (Series for Parent Education About Kids) Program is a robust, educational lecture series produced by Colorado Academy in collaboration with the Parent Association to host national and local experts who speak on topics of interest. The lecture series is provided as a free service to the CA community, and presentation times are varied to accommodate parent schedules.

Sign up via the CA website to attend these informative and enlightening lectures. Please check CA’s website under “programs” for future dates and times.

When possible, podcasts of the lectures are posted on the password-protected pages of CA’s website. Questions? Contact Renée Rockford at 303-914-2506 or by email at renee.rockford@coloradoacademy.org.

Note: On-campus child care is available for a fee at all evening SPEAK events. Reservations are required. Please contact Carol Rosberg at 303-914-2565 or carol.rosberg@coloradoacademy.org.

CA provides Spanish-to-English language interpretation for these events. Please indicate your request for translation when you register for the event or, please contact Karen Chavez at karen.chavez@coloradoacademy.org or call her at 303-914-2573.
Paul Tough lays it bare: we believe that success comes from those who score highest on tests, from preschool to SATs. Yet evidence indicates that our story here might be dead wrong. Using the tools of science, Tough peels back the mysteries of character and traces the links between early childhood neurological development and environment. By showing how “nature” and “nurture” are intertwined, he explores how childhood stresses modify life success and the surprising ways that parents do—and do not—prepare their children for adulthood. He helps us understand how early adversity affects childhood emotional, social, and cognitive development, and what we can do about it. Tough is the author, most recently, of *Helping Children Succeed: What Works and Why*. He is also the author of *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character*. He is a contributing writer to the *New York Times Magazine* and a speaker on various topics, including education, poverty, parenting, and politics.
The Stressed Years of Their Lives
Dr. B. Janet Hibbs & Dr. Anthony Rostain

The Stressed Years of their Lives “is destined to become a well-thumbed handbook to help families cope with this modern age of anxiety,” says one review of this new book. Childhood is evaporating into a life filled with over-scheduled activities and screen time, and adolescence has become a high-stakes, time-starved pressure cooker of stress, fear, and perfectionism for kids, while many parents experience anxious over-involvement. Book authors Drs. Hibbs and Rostain will look at the unique stressors of this age and reveal the keys to health promotion and harm reduction. Find out how parents and teachers can advance social-emotional health and resilience in students and prepare them for a successful launch beyond school, into college and a healthy young adulthood.

Thursday, October 3, 2019
8:30-10 a.m.
CA Dining Hall

Lecture followed by book signing
RSVP at coloradoacademy.org
Middle School students benefit tremendously from practice and instruction in social and emotional skills. Join Rush Sabiston Frank, MS, from the Institute for Social and Emotional Learning for this informative, interactive, and engaging workshop. Rush is a passionate SEL advocate whose work centers on equipping students with the powerful social-emotional practices and increased self-awareness that they instinctively want and need. She and her team have been working collaboratively with the CA Middle School faculty in creating its new advisory program. Come find out why this effort is so important, and why we are so excited for our students. The meeting is preceded by brief MS Parent Association announcements and a question-and-answer session with Bill Wolf-Tinsman, MS principal.

Lower School parents are welcome to attend.

RSVP at coloradoacademy.org
New York Times bestselling author/illustrator Jarrett J. Krosoczka creates books with humor, heart, and a deep respect for his young readers. First published at the age of 23, Krosoczka has dozens of published books to his credit, including his wildly popular Lunch Lady graphic novels and his powerful young adult graphic memoir about growing up surrounded by family addiction—Hey, Kiddo. He has been a guest speaker in thousands of schools across the country and is a frequent guest lecturer at the Library of Congress. Discover his path to becoming an author, and find out tips on how parents can reach their most reluctant of readers.

Parents with children of any age are welcome to attend.
Join CA in a screening of this arresting new documentary on climate change from the producers of Racing Extinction, The Cove, and Chasing Ice. In it, environmental photographer James Balog of Colorado captures the lives of everyday Americans on the front lines of climate change. With rare compassion and heart, The Human Element’s coast-to-coast series of captivating stories, including some shot in Denver, inspire us to reevaluate our relationship with the natural world. The screening will be followed by a talkback with a climate change scientist. The documentary is appropriate for students Grade Five and up, and students and parents are invited to attend together.

Light dinner will be served
RSVP at coloradoacademy.org
Sarah Burgamy, licensed clinical psychologist, and owner/lead clinician at PhoenixRISE, a private practice in Denver, will help parents better understand gender and sexual orientation terminology and lay the groundwork to better navigate the human geography that surrounds us all. The meeting is preceded by brief MS Parent Association announcements and a question-and-answer session with Bill Wolf-Tinsman, Middle School Principal.

RSVP at coloradoacademy.org

Parents with children of any age are welcome to attend.
In partnership with Stanford University, CA brings the “Challenge Success” program to campus for two parent presentations. Presenter Jon Kleiman will talk about how today’s high-pressure culture can interfere with healthy child development. Find out how to establish practices in your family that buffer against these pressures and enable children to flourish. Join us as we discuss research-based strategies for raising healthy preschoolers. We’ll explore how to encourage autonomy, cultivate resilience, and manage media use.

RSVP at coloradoacademy.org
Join Alex Yannacone, MA, Community Programs Manager for the Helen and Arthur E. Johnson Depression Center, for this informative session about your teenager. This training will discuss skills and strategies for building resiliency in your teenager, creating manageable goals, understanding the importance of self-care, and how to incorporate mindfulness exercises for students. We’ll identify barriers and obstacles, as well as how to get support and access resources.

RSVP at coloradoacademy.org
With world-renowned autism spokesperson, scientist, and inventor Temple Grandin, join us to hear this evening of personal stories, inventions, and facts that will blow young inventors’ minds and make them soar. In Calling All Minds, Temple Grandin delves into the science behind inventions, the steps various people took to create and improve upon ideas as they evolved. She draws on her own experience as an autistic child. Mentoring by her high school science teacher and her aunt on her ranch in Arizona motivated her to study and pursue a career as a scientist. Following her PhD research on the effect of environmental enrichment on the behavior of pigs, she has published several hundred industry publications on animal handling, in addition to 12 books. She currently is a Professor of Animal Sciences at Colorado State University, where she continues her research and teaches courses on livestock handling and facility design.
Audiences of all backgrounds have been captivated by the phenomenal true story of the black “human computers” who used math to change their own lives—and their country’s future. Set against the rich backdrop of World War II, the Space Race, the Civil Rights Era, and the burgeoning fight for gender equality, this talk brings to life the stories of the four women who worked as mathematicians at NASA during the Golden Age of space travel. They were called into service during the WWII labor shortages. Suddenly, these overlooked math whizzes had jobs worthy of their skills at the Langley Memorial Aeronautical Laboratory, in Hampton, Va. In this extraordinary talk, Hidden Figures author Margot Lee Shetterly talks about race, gender, science, the history of technology, and more. She shows us the surprising ways that women and people of color have contributed to this country’s innovation, while she instills in us a sense of wonder and possibility.
cience journalist, speaker, teacher, and author of Screen/Life Balance and How to Break Up with Your Phone, Catherine Price reveals some of the many ways in which our phones are affecting our productivity, creativity, relationships, memory, attention spans, and sleep. In this talk, discover a plan to take back your life from your device, without giving it up completely, and help your children to do the same. Price uses her background to help people question their assumptions, make positive changes, and see mundane things (i.e., phones) in a smarter and more philosophical light.

Screen/Life Balance
Catherine Price

Thursday, February 6, 2020
8:30-10 a.m.
Sadler Room
CA Campus Center

RSVP at coloradoacademy.org
Join Craig Goebel, an education consultant, as he helps parents understand how colleges and universities use market research to excite and win prospective applicants. Ratchet down the emotion and guesswork about the process, and find out what is driving colleges’ strategic recruitment, marketing tactics, and pricing, merit, and financial-aid decisions. Understand what data points are driving college branding and admissions and what you can do to be an informed consumer in the process. Goebel is a principal with Art & Science Group, a Baltimore-based consulting firm providing market-informed strategies to higher education and others. Goebel is a regular presenter at national higher education conferences around the country and has served as a guest lecturer in George Washington University’s Higher Education Administration program.

RSVP at coloradoacademy.org
Each year, the Middle School offers a window into its efforts to help students learn to think critically and problem solve. This year, our focus will be on our math program. This is a hands-on workshop for only 20 people, so please reserve your spot and come ready to roll up your mathematical and logical sleeves.

RSVP at coloradoacademy.org

ThinkingLAB Workshop: Loving Math and Problem Solving
MS Math Team

Wednesday, February 12, 2020
8:30-9:45 a.m.
Middle School Community Room
Don’t miss this annual engaging address! It’s your opportunity to find out the latest CA news when Head of School Dr. Mike Davis shares a look at CA’s “dashboard” indicators. How does CA measure up? What are our future plans? What are the implications for your child’s education? The meeting is preceded by a brief Parent Association presentation, which will include the Parent Association Officers Slate for the 2020-2021 school year and options for gifting fundraising dollars back to CA.

RSVP at coloradoacademy.org
Research shows that twice as many Colorado teens vape than the national average. We also know that young people who experiment with nicotine, marijuana, or alcohol are far more likely to become addicted than people who start later. Join Jessica Dolgan, PsyD, Founder and Chief Clinician of Integrative Therapeutic Solutions, for a fast-paced look at addiction and what parents can do to protect their kids. The meeting is preceded by brief MS Parent Association announcements and a question-and-answer session with Bill Wolf-Tinsman, Middle School Principal.

Parents of Upper School students are welcome to attend.
In honor of National Poetry Day (Oct. 3), Lemon Andersen performs at CA. Andersen is a performance artist, playwright, brand architect, and Tony Award-winning poet. He first garnered national attention appearing in Russell Simmons’ *Def Poetry Jam* on Broadway in 2002, which won a Tony Award for Best Special Theatrical Event and netted Andersen a Drama Desk nomination for his writing. He is the subject of the documentary *Lemon*, a look at his journey from three-time felon to bold-faced name—and how leaving one’s past behind just isn’t that simple. Lemon’s past includes a life of serious crime after being orphaned when his mother, father, and stepfather died from complications of heroin abuse and AIDS, causes he continues to fight and advocate for today. In 2011, TED invited Andersen to perform at their inaugural TEDYouth event, live-streamed to 16 countries.
Bryan Terrell Clark is a singer-songwriter, philanthropist, and actor, perhaps best known for his starring role as George Washington in *Hamilton: An American Musical* on Broadway. Drawing on real-life lessons from his humble beginnings in Baltimore to his starring career on Broadway, Clark inspires others to reach their full potential in life while leaving a positive impact on the world. He uses exposure to the arts to empower young change-makers to dream big and discover the best version of themselves.

*Parents, please feel free to join us for this 2019-2020 All-School Assembly*