SPEAK
Series for Parent Education About Kids

2020-2021 LECTURE SERIES
It’s important during these times of uncertainty that some things can be counted on. CA is committed to providing you access to leading voices in our community and country, focused on the top issues we and our children are facing. Our SPEAK (Series for Parent Education About Kids) lecture program is produced in collaboration with our Parent Association and provided as a free service to the CA and wider community. Presentation times vary to accommodate parent schedules. Please visit the CA website to confirm details of each event.

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 Jessica Tonjes at 303-914-2509 or by email at jessica.tonjes@coloradoacademy.org.

CA is able to provide Spanish-to-English language interpretation for in-person events. Please indicate your request for translation when you register for the event, or please contact Karen Chavez at karen.chavez@coloradoacademy.org or 303-914-2573.
Madeline Levine, PhD, is a clinician, consultant, educator, and the author of multiple New York Times bestsellers on parenting. In her newest book, Ready or Not: Effective Parenting in an Uncertain World, she focuses on the skill set that children will need most going forward, given our uncertain and rapidly changing world. She’ll help parents understand the high levels of anxiety that accompany such accelerated and unpredictable change. Levine began her career as an elementary and junior high school teacher before earning multiple degrees, including an MA and PhD in Psychology. She is a co-founder of Challenge Success, a project of the Stanford Graduate School of Education that provides families and schools with tools to create more balance in the lives of children.

Registration required to attend this Zoom event. Please visit coloradoacademy.org/speak for registration information.
Having Middle Schoolers social distance is a BIG ask. Every fiber of the Middle School brain wants to be “up close and personal” with their friends. How can we help young people develop the social and emotional skills that they need while social distancing and wearing a mask in the middle of a global pandemic? Nick Haisman-Smith, Director and Co-Founder of the Institute for Social and Emotional Learning, will help us explore this important topic, while providing numerous suggestions for parents.

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Working with young people in today’s digital world has never been so complex. Our technology-infused learning environments play host to many distractions, including social media. Ana Homayoun, a San Francisco-based author, school consultant, and educator, helps parents understand the latest trends in the world of social media socialization, and provides practical tips on how we can make better choices around social media use, managing distractions, and overall wellness. Homayoun is the author of three books, including *Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*. 

**Registration required to attend this Zoom event.**

*Please visit coloradoacademy.org/speak for registration information.*
For many students, thinking ahead, prioritizing, and being organized is terrifically hard. Join Morgan Beidleman as she explores how the brain develops the ability to organize, prioritize, self-regulate, and make decisions. Beidleman has worked with schools and families in a wide variety of capacities and is owner and director of REACH Learning Services. This talk will focus on ways that parents can support their students to develop this important constellation of success skills more quickly.

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Even in the best of times, being too busy can become a habit so entrenched that it leads you to postpone or cut short what matters most. Now we find ourselves working from home, parenting in a pandemic, overseeing our children’s school work, disconnected from our families, friends, and everyday routines, and trying to establish a new sense of normal. It’s not unusual to feel frustrated at how hard you have to struggle to keep up with all your commitments, while balancing your children’s overloaded schedules. Dr. Edward “Ned” Hallowell, parent, New York Times bestselling author, and board-certified child and adult psychiatrist, and author of CrazyBusy understands the demands that parents face. Dr. Hallowell will provide tips and coping strategies to help parents navigate and manage these challenging times for themselves and their children.

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Navigating Teenage Sexuality and Relationships

Peggy Orenstein
Author

New York Times bestselling author, award-winning journalist, and internationally recognized speaker on gender issues, Peggy Orenstein dives into the lives of young people to unravel the hidden truths, hard lessons, and important realities of their lives. Author of several books about young people and their relationships, including Cinderella Ate My Daughter, Waiting for Daisy, Schoolgirls, and now, Boys & Sex, Orenstein, as one reviewer puts it, “dares to do what so many of us are afraid of: actually asking boys about sex and then listening to what they have to say. Their answers are illuminating, oftentimes surprising—and essential.” Another reviewer says Orenstein’s latest book is “required reading for anyone who has ever loved, raised, been, or will become a boy.”

*Note, this event will not be recorded.*

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Dr. Tom Hoerr, a nearly 40-year leader of schools and professor of educational leadership, shares tips from his latest book, *The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs*. He will talk about the need to prepare children to succeed in life, not simply to do well in school. Hoerr is also author of *Fostering Grit; The Art of School Leadership; Becoming a Multiple Intelligences School; and School Leadership for the Future*. He has written more than 150 articles, and his “Principal Connection” column was published in *Educational Leadership* magazine for more than a dozen years. He holds a PhD from Washington University in St. Louis, and founded and directed the Non-Profit Management Program there.

Registration required to attend this Zoom event.

Please visit coloradoacademy.org/speak for registration information.

Check the CA website for up-to-date information on locations and times.
Hailed as “the new Toni Morrison” by the American Booksellers Association, MacArthur Genius and two-time National Book Award winner Jesmyn Ward is the author of fiction, nonfiction, and memoir that the New York Times Book Review called “raw, beautiful and dangerous.” In 2017, she became the first woman and first person of color to win the National Book Award for Fiction twice, joining the ranks of William Faulkner, Saul Bellow, and John Updike. Ward’s novels, primarily set on Mississippi’s Gulf Coast, are deeply informed by the trauma of Hurricane Katrina. Her newest novel, the critically acclaimed Sing, Unburied, Sing, won the 2017 National Book Award. Named “a searing, urgent read for anyone who thinks the shadows of slavery and Jim Crow have passed,” it was named one of the best books of 2017 by the New York Times, Time, Washington Post, and Publisher’s Weekly. Ward’s latest is Navigate Your Stars, an adaptation of her 2018 Tulane University Commencement speech that champions the value of hard work and the importance of respect for oneself and others. Ward was named one of Time’s 100 Most Influential People of 2018.

The event will be held in person until further notice.

Navigate Your Stars
Jesmyn Ward
Author and Professor

Thursday, January 28, 2021
5:30 p.m.
Join Holistic Health Coach and founder of WBH Nutrition Co., CA alumna Georgia Grey ’08, for an informational Zoom event on nutritious meals your kids will love. Grey will teach what makes a balanced meal and help you empower your children to make healthy choices. She will suggest strategies for eating well as a family, all while not breaking the bank.

**Registration required to attend this Zoom event.**

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Each year, the Middle School offers a window into our 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, so please come ready to roll up your mathematical and logical sleeves.

_Note: This event will have a maximum of 20 attendees._

_Registration required to attend this Zoom event._

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Join Head of School Dr. Mike Davis as he shares the latest CA news. The meeting is preceded by a brief Parent Association presentation, which will include the Parent Association Officers Slate for the 2021-2022 school year and options for gifting fundraising dollars back to CA.

The event will be held in person until further notice.

State of the School
Dr. Mike Davis
Head of School

Thursday, March 18, 2021
9:45 a.m.
Keeping Kids Safe—Taming our Technology
Devorah Heitner, PhD
Author and Educator

Thursday, April 1, 2021
9:45 a.m. via Zoom

Screenwise author and previous SPEAK lecturer, Devorah Heitner, PhD, offers a webinar focused on the social-emotional components of balancing screen time with unplugged time in family life. What should the “screen time” rules be for both recreational and learning tech use during this unusual time? She will also talk about parenting kids when it comes to social media, texting, and gaming, as well as how to keep up with news without getting overwhelmed (and being cautious with what news kids are consuming). Heitner is the author of *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*, a guide for parents to mentoring digital kids. She is also delighted to be raising her own digital native.

Registration required to attend this Zoom event.
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Note: This event is part of a Middle School Parent Association meeting.
Do you think of yourself as creative? If not, Dr. Jandel Allen-Davis can convince you otherwise! This Craig Hospital President & CEO, physician, and community leader is also a fabric artist. Her works of art have been on display at galleries throughout the Denver area, including at CA several years ago. This SPEAK lecture will inspire your creative side and motivate you to pick up a brush, get your hands dirty with clay, see beauty through a camera’s lens and more. Jandel will also share her thoughts on how finding alone time for art helps her engage differently at work and at home. Dr. Allen-Davis was previously the Vice-President of Government, External Relations, and Research for Kaiser Permanente Colorado from 2009-2018. She is board certified in obstetrics and gynecology and was in active practice for 25 years.

*The event will be held in person until further notice.*
ALL SCHOOL ASSEMBLY

Act II!
Bryan Terrell Clark

Wednesday, April 14, 2021
10:40 a.m.

We are delighted to welcome Bryan Terrell Clark back to Colorado Academy! He is an actor and singer-songwriter, best known for starring as George Washington in the Broadway production of *Hamilton: An American Musical*. His story is nothing short of inspirational; his early years in Baltimore motivated him to pursue his dreams and never give up—leading him to his starring career on Broadway. Clark inspires youth through the arts and empowers them to be the best versions of themselves.

The event will be held in person until further notice. This event is for CA students only.