

NORTH BABYLON PARENT and  
YOUTH ACTIVITIES COMMITTEE  
AND THE OWL TEACHERS' CENTER PRESENT

# P.Y.A.C. PARENT UNIVERSITY 2017



**PARENTING ISN'T EASY –  
WE ARE HERE TO HELP!**

## REGISTRATION FORM

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street Town State Zip

Email: \_\_\_\_\_

PLEASE CHECK TO RSVP FOR THESE NBUFS-D-SPONSORED FREE EVENTS:

NCAA NIGHT: GET RECRUITED

MINDFULNESS: SHIFTING FROM SURVIVING TO THRIVING

\*\*\*\* CIRCLE WORKSHOPS YOU WILL ATTEND \*\*\*\*

1 2 3 4 5 6 7 8 9 10 11 12 13

Total Cost of Workshops: \$ \_\_\_\_\_

For Town of Babylon Residents Only - Subtract 2016 Service Credits: \$ \_\_\_\_\_

Total Registration Fee Enclosed: \$ \_\_\_\_\_

### REGISTRATION INFORMATION AND INSTRUCTIONS

- You must be pre-registered to attend any workshop. All workshops will take place at the North Babylon Teen Center located at 213 Phelps Lane, North Babylon (in Phelps Lane Park by the Town of Babylon Pool) unless otherwise noted. Please contact us at 631-422-0333 for more information on our programs.
- **PLEASE MAKE CHECKS PAYABLE TO NORTH BABYLON PARENT ACTIVITIES PROGRAM AND MAIL YOUR REGISTRATION FORM AND CHECK TO: North Babylon P.Y.A.C, P.O. Box 2403, North Babylon, NY 11703.** We will accept walk in registration during regular office hours, 11:00AM–5:00PM, Monday through Friday. Workshops are open to the public.
- Please do not bring your children to workshops.
- All Town of Babylon residents receive Service Credits for some workshops. These credits can be applied to registration costs for any P.Y.A.C. Program.  
**1 Service Credit = \$1.00 off a 2018 Registration Cost**
- If you earned Service Credits in 2016, deduct the amount listed on the Service Credit Voucher from this year's registration cost. Please mail your service credit voucher with your registration form to receive your discount. Last years' service credits must be used during the year 2017.
- Workshop size is limited. Registration is on a first come/first served basis. We must have a certain number of participants to run the workshops, so please register early to avoid cancellation. We will contact you if we must cancel a workshop due to low registration.
- We reserve the right to cancel workshops due to lack of registration, inclement weather, and availability of building and/or availability of workshop instructor.

North Babylon Parent and Youth Activities Committee consist of the following groups:  
North Babylon Board of Education, North Babylon School's Administration, North Babylon Teachers' Organization,  
North Babylon Council of PTAs and individual PTA units, North Babylon Public Library,  
North Babylon Community Youth Services and other interested North Babylon Community Groups.  
This program is partially funded by the Town of Babylon Youth Bureau and Rich Schaffer, Supervisor.

NORTH BABYLON UNION FREE SCHOOL DISTRICT  
*in cooperation with*  
2017 PYAC PARENT UNIVERSITY

PRESENTS AN **NCAA** NIGHT EVENT

# GET RECRUITED: THE COLLEGE ATHLETIC RECRUITING SEMINAR

For Parents & Athletes, Grades 8-12

By Coach Wayne Mazzoni

For the past 15 years, Coach Wayne Mazzoni has focused his career on understanding the college recruiting process and has helped high school athletes and parents find the college of their dreams. He is a highly-regarded speaker and the author of GET RECRUITED. This seminar will explain everything student athletes and parents need to know about the college athletic recruiting process including:

- How to determine the right athletic level
- How to get colleges to recruit you
- Understanding the NCAA Clearinghouse
- Understanding recruiting rules
- Determining your scholarship potential level

**COLLEGE  
SPORTS**

**Monday, April 24<sup>th</sup> 2017 7PM**

**North Babylon High School Lee Tatti Auditorium**

For more information, please contact PYAC at (631) 422-0333  
or the NBUFSD Athletics office, John Sparacio, Athletic Director

This workshop is provided in cooperation with North Babylon Parent & Youth  
Activities Committee (P.Y.A.C.) the OWL Teacher's Center and  
North Babylon Teacher's Organization.

NORTH BABYLON UNION FREE SCHOOL DISTRICT  
*in cooperation with*  
2017 PYAC PARENT UNIVERSITY

*PRESENT an evening for parents on*  
**Social Emotional Learning (SEL)**

What is SEL?

"The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions."

**Kids  
WELCOME**

# MINDFULNESS: SHIFTING FROM SURVIVING TO THRIVING

**Refreshments**

By Cory Muscara

Founder, Long Island Center for Mindfulness

**Monday, May 1<sup>st</sup> 2017 7PM**

**North Babylon High School Lee Tatti Auditorium**

Mindfulness meditation is a form of mental fitness. It is a practice we can utilize to optimize our brain in ways that increases focus, clarity, relaxation, productivity, and joy. Cory Muscara, faculty at Columbia Teachers College and a regular guest on Dr. Oz will be presenting this workshop and participants can explore what mindfulness meditation is and why it might be worth cultivating.

**Age appropriate activities for school age children will be organized  
by North Babylon High School student volunteers**

For more information, please contact PYAC at (631) 422-0333

Light refreshments provided by NBTO (North Babylon Teachers Organization)

This workshop is provided in cooperation with North Babylon Parent & Youth  
Activities Committee (P.Y.A.C.) the OWL Teacher's Center and North Babylon Teacher's Organization.

# LIFE SAVING SKILLS!

Do you need  
CPR/First Aid  
Training?

[CLICK HERE FOR MORE INFORMATION](#)



## 1. CPR/FIRST AID RECERTIFICATION

by National Safety Council

**Wednesday, 4/5 Time:** 6:00 – 9:00PM **Cost:** \$50.00 **Service Credits:** 3

This course is designed for individuals who have previously been trained in CPR/AED and Standard First Aid and need to be recertified. This workshop combines discussion, video and hands-on training with real-life rescue scenarios that will reinforce your decision-making skills. Cost includes 2-year certification.

## 2. CPR/FIRST AID CERTIFICATION

by National Safety Council

**Wednesday, 4/12 Time:** 1:30 – 6:30PM **Cost:** \$60.00 **Service Credits:** 5

This course is designed for individuals with a duty to respond to adults, children and infants experiencing breathing and cardiac emergencies. Participants will also learn proper first-aid procedure in case of an emergency, great or small! This workshop combines discussion, video and hands-on training with real-life rescue scenarios that will reinforce your decision-making skills. Cost includes 2-year certification.

## 3. NARCAN TRAINING

by Robert Delagi, MA NREMT-P

**Wednesday, 6/7 Time:** 6:30 – 7:30PM **Cost:** FREE

The Centers for Disease Control (CDC) reports that drug overdose, mainly due to the increase in non-medical use of prescription pain-relief drugs, is the second leading cause of deaths from unintentional injuries in the United States.

In an effort to reverse this trend in Suffolk County, the Opioid Overdose Prevention Program trains participants on how to recognize an overdose, administer intranasal Narcan and take appropriate steps until EMR arrives. Participants will receive a certificate of training and an emergency resuscitation kit that includes NARCAN.

## 4. SKILLS FOR SUCCESS

by Cindy Goldrich, Ed.M., ACAC

ADHD Parent Coach and Teacher Trainer

**Thursday, 5/11 Time:** 6:30 – 8:00PM **Cost:** \$10.00 **Service Credits:** 1.5

Executive Functions are the cognitive skills needed for academic performance, social skills, and life skills. Commonly, these are the skills utilized to organize, plan, initiate, manage emotion, shift maintain focus and use working memory. They govern the HOW you do what you DECIDE to do. This presentation will briefly explain how Executive Function skills are developed and will include tips, tools, and strategies parents can use to promote optimal success in all aspects of life.



## 5. SETTING GOALS FOR YOUR CHILD WITH AUTISM AND HOW TO ACHIEVE THOSE GOALS

by Lenny Caltabiano, Psy.D., NCSP, Kidz Therapy Services

**Tuesday, 5/16 Time:** 6:30 – 8:00PM **Cost:** \$10.00 **Service Credits:** 1.5

Kidz Therapy Services provides professional and comprehensive services to children with autism and their families. Lenny Caltabiano is a NYS Licensed Psychologist who specializes in the areas of Autism Spectrum Disorders and the assessment of cognitive ability. This workshop will provide a thorough understanding of Autism Spectrum Disorders and effective methods to foster the development of skills and improve behavioral functioning.

## 6. A FUNCTIONAL AND ENVIRONMENTAL PERSPECTIVE ON BEHAVIOR

by Gary P. Coppolino Jr., Behavior Specialist

Assistant to the NBUFSD Administrator for Special Education K-7

**Tuesday, 5/23 Time:** 6:30PM – 8:00PM **Cost:** FREE

This workshop, for both parents and educators, will focus on the understanding of the functions of behavior, the purposeful form of behavior as a communicative tool, and the environment factors that can impact behavior.

## 7. MEDIA SMART FAMILIES

by Tim Jahn, Cornell Cooperative Extension

**Thursday, 5/25 Time:** 6:30 – 8:00PM **Cost:** \$10.00 **Service Credits:** 1.5

Facebook, Twitter, Snapchat, Instagram - families and educators are surrounded by all forms of media 24/7. Learn what's good and bad about media and how to be a media-literate and safe family. This workshop will teach parents and educators how to make smart media and technology choices.





## 8. DRIVER SAFETY

by Eileen Watson, AARP

**Saturday, 6/3 Time:** 8:30AM – 2:30PM **Cost:** \$10.00 **Service Credits:** 6  
This course is designed for adults 18 and older and can save you up to 15% off your insurance rates! AARP Smart Driver Course is the preeminent driver safety program, serving communities for over 30 years. The program has helped millions of drivers protect their safety on today's roads. This workshop will cover:

- Tuning up your driving skills and update your knowledge of the rules of the road
- Defensive driving techniques
- Discover ways to handle left turns, right-of-way, highway traffic and blind spots
- Learn the newest safety and advanced features in vehicles



## 9. CHROMEBOOK TRAINING

by Richard Willis

**Thursday, 5/4 Time:** 6:30 – 8:00PM **Cost:** FREE  
Chromebooks are easy-to-use, fast, and secure computers. This makes them a favorite for teachers as it removes the technology hassles, letting you focus on teaching and learning. This training session will teach parents & educators the best way to take advantage of these devices in the classroom and at home, from basic use and customization to integrating Google tools and services. **\*\* THIS WORKSHOP WILL TAKE PLACE AT ROBERT MOSES MIDDLE SCHOOL CAFETERIA \*\***



## 10. DIABETES DEFENSE

by Jessica Schrek, Cornell Cooperative Extension

**Wednesday, 5/31 Time:** 6:30 – 8:00PM **Cost:** \$10.00 **Service Credits:** 1.5  
One of the most challenging parts of diabetes management and lowering your risks, is the fact that patients must make so many decisions -- every day -- on their own. Participants will receive up to date information about diet, physical activity, and other lifestyle changes that can help manage and lower the risks of diabetes.



## 11. SCULPT/CARDIO

by Dominique Dalia, Certified Instructor

**Mondays Time:** 10:00 – 11:00AM **Cost:** \$20.00 **Service Credits:** 1  
4/24 – 6/5

Burn some fat and sculpt some muscle! Cardio sculpting exercises help in losing weight and toning the body. This 60-minute workout mixes cardio with strength training for the ultimate sweat session. Participants are asked to bring 5lb. weights if they can. Registration includes 6 classes.



## 12. PILOXING

by Dominique Dalia, Certified Instructor

**Tuesdays Time:** 10:00 – 11:00AM **Cost:** \$20.00 **Service Credits:** 1  
4/25 – 5/30

Join us for this non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a sleek, sexy, powerful you! The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. Add to that exhilarating dance moves and you have a muscle-toning, fat-burning workout! Registration includes 6 classes.



## 13. ZUMBA

by Dominique Dalia, Certified Instructor

**Thursdays Time:** 10:00 – 11:00AM **Cost:** \$20.00 **Service Credits:** 1  
4/27 – 6/1

Tired of those old traditional workouts? Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away those calories. The routines feature aerobic/fitness training with a combination of fast and slow rhythms that tone and sculpt the body. This workout is effective for fat and calorie burning. Registration includes 6 classes.