



Wellness

2022 Orientation Program

October 4, 2022

National Cathedral School

AGENDA

- 8:30 – 9:00 am** **Breakfast/Networking**
- 9:00 – 9:05 am** **Welcome**
*Elizabeth Savage, President
Parents Council of Washington*
- 9:05 – 9:20 am** **Opening Remarks**
*Dr. Elinor Scully, Head of School
National Cathedral School*
- 9:20 – 9:35 am** **Maximizing the PCW Partnership with Your School Community**
*Genie Strong and Tanisha Carden
Board Members & Orientation Program Co-Chairs
Parents Council of Washington*
- 9:35 – 10:00 am** ***Share, Connect, Engage: Best Practices Roundtables***
*PCW Board Members/School Liaisons, PCW Representatives, and
Parent Association Presidents*



2022-2023 Theme – Wellness

Mission

To promote excellence in education by fostering communication among parents, students and independent schools in the Washington, DC area through programs, resources and networking opportunities.

Vision

Connecting Schools. Sharing Ideas. Engaging Students/Parents/Faculty/Administrators.

Who We Are

Established in 1964 to create connections, collaborations and community around education and parenting, PCW is governed by a rotating volunteer Board of Directors. All members of the Board (15 at present) are parents of member school students or graduates, serving 3-year terms. The Board, with the help of a part-time administrator, organizes and coordinates all programs and resources.

Who We Serve

PCW is a nonprofit membership organization serving the interests of its member school communities. Eligible members are independent schools (Preschool-12) in the Washington, DC metropolitan area, paying annual dues based on type of school and enrollment, and appointing school representatives to liaison with PCW to benefit their school communities via programs, resources and networking opportunities.

➤ CURRENT MEMBER PROFILE:

- Member Schools Represented (54)
 - ✓ Lower (42), Middle (37), Upper (33)
 - ✓ DC (21), Maryland (21), Virginia (12)
 - ✓ Co-ed (41), single gender/girl (8), single gender/boy (5)
 - ✓ Religious affiliated (24), secular (30)
- Students Represented (approximately 25,000)

What We Offer

PCW provides member school communities (administrators, faculty, staff, parents, and students) with robust programs (approximately 10 per year), abundant resources (via our website, including program summaries), and ample networking opportunities all pertaining to education, child development and/or parenting.

➤ ANNUAL PROGRAMS (with an indication of date and to whom the event is open)

- **Orientation Program** – October 4, 2022. Intended for PCW School Representatives and Parent Association (PA) Presidents.
- **Speaker Series Event** – October 18, 2022 (Dr. Jonathan Dalton). Intended for all in our member school communities.

- **Movie Screening** – October 24 - 28, 2022 (*Chasing Childhood*). Intended for all in our member school communities.
- **Lower School Forum** – November 3, 2022 (Panel presentations). Intended for all member lower school communities.
- **Mental Health Panel** – January 25, 2023 (Member school presentations). Intended for all in our member school communities.
- **Upper School Student Leader Breakfast** – February 15, 2023. Intended for selected 11th/12th grade member school students.
- **Middle School Student Leader Breakfast** – February 28, 2023. Intended for selected 7th grade member school students and counselors/administrators.
- **Deans of Students' Breakfast** – March 1, 2023. Intended for upper school Dean of Students as a follow up to the Upper School Student Leader Breakfast.
- **Speaker Series Event** – April 18, 2023 (*Ana Homayoun*). Intended for all in our member school communities.
- **Informal Discussions for PA Presidents** – Periodic informal discussion throughout the year.

➤ RESOURCES

- PCW website and access to calendar with upcoming events
- Archived summaries of past PCW programs
- Monthly checklists and materials for PCW School Representatives & PA Presidents
- Takeaways from PCW programs

➤ NETWORKING/BENEFITS

- Various opportunities (for Reps, PA Presidents, Administrators, Faculty, Parents, Students)
- Connecting schools, sharing ideas, engaging students, faculty, parents, and administrators
- Dynamic local and national best-selling authors presenting at events
- Visibility for/among independent schools in the Washington, DC area

How We Do It

- ✓ PCW Board member liaisons maintain contact with member school administrators, PA Presidents, and PCW Representatives to coordinate, advertise and deliver PCW programs, resources, and opportunities.
- ✓ PA Presidents and PCW Representatives share program/resource information with their school communities and encourage attendance at programs (i.e. *Speaker Series, Lower School Forum, Movie Screenings*).
- ✓ PA Presidents and PCW Representatives attend programs as well (*Orientation, Speaker Series, Lower School Forum, Movie Screenings*).
- ✓ Member school administrators and faculty present at a variety of the programs, while other local and national level speakers and authors are highlighted at programs such as our *Speaker Series*.
- ✓ Interested and well-suited member schools host annual PCW programs.
- ✓ PA Presidents and PCW Representatives interested in a position on the PCW Board of Directors are encouraged to contact administration@parentscouncil.org.

www.parentscouncil.org

Updated: September 29, 2022

2022-2023
PCW Board Liaisons to Member Schools
(listed by Member School)

<u>Member School</u>	<u>Board Liaison</u>
Academy of the Holy Cross, The	Genie Strong
Aidan Montessori	Leslie Hunter
Alexandria Country Day School	Leslie Hunter
Beauvoir	Cara Hur
Browne Academy	Leslie Hunter
Bullis School	Natalie Selzer
Burgundy Farm Country Day School	Sharon Bahador
Charles E. Smith Jewish Day School	Natalie Selzer
Commonwealth Academy	Sharon Bahador
Concord Hill School	Des Bouadi
Congressional School	Jenn Lustbader
Connelly School of the Holy Child	Traci Mitchell
Edmund Burke School	Melissa Dennis
Field School, The	Katrina Holliday
Flint Hill School	Jennifer Butler
Foxcroft School	Tanisha Carden
Georgetown Day School	Des Bouadi
Georgetown Preparatory School	Genie Strong
Georgetown Visitation Preparatory School	Tanisha Carden
Gonzaga College High School	Genie Strong
Grace Episcopal Day School	Des Bouadi
Green Hedges School	Jennifer Hemann
Harbor School, The	Jenn Lustbader
Holton-Arms School, The	Traci Mitchell
Holy Trinity School	Sharon Bahador

<u>Member School</u>	<u>Board Liaison</u>
Lab School of Washington, The	Katrina Holliday
Landon School	Jennifer Hemann
Langley School, The	Jennifer Butler
Lowell School	Katrina Holliday
Madeira School, The	Jennifer Hemann
Maret School	Jenn Lustbader
McLean School of Maryland	Melissa Dennis
Milton Gottesman Jewish Day School	Natalie Selzer
National Cathedral School	Cara Hur
National Child Research Center	Des Bouadi
National Presbyterian School	Leslie Hunter
Norwood School	Natalie Selzer
Oneness Family School	Traci Mitchell
Our Lady of Good Counsel High School	Katrina Holliday
Potomac School, The	Jennifer Butler
Primary Day School, The	Cara Hur
Sandy Spring Friends School	Traci Mitchell
Sheridan School	Jenn Lustbader
Sidwell Friends School	Jennifer Hemann
Siena School, The	Jennifer Butler
St. Albans School	Cara Hur
St. Andrew's Episcopal School	Cara Hur
St. Anselm's Abbey School	Melissa Dennis
St. Patrick's Episcopal Day School	Katrina Holliday
St. Stephen's & St. Agnes School	Melissa Dennis
Stone Ridge School of the Sacred Heart	Genie Strong
Washington Episcopal School	Tanisha Carden
Washington International School	Tanisha Carden
Woods Academy, The	Sharon Bahador

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2022-2023 PCW Board of Directors

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Jessica Horwitz, Administrator	administration@parentscouncil.org

2022-2023

Month-to-Month Guide for PCW Representatives

Note: PCW will provide you with promotional material for all programs via the monthly checklist; program summaries available on the website (www.parentscouncil.org)

September

- Contact school PA President or communications director to determine the best method for publicizing future PCW events/programs.
- Publicize the Fall **Speaker Series: Jonathan Dalton** event on October 18 as appropriate for your community in school newsletters and on the school website.

October

- Attend **Orientation, October 4 (8:30am) at National Cathedral School.**
- Continue to publicize the Fall **Speaker Series: Jonathan Dalton** event on October 18.
- Publicize the **Movie Screening: Chasing Childhood**, available from October 24-28.
- Publicize the **Lower School Forum** panel event on November 3, if applicable to your school.
- Attend the **Speaker Series: Jonathan Dalton, October 18 (7:00pm) via Zoom.** Encourage other parents, school personnel, and friends to attend.
- Share the summary from the Jonathan Dalton event, available on the PCW website, with your school community.
- View the **Movie Screening: Chasing Childhood, October 24-28 (Virtual).** Encourage other parents, school personnel, and friends to view.

November

- Attend, as appropriate, the **Lower School Forum, November 3 (9:00am) at Norwood School.** Encourage other lower school parents, school personnel, and friends to attend.
- Share the Lower School Forum summary, available on the PCW Website, with your school community, if applicable.

December

- Publicize the **Mental Health Panel** event on January 25.

Happy Holidays!

January

- Continue to publicize the **Mental Health Panel** event on January 25.
- Attend the **Mental Health Panel, January 25 (7:00pm) at The Field School.** Encourage other parents, school personnel, and friends to attend.

February

- Selected Upper School students attend **Upper School Student Leader Breakfast, February 15.**
- Selected Middle School students attend **Middle School Student Leader Breakfast, February 28.**

March

- Upper School Deans of Students attend the **Deans' Breakfast, March 1.**
- Publicize the Spring **Speaker Series: Ana Homayoun** event on April 18.

April

- Attend the **Speaker Series: Ana Homayoun, April 18 (7:00pm) via Zoom.** Encourage other parents, school personnel, and friends to attend.
- Share the summary from the Ana Homayoun Speaker Series event with your school community.

May

- Identify PA Presidents and PCW Representatives for next year and send information to PCW at administration@parentscouncil.org.



PCW School Representatives
Specific Responsibilities/Expectations
for Taking Advantage of PCW Membership

Each member school selects approximately one to three parents to serve as PCW Representatives during the academic year. Representatives are expected to learn about, advertise and promote, encourage participation, attend and engage, and share program materials for all applicable PCW programs with their school communities, as well as seek opportunities to promote the relationship between PCW, member schools, and parent groups.

➤ **Learn About**

- Take part in PCW Orientation
- Communicate with your PCW Board Member Liaison
- Read and act upon PCW monthly checklists sent directly to your email inbox
- Refer to PCW website (www.parentscouncil.org, 'Resources for Reps' section)
- Attend other PCW events (Speaker Events, Movie Screenings, Panel Discussions)

➤ **Advertise and Promote**

- Use blurbs from PCW monthly checklists to advertise in school communications
- Be strategic about where to advertise (school newsletters, class notices, etc.)
- Email or send notes to parents, administrators, faculty, and staff
- Provide access to copies of previous year summaries for applicable programs (located on PCW website, below)

➤ **Encourage Participation**

- Talk up programs and ask other parents to attend with you as appropriate
- Email or send notes to administrators, faculty, and staff for programs of interest
- Help provide transportation or carpools (optional)
- Make sure everyone knows where, when, and for whom the programs exist

➤ **Attend and Engage**

- Go to all programs meant for you and bring a friend where applicable
- Use programs as opportunities to network and engage with other parents

➤ **Share Program Materials**

- Once posted, ensure your school community sees and reads program summaries
- Email/hand out program summaries to administrators, faculty, and parents

Stay Informed 24/7

Contact us: administration@parentscouncil.org or via your Board Liaison
Visit our website: www.parentscouncil.org

Parents Council

O F W A S H I N G T O N
CONNECTING SCHOOLS • SHARING IDEAS • ENGAGING PARENTS

2022-2023 PCW Program Schedule

Program	Date	Time	Venue	Audience	PCW Rep Role
PCW Orientation	Tuesday, Oct. 4, 2022	8:30 am - 10:00 am	National Cathedral School	PCW Reps and PA Presidents	ATTEND! Distribute material*
Speaker Series <i>Dr. Jonathan Dalton</i>	Tuesday, Oct. 18, 2022	7:00 pm - 8:30 pm	Virtual	All PCW Member School Communities	Publicize/Promote ATTEND! Distribute material*
Movie Screening: <i>Chasing Childhood</i>	Monday, Oct. 24 – Friday, Oct. 28, 2022	Watch on your own schedule	Virtual	All PCW Member School Communities	Publicize/Promote VIEW MOVIE! Distribute material*
Lower School Forum <i>(Panel Presentations)</i>	Thursday, Nov. 3, 2022	9:00 am - 11:00 am	Norwood School	PCW Lower School Member Communities	Publicize/Promote ATTEND! Distribute material*
Mental Health Panel <i>(Member School Presentations)</i>	Wednesday, Jan. 25, 2023	7:00 pm - 8:30 pm	The Field School	All PCW Member School Communities	Publicize/Promote ATTEND! Distribute material*
US Student Leader Breakfast	Wednesday, Feb. 15, 2023	8:00 am - 12:00 pm	Georgetown Preparatory School	Member School Selected Students	Ensure Administrator and Counselor have date and know to select students
MS Student Leader Breakfast	Tuesday, Feb. 28, 2023	8:30 am - 11:30 am	The Langley School	Member School Selected Students	Ensure Administrator and Counselor have date and know to select students
Upper School Dean of Students Breakfast	Wednesday, Mar. 1, 2023	8:00 am - 10:00am	St. Stephen's & St. Agnes School	Upper School Deans of Students	Ensure Dean of Students has date on calendar
Speaker Series <i>Ana Homayoun</i>	Tuesday, Apr. 18, 2023	7:00 pm - 8:30 pm	Virtual	All PCW Member School Communities	Publicize/Promote ATTEND! Distribute material*
Informal Discussion for PA Presidents	Throughout the Year	Varies	Virtual	PA Presidents	N/A

*Distribute Material = Access/distribute info beforehand; then program summaries/write-ups from PCW website after program completion.

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