

# You're Invited

**2023**  
**2024**

## Parent Academy Schedule for 2023-2024

February	
<p>Stress Doesn't Have to Be Stressful Facilitated by the Onslow County Health Department</p> <p>February 15, 2024 5:30-6:30pm OCS Central Services Family Education Professional Development Building</p>	<p>Everyone experiences stress, but we can do better when we recognize it and have strategies to work through it. Join our partners from the Onslow County Health Department as they share, "Stress Doesn't Have to Be Stressful." Topics will include:</p> <ul style="list-style-type: none"> <li>• Seeking help at college</li> <li>• Stress management</li> <li>• Time management</li> <li>• Peer pressure off kids to 'have it all put together'</li> <li>• Talking to your teen about stressful situations</li> </ul> <p>OR Virtual at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>
<p>Magnet and Educational Opportunity Expo</p> <p>February 20, 2024 5:00-7:00pm Eastern NC Regional Skills Center</p>	<p>Come learn about the magnet school options and other educational opportunities offered at Onslow Virtual School, Northwoods Elementary Magnet School of Innovation and Technology, Clyde Erwin Elementary Magnet School of Cultural Arts, New Bridge STEAM Middle Magnet School, Onslow Early College High School, and the Eastern NC Regional Skills Center.</p> <p>Location: Eastern NC Regional Skills Center: Burton Industrial Park, 261 NW Corridor Blvd, Jacksonville, NC 28540</p>
<p>Choosing the Best Parent Session</p> <p>Thursday, February 22, 2024 5:30pm until</p>	<p>Choosing the Best This session is a chance for parents to experience the parent education component of the puberty and abstinence curriculum that students experience in Onslow County Schools. Information will be shared that is helpful in navigating these sensitive topics. Parents are always welcome to view the resources that are used with students at <a href="https://www.onslow.k12.nc.us/Page/23281">https://www.onslow.k12.nc.us/Page/23281</a> (Click Elementary, Middle, or High School in the left hand column to view the correct grade).</p> <p>Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC Family Education PD Building OR Virtual at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>

February Continues on the Next Page...

<p>The Individualized Education Plan (IEP) Review</p> <p>Thursday, February 29, 2024</p>	<p>Come learn with our partners in Exceptional Children as well as the Exceptional Children's Assistance Center (ECAC) about how the IEP process works and how to review your child's IEP.</p> <p>Afternoon Session 11:00am-1:00pm: Registration Required (minimum number of participants needed in order to hold this session): Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC Family Education PD Building</p> <p>Evening Session 5:30-7:30pm: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC Family Education PD Building OR Virtual at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>
<p><b>March</b></p>	
<p>Complete the FAFSA</p> <p>Thursday, March 7, 2024</p> <p>5:30-6:30pm</p> <p>Location: FEPD1</p>	<p>The new FAFSA (Free Application for Federal Student Aid) may be giving you some headaches. Come join our team for a FAFSA completion event. There may even be some prizes!</p> <p>If possible, go to <a href="https://studentaid.gov">https://studentaid.gov</a> to create an account (parent and student). Do this and request your FSA ID (Federal Student Aid ID) in advance if possible. We are glad to help with that as well, but if you have your FSA ID, we can dive right into the FAFSA. To be the most prepared, bring your tax documents and SS numbers to be able to complete all the forms. We will have folks in the room to help with any questions.</p> <p>Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC Family Education PD Building OR Virtual at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>
<p>High School Scheduling</p> <p>Thursday, March 14, 2024</p> <p>5:30-6:30pm</p> <p>Location: FEPD 1</p>	<p>High School Scheduling for Success</p> <p>This session will be focused on 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade students as they prepare to select courses for high school. We will explore intentional scheduling, look at what a transcript is, the importance of GPA, graduation requirements, and all types of high school options.</p> <p>Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC Family Education PD Building OR Virtual at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>

## April

Healthy College Habits Any  
Student Can Master  
Health Department Session

Thursday, April 4, 2024  
5:30-6:30pm

Setting off on the college, career, or military journey can lead us into healthy or unhealthy habits. New locations, new expectations, and increased freedom means that we need to have a plan for eating in a healthy way. Join our partners from the Onslow County Health Department as they facilitate a session on, "Healthy College Habits Any Student Can MASTER."

- Healthy eating tips for busy schedules
- Healthy meals you can make in your dorm
- How to navigate the dining center
- Transitioning from organized sports to being active on your own

Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC  
Family Education PD Building

OR Virtual at <https://bit.ly/ParentAcademy23-24>

8<sup>th</sup> Grade Step Up to High  
School

Thursday, April 25, 2024  
5:30-6:30pm  
Central Office: FEPD 1

8<sup>th</sup> Grade Step Up to High School Session

This session will allow 8<sup>th</sup> graders and their families to have an overview of graduation requirements, high school expectations, and to ask their questions about making a successful transition.

Location: Face-to-Face: Central Office 200 Broadhurst Road Jacksonville, NC  
Family Education PD Building

OR Virtual at <https://bit.ly/ParentAcademy23-24>

## May

<p>Mini-College Fair Thursday, May 16, 2024 5:30-7:30pm Location: TBD</p> <p>Open to all Especially good for 10<sup>th</sup> and 11<sup>th</sup> graders</p>	<p>Making the Best Choice for Me: Oh the Places You'll Go</p> <p>The session will start with a presentation about college applications and opportunities. Then participants can visit admission officers as part of a "Mini-College Fair" where high school students and families can explore various types of college opportunities. Families can visit liberal arts colleges, HBCU, community colleges, and more.</p> <p>Designed for high school freshman, sophomores, and juniors (seniors who have not made a decision yet are welcome too).</p>
<p>College Applications and Essays For High School Juniors Saturday, May 18, 2024 8:30am-11:30am Location: FEPD</p>	<p>College Applications and Essay Writing</p> <p>Pre-registration required (Link to come) and limited to 50 students. Join college admissions professionals, English instructors, and others to discuss college applications, to review your essays, and learn how to draft a more powerful essay.</p>
<p>I've Been Accepted Now What  Thursday, May 23, 2024 5:30-6:30pm</p>	<p>I've Been Accepted Now What?</p> <p>This session will be focused on high school seniors, but all are welcome. Once you are accepted and you have made your choice, there are typically lots of questions including wondering about housing, orientation, scheduling, packing, last minute scholarships, and finishing up financial aid. We will spend time on these topics and help answer as many questions as possible.</p> <p>Location: Virtual Only at <a href="https://bit.ly/ParentAcademy23-24">https://bit.ly/ParentAcademy23-24</a></p>