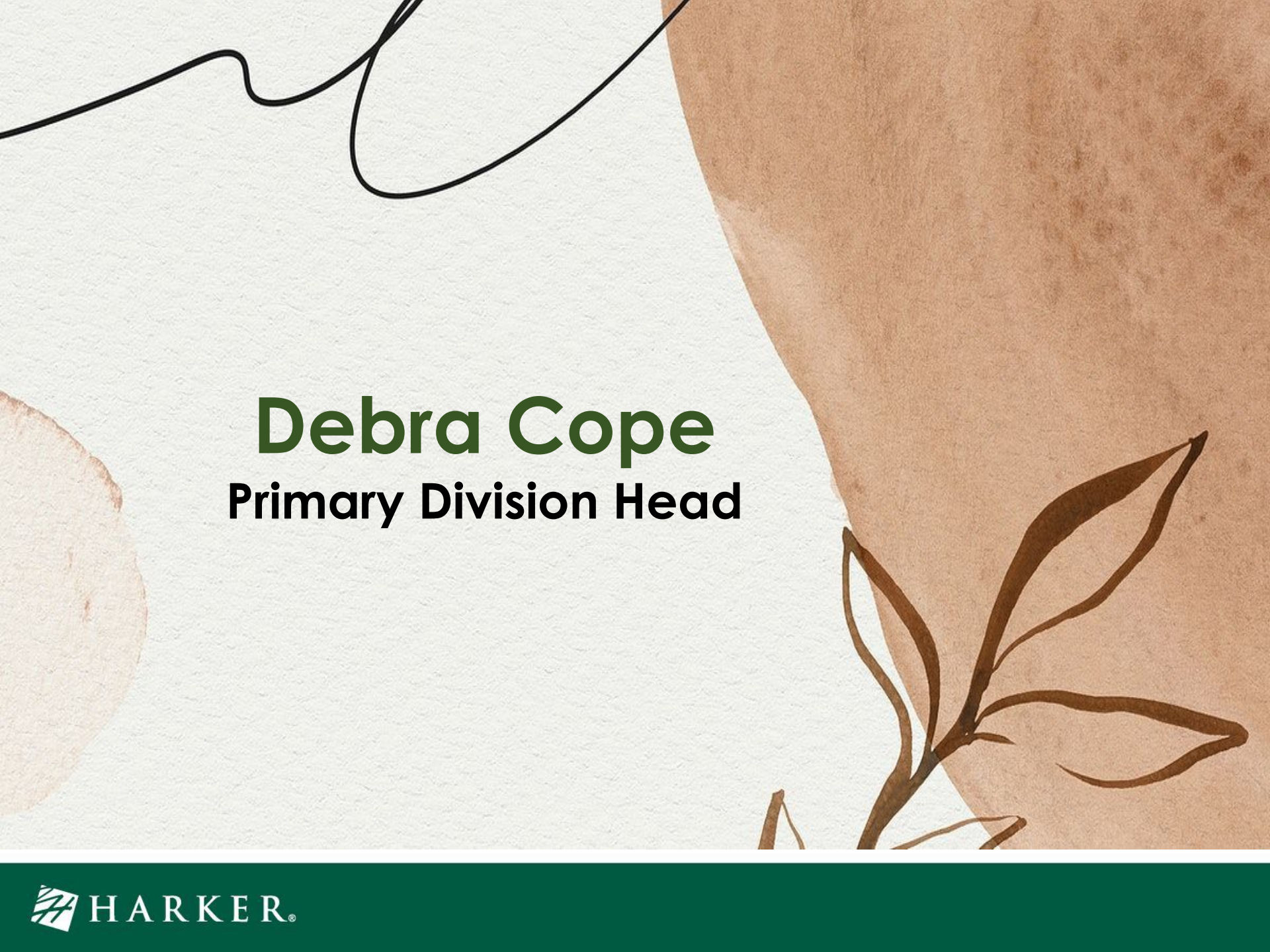


# Grade 1 Parent Connect

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# Debra Cope

Primary Division Head

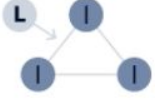
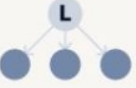
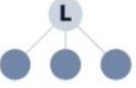
# Agenda

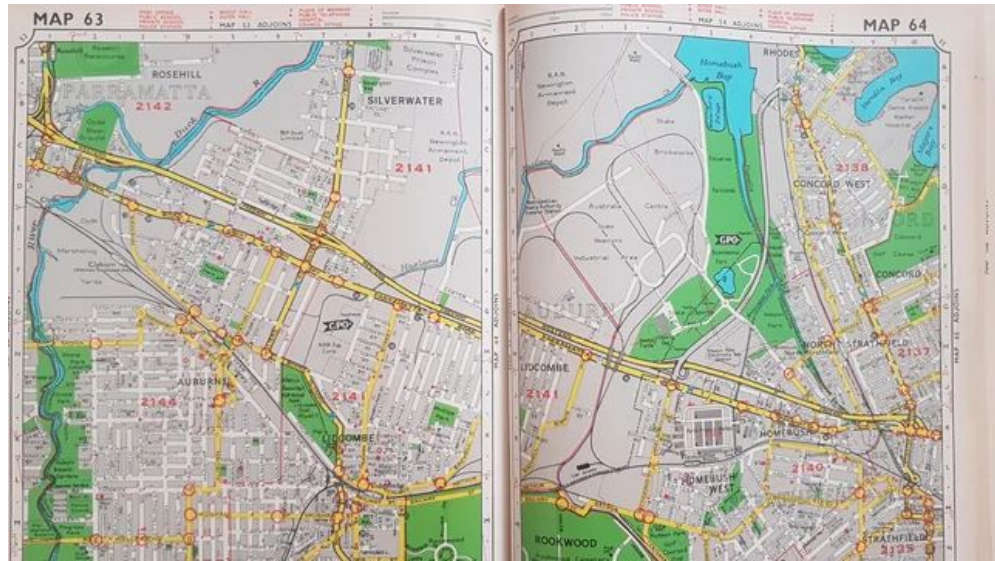
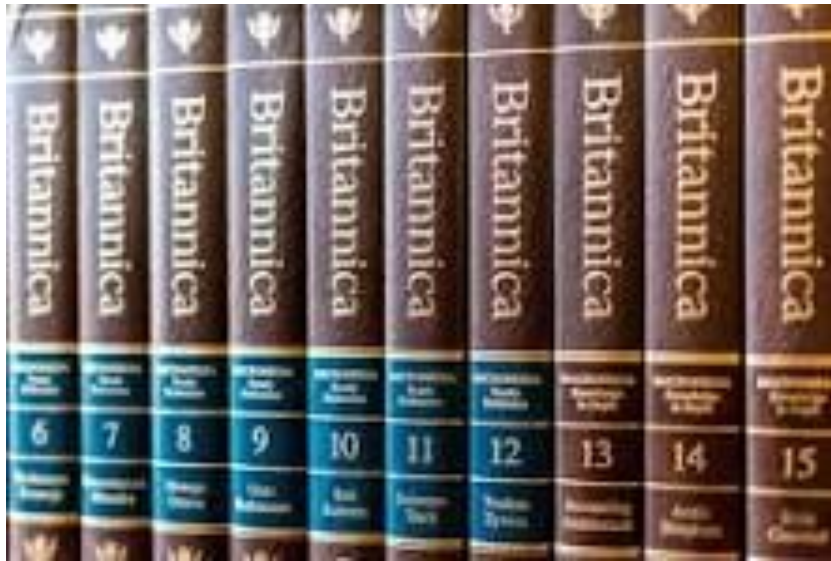
- Introduction
- Debra Cope, Division Head
- Jennifer Gargano, Asst. Head of Academics
- Pat Burrows, DEI Director
- Lana Truong, Counselor
- Carena Kay, Music Teacher
- Debra Cope

# Generation Alpha



Children born 2010 to 2024

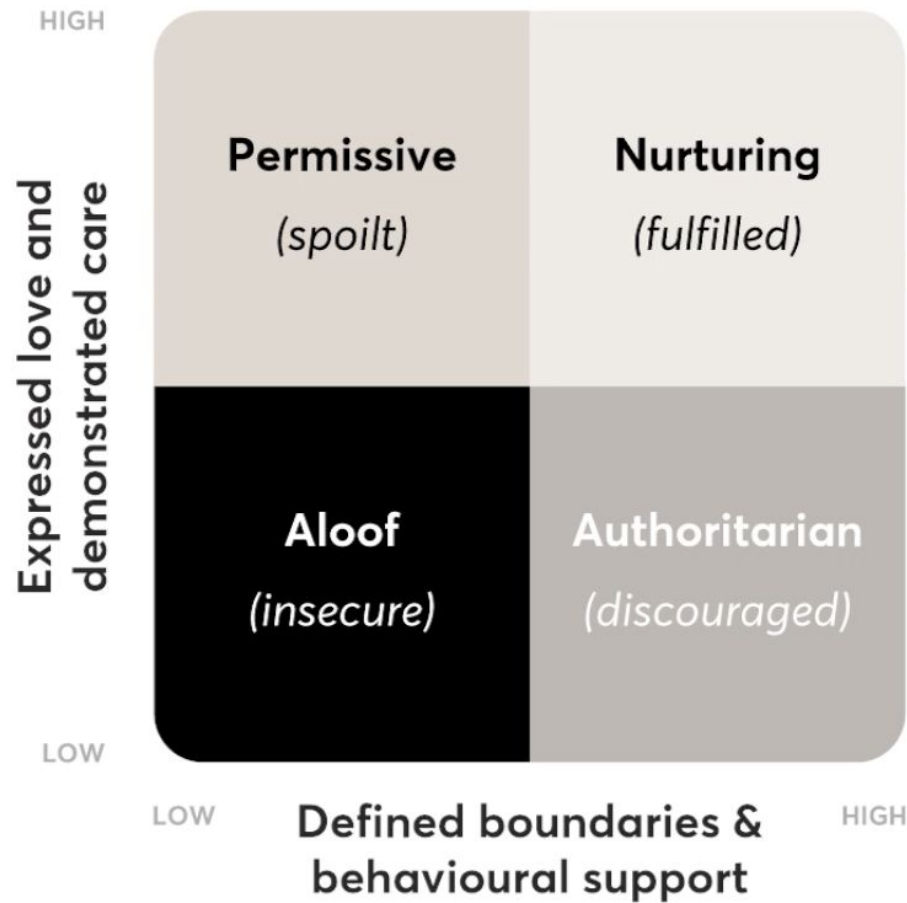
| Generation        | <br><b>GENERATION α</b><br>2010-2024 | <br><b>GENERATION Z</b><br>1995-2009 | <br><b>GENERATION Y</b><br>1980-1994 | <br><b>GENERATION X</b><br>1965-1979 | <br><b>BABY BOOMERS</b><br>1946-1964 | <br><b>BUILDERS</b><br>1925-1945 |
|-------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Iconic toys       | <br>Fidget spinner                   | <br>Folding scooter                  | <br>BMX bike                       | <br>Rubik's cube                    | <br>Frisbee                         | <br>Roller skates               |
| Music devices     | <br>Smart speakers<br>Now            | <br>Spotify<br>2008                  | <br>iPod<br>2001                    | <br>Walkman<br>1979                 | <br>Audio cassette<br>1962          | <br>Record player<br>LP, 1948   |
| Leadership styles | <br>Inspiring                        | <br>Empowering                       | <br>Guiding                        | <br>Coordinating                    | <br>Directing                       | <br>Controlling                 |
| Screen content    | <br>Streaming                      | <br>Device                         | <br>Internet                      | <br>VCR                           | <br>TV                            | <br>Cinema                    |





# Tensions for parents of Gen Alpha

|                                            |           |                             |
|--------------------------------------------|-----------|-----------------------------|
| <b>Giving children independence</b>        | <b>VS</b> | <b>Keeping them safe</b>    |
| <b>Exposing children to the real world</b> |           | <b>Sheltering them</b>      |
| <b>Formal learning</b>                     |           | <b>Play</b>                 |
| <b>Traditional education</b>               |           | <b>'School of life'</b>     |
| <b>Restricting screen time</b>             |           | <b>Using it as a reward</b> |



# The ABCDE of parenting

## **Acceptance**

Make it clear in word and action that your child is accepted.

## **Boundaries**

Communicate rules and expectations clearly.

## **Consequences**

Help children learn that poor choices result in poor outcomes.

## **Development**

Help children grow their social skills to understand the impact on others.

## **Encouragement**

Encourage children, when they make mistakes, to learn from them.

**Consumer behaviour**

**SELF-ACTUALISATION**

**SELF-ESTEEM**

**SOCIAL**

**SECURITY**

**SURVIVAL**

**WIFI**



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# Jennifer Gargano

**Assistant Head of School, Academics**

# Common Ground Speaker Series

info/register: [www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)



CALENDAR FALL 2025

inform engage inspire

Please join us for a new season dedicated to inspiring strong families and engaging school communities through parent education. All events are free of charge to the parents, faculty and staff of our member schools. Adults not affiliated with a member school may attend for a \$10 fee at the door.



Tues, Sept 16; 7pm-8:15pm  
St. Francis High School, Mountain View

**DREAM SCHOOL:**

*Finding the College That's Right for You*

**JEFF SELINGO**



Thurs, Sept 25, National Math Story-Telling Day; 6pm  
Mid-Peninsula High School, Menlo Park

**COUNTED OUT:**

*Math is Power - Film Screening and Q+A*

with **DIRECTOR VICKI ABELES**



Thur, Oct 9; 7pm-8:15pm  
Menlo School, Atherton

**THE PARENT PLAYBOOK:**

*Improving Family Dialogue*

**DR. RONA HU'S THEATRICAL VIGNETTES**



Thur, Nov 6; 7pm-8:15pm  
via Zoom

**HEALING THE MODERN BRAIN**

*Protecting Mental Health and Mental Fitness*

**DR. DREW RAMSEY**



Tues, Dec 2; time TBD  
via Zoom

**HELPING KIDS THRIVE IN THE AGE OF AI**  
with the Authors of *The Disengaged Teen*

**REBECCA WINTHROP and JENNY ANDERSON**

[www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)

videos of past events:



Counseling & LIFE

PW:

**CGSSvideo2025!**

Next up:

**Healing the Modern  
Brain: Protecting Mental  
Health & Mental Fitness**  
Nov. 6 | 7 p.m. | Zoom

# ISACS Parent SERIES 2025-2026

## A Series of Six One-Hour Webinars for Independent School Parents & Caregivers

**Webinars** p. 2-4

**Registration & Fees** p. 5

### School Leaders:

The ISACS Parent Series has become a cornerstone program for independent schools, designed to strengthen school-home partnerships. This year, ISACS is proud to offer another outstanding series of six one-hour webinars tailored for parents at every stage of their children's development.

### Parents & Caregivers:

Join fellow independent school parents for six evening webinars led by renowned experts, offering guidance and support across all aspects of your child's development. We look forward to learning alongside you!

6:30–7:30 p.m. CT / 7:30–8:30 p.m. ET

**THURSDAY, SEPTEMBER 25, 2025**

School Skills: Setting Kids Up for Success

**Lisa Damour**, Author & Ask Lisa Podcast

**TUESDAY, OCTOBER 28, 2025**

How the Great Rewiring of Childhood Impacted Everything + What We Can Do About It

**Jonathan Haidt**, Author & Social Psychologist

**TUESDAY, JANUARY 13, 2026**

Elevating Discipline with the Brain in Mind

**Tina Payne Bryson**, Author, Speaker & Pediatric Psychotherapist

**TUESDAY, FEBRUARY 10, 2026**

10 to 25: The Science of Motivating Young People

**David Yeager**, University of Texas at Austin, Psychologist & Author

**WEDNESDAY, APRIL 15, 2026**

Happier Parenting: Evidence-based Strategies for Improving Parent Happiness

**Laurie Santos**, Yale University

**WEDNESDAY, MAY 6, 2026**

Conscious Parenting: Raising Resilient, Self-aware & Connected Children

**Dr. Shefali Tsabary**, Clinical Psychologist & Author

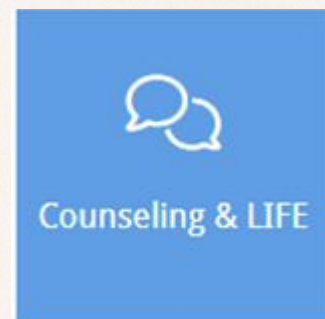
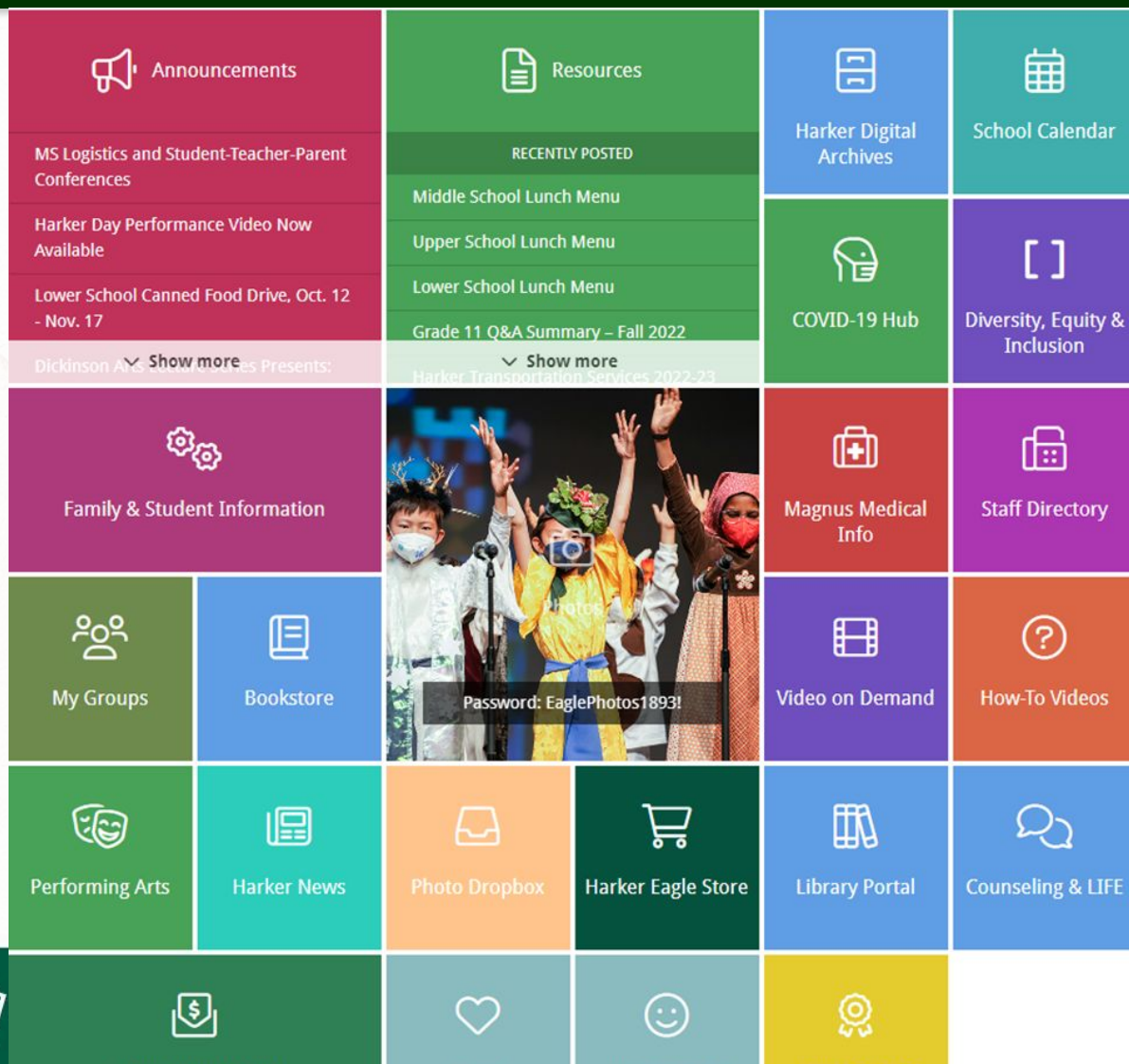
Webinars will be recorded and made available to school communities. Dates vary, please check listings.

Register Your School for the 2025–26 Parent Series

Register for all webinars in the Parent Series here:

[isacs.ws/PS25-26](https://isacs.ws/PS25-26)

# To Find Past videos, go to Parent Portal, Counseling & LIFE Tile



# To Find Past videos, go to Parent Portal, Counseling & LIFE Tile

Life at Harker means many things. It means receiving a world class education within an intellectually challenging and supportive community. Yet to thrive as an individual in the constantly shifting and expanding global landscape requires an integrative balance of self-awareness, social awareness and purpose.

LIFE at Harker stands for Living with Intent, Focus and Enthusiasm, and these tenets inform the skills, attitudes and behaviors necessary to ethically and compassionately respond to everyday decisions and challenges. During these formative years, your student's personal growth happens in relation to others, from teachers and peers to coaches and staff members. LIFE models forming such vital connections through our work with well-established organizations such as Challenge Success, Kidpower, and the Toolbox Project.

We encourage you to explore how these connections bolster our support of your student's social and emotional growth in connection with our counseling program, SEL curriculum, parenting resources, LIFE workshops, speakers and community care.

Harker frequently hosts, sponsors or shares parent education events for our families to learn about and discuss important topics relevant to the raising of healthy, happy children. You can find these events on the school calendar, labeled with an "(HPC)."

[Here is a calendar of all Harker Parent Connect events.](#) You can also customize your own calendar view to include it - it's found under Public Events on the customization list. You can add the events to your own calendar using [this iCal link](#).

COUNSELING HOME

PARENTING EDUCATION

LIFE

RECOMMENDED READING

FAMILY RESOURCES

MEET THE ACADEMIC  
COUNSELING TEAM

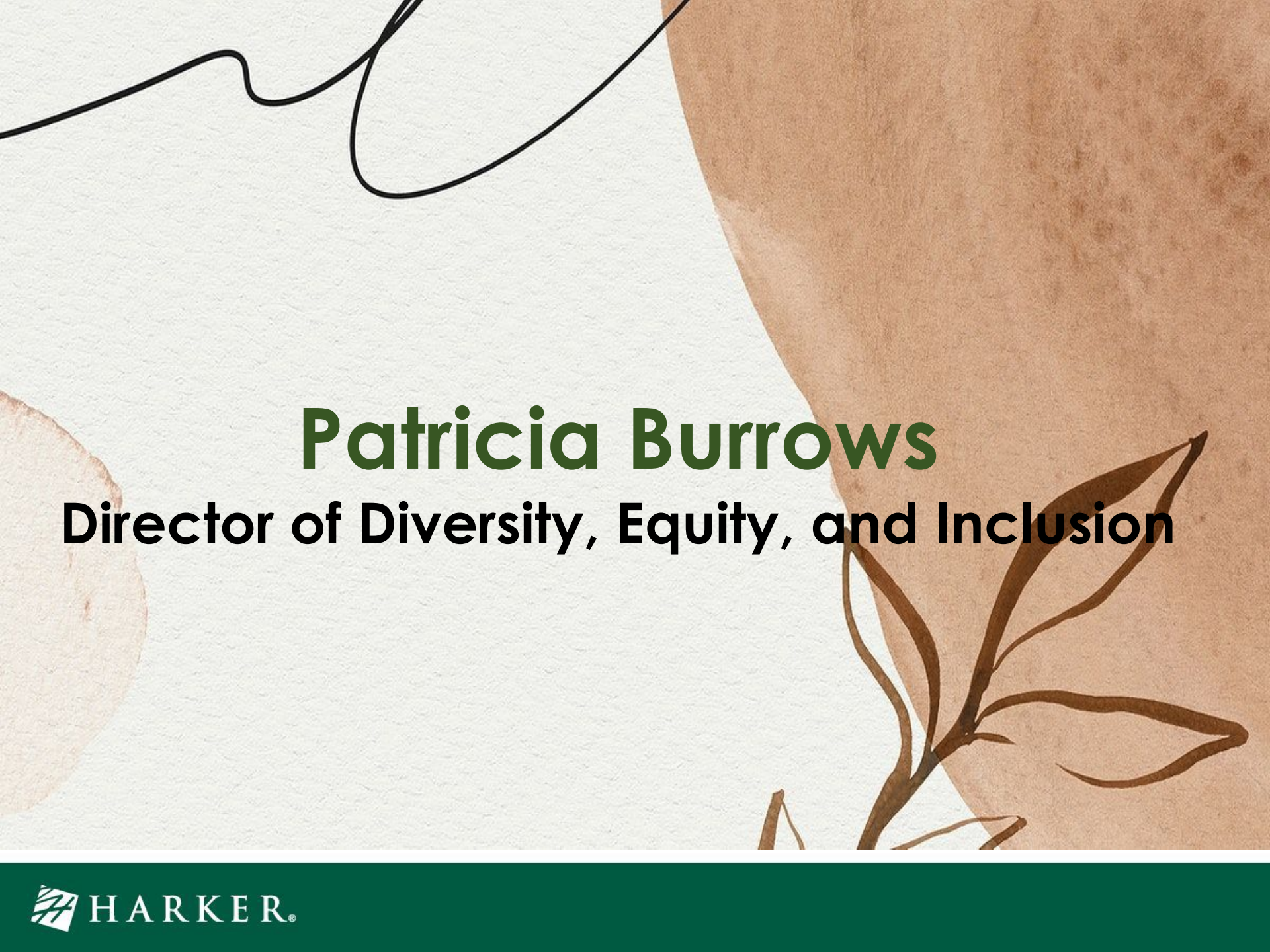
COUNSELING RESOURCES

## Common Ground Speaker Video Archive



The password for the [Common Ground video archive](#) is  
**CGSSLibrary2023\$**



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# Patricia Burrows

## Director of Diversity, Equity, and Inclusion



- Ultimate goal of DEI work is for folks to feel that they belong and work together to create sense of belonging community wide
- We want you to feel like you belong and to **take action** to encourage belonging in others.

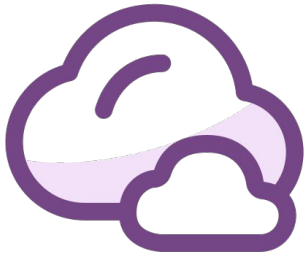
Patricia Lai Burrows  
[diversity@harker.org](mailto:diversity@harker.org)

Office next to Aux Gym on the  
Upper School Campus

Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.

Brené Brown





# What does belonging feel like to you?

# 2025-26 DEI Community Events

**Thurs., Nov. 20**

Upper School *Day of Understanding* Conference  
featuring Ace Lehner

**Mon., Jan. 19:**

MLK Day of Service Activities hosted at Upper School  
Campus

**Wed., Jan. 21 - Fri. Jan. 23**

Dr. Walter Greason- Scholar in Residence - spends time  
with TK-12 students

**Fri., Jan. 23:**

MLK Evening Celebration  
featuring keynote by Dr. Walter Greason  
and performance by  
Oakland musician Kev Choice

**Weeks of Feb. 24 - March 6**

Celebration of Culture at all campuses

**Month of March**

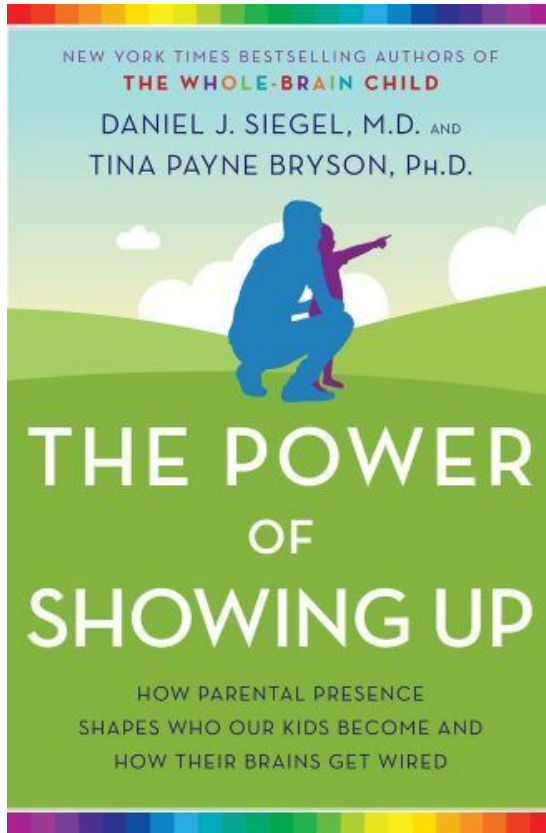
Recognition of Women's History Month at all  
campuses

**Week of March 24 - March 27**

Neurodiversity Week activities

**Sat., April 18**

Harker hosts 8th Annual  
Student and Faculty Diversity Leadership Gathering  
at Upper School



Comp  
learn  
Support

Parent Coffees

September 16

October 16

November 18

## LIFE Parent Coffee

October 16

8:45-10:30 am

Boynton Cafe

Cultivating Healthy Habits

\*Facilitated discussion with Parent LIFE team and TK-12 parents

Keynote Speaker at Harker's  
MLK Jr Evening Celebration  
Friday, Jan. 23, 2026



A promotional graphic for a chat with Walter D. Greason. It features a solid orange background. On the left, there is a white icon of a microphone with headphones. To its right, the text "a chat with" is written in a white, cursive font. Below this, the name "Walter D. Greason" is written in a large, bold, white sans-serif font. On the right side of the graphic is a portrait of Walter D. Greason, a Black man with short, dark hair, wearing a dark suit jacket, a white shirt, and a patterned tie. In the bottom left corner of the orange graphic, there is a small, dark circular icon with a white camera symbol inside.

 a chat with  
**Walter D.  
Greason**



Also featuring Oakland  
based Musician,  
Educator, Activist  
Key Choice



Want to be part of the  
Lower School Culture  
Booth Fair on March  
6?

Click on the QR code  
and fill out the form.

The background features a light beige, textured surface. On the right side, there is a large, organic, brownish-tan shape. In the bottom right corner, a dark brown line drawing of a plant with several leaves is visible. A thin, dark brown line curves across the top left of the page.

# Supporting Your First Grader

**Lana Truong, K-2 Counselor**

# GROWTH MINDSET

SUCCESS BEGINS WITH BELIEVING YOU CAN

I CAN'T DO THIS



I AM STILL LEARNING,  
I WILL KEEP TRYING

I AM AFRAID OF  
MAKING A MISTAKE



MISTAKES ARE HOW I  
LEARN & GROW

THIS IS TOO HARD



WITH MORE PRACTICE,  
IT WILL GET EASIER

I GIVE UP



I WILL TRY A  
DIFFERENT WAY

I DON'T KNOW HOW



I CAN LEARN HOW!

I AM NOT GOOD AT THIS



WHAT CAN I LEARN TO  
GET BETTER AT THIS

THEY ARE BETTER AT IT  
THAN I AM



WHAT CAN I LEARN  
FROM THEM?

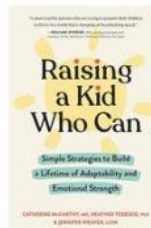
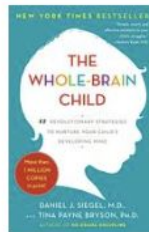
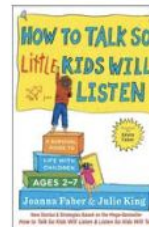
# Board Games

- Taking turns
- Following directions
- Sportsmanship
- Communication skills
- Family bonding
- Focus & attention
- Critical thinking
- Teamwork

# Additional Resources

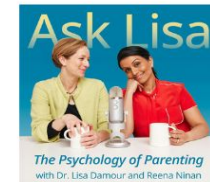
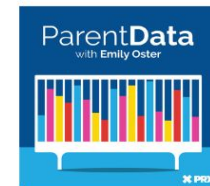
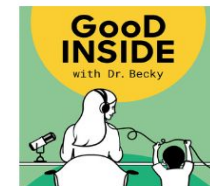
## BOOKS

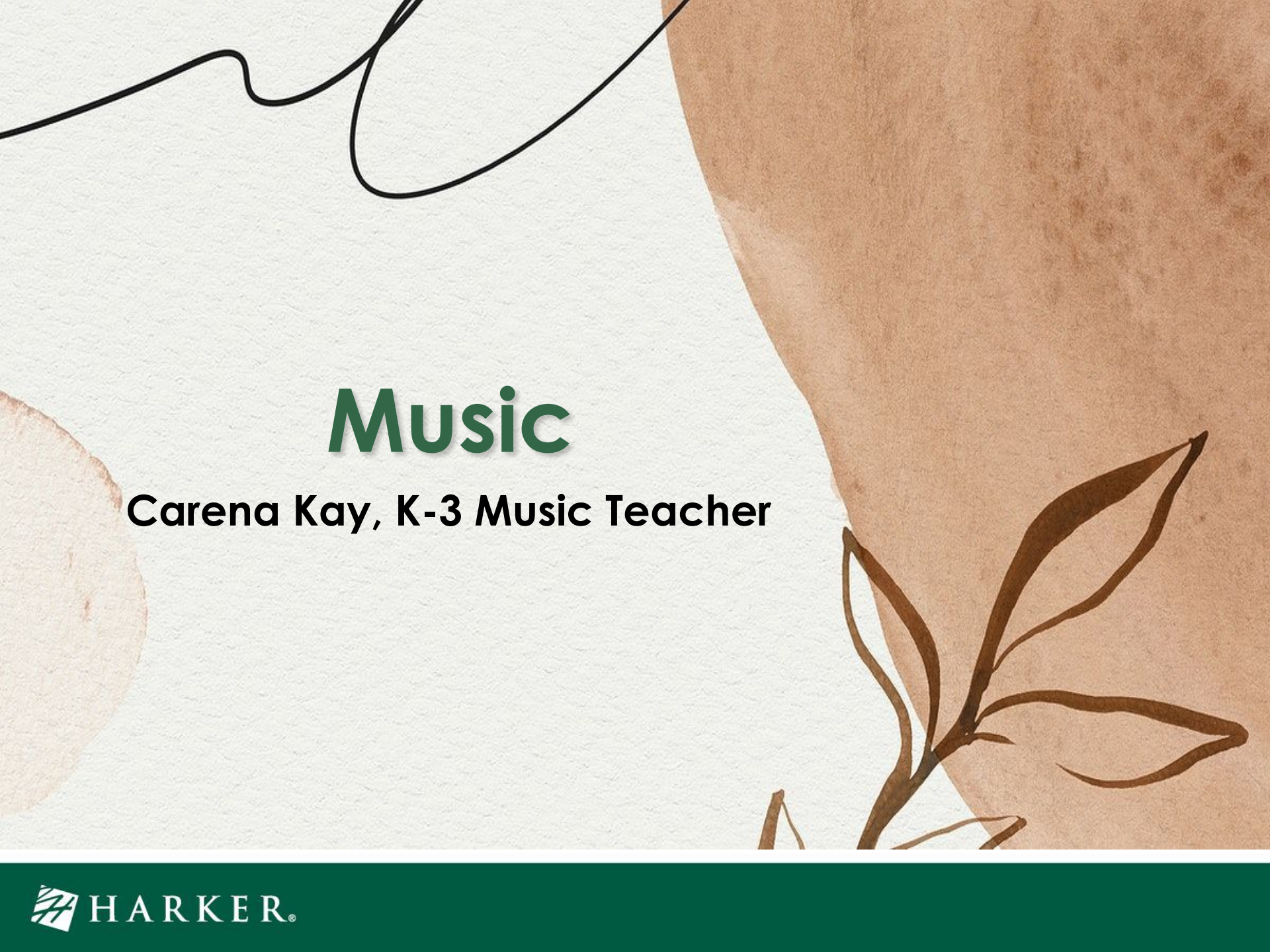
Here are some books that have helped many parents grow their relationships with their kids and support their social-emotional and academic development:



## PODCASTS

Our lives are all incredibly busy, so podcasts may be a more convenient option for you. Here are a few that cover a variety of parenting topics through shorter, digestible episodes.



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# Music

**Carena Kay, K-3 Music Teacher**

# What's Happening in Grade 1 Music?

- Children become musical in three ways:

**Tuneful** - students have tunes in their heads and coordinate their voices to sing those tunes

**Beatful** - students feel the pulse of music and how that pulse is grouped in twos or threes

**Artful** - students are moved by music in the many ways that music can elicit an emotional response

# The Musical Workout

- **Pitch Exploration** (Vocal Warm-up)
- **Song Fragments**
  - Echo Songs / Call-and-Response Songs
- **Simple Songs**
- **Arioso** (Child-created Tunes)
- **Movement Exploration** (Movement Warm-up)
- **Movement for Form and Expression**
  - Fingerplays, Action Songs, Circle Games, Movement with Recorded Classical Music
- **Beat Motions**
  - Songs / Rhymes, Keeping the Beat with Recorded Music
- **SongTales**

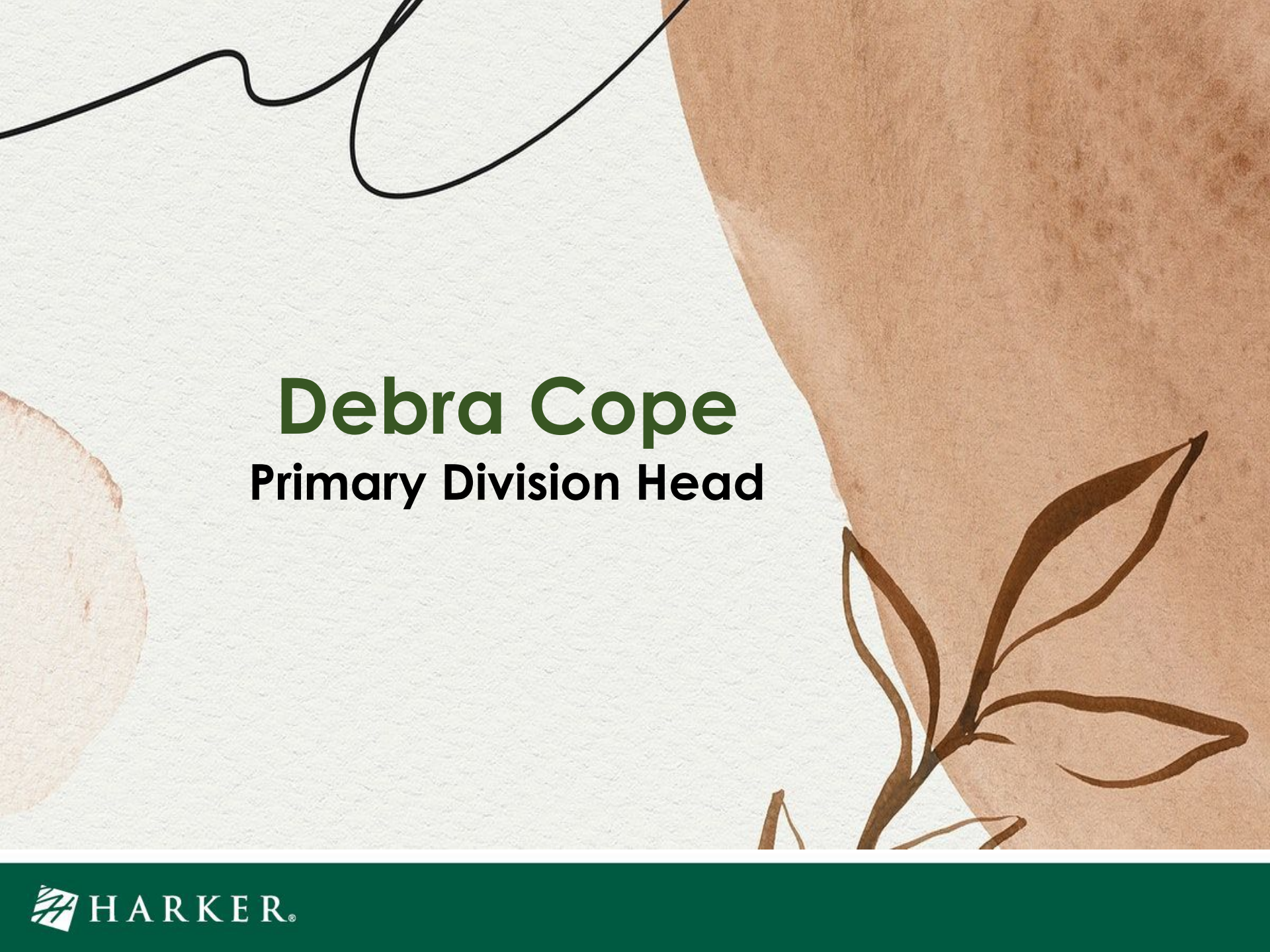
# Performances

- **Kindergarten**
  - Mini-musical by homeroom (*Wing It!*)
- **Grade 1**
  - Holiday Show
- **Grade 2**
  - Holiday Show & Ogre Awards
- **Grade 3**
  - Holiday Show
- **Grade 4**
  - Holiday Tour
- **Grade 5**
  - Full musical with entire grade level

# Save the Date!



**Grade 1 Holiday Show**  
**Thursday, Dec. 18, 9 - 9:45 a.m.**  
Bucknall Theater  
Free Admission

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# Debra Cope

**Primary Division Head**

# Report Cards

| Course                                           | Teacher      | T1         | T2         | T3         |
|--------------------------------------------------|--------------|------------|------------|------------|
| K Art                                            | Lao, P.      | Meets      | Meets      | Meets      |
| K Comp Sci & Skills                              | Hackwood, L. | Meets      | Meets      | Meets      |
| K Health                                         | Mentillo, J. | Meets      | Exceeds    | Exceeds    |
| K Homeroom                                       | Yang, K.     |            |            |            |
| Exercises self-control                           |              | Meets      | Meets      | Meets      |
| Extends effort willingly; takes pride in work    |              | InProgress | InProgress | InProgress |
| Follows Directions                               |              | Meets      | Meets      | Meets      |
| Listens Carefully                                |              | InProgress | InProgress | InProgress |
| Maintains focus during activities                |              | Meets      | Meets      | Meets      |
| Manages time wisely and completes work           |              | InProgress | InProgress | InProgress |
| Organizes self, supplies and personal belongings |              | Meets      | Meets      | Meets      |
| Respects people and property                     |              | Meets      | Meets      | Meets      |
| Shows a positive attitude toward learning        |              | Meets      | Meets      | Meets      |
| Takes academic risks and attempts new tasks      |              | Meets      | Meets      | Meets      |
| Works and plays cooperatively                    |              | Meets      | Meets      | Meets      |
| Works productively independently                 |              | InProgress | InProgress | InProgress |
| K Music                                          | Kay, C.      | Meets      | Meets      | Meets      |
| K P3 Language Arts                               | Smith, J.    |            |            |            |
| Comprehension                                    |              | InProgress | InProgress | InProgress |
| Handwriting                                      |              | InProgress | Meets      | Meets      |
| Oral Expression                                  |              | Meets      | Meets      | Meets      |
| Oral Reading                                     |              | Meets      | Meets      | Meets      |

| Course              | Teacher      | Academic |    |    | Effort |    |    | Citizenship |    |    |
|---------------------|--------------|----------|----|----|--------|----|----|-------------|----|----|
|                     |              | T1       | T2 | T3 | T1     | T2 | T3 | T1          | T2 | T3 |
| 1 Art               | Lao, P.      | S        |    |    | M      |    |    | M           |    |    |
| 1 Handwriting       | Macey, S.    | B+       |    |    |        |    |    |             |    |    |
| 1 Health            | Gregory, M.  | O        |    |    |        |    |    |             |    |    |
| 1 Language Arts     | Cantu, I.    | A-       |    |    | M      |    |    | M           |    |    |
| Comprehension       |              | A-       |    |    |        |    |    |             |    |    |
| Expository Writing  |              | A-       |    |    |        |    |    |             |    |    |
| Grammar             |              | B+       |    |    |        |    |    |             |    |    |
| Oral Reading        |              | A        |    |    |        |    |    |             |    |    |
| Spelling/Vocabulary |              | B+       |    |    |        |    |    |             |    |    |
| 1 Math              | Weaver, L.   | A        |    |    | M      |    |    | A           |    |    |
| Computation         |              | A        |    |    |        |    |    |             |    |    |
| Problem Solving     |              | A        |    |    |        |    |    |             |    |    |
| 1 Music             | Kay, C.      | S        |    |    | M      |    |    | M           |    |    |
| 1 PE                | Gregory, M.  | O        |    |    | M      |    |    | M           |    |    |
| 1 Science           | Caldwell, C. | A+       |    |    | M      |    |    | A           |    |    |
| 1 Social Studies    | Macey, S.    | A        |    |    | M      |    |    | M           |    |    |
| 1 Spanish           | Marmol, M.   | S        |    |    | M      |    |    | M           |    |    |

# Dates to Remember



- **Oct 14** = Jim Cogan assembly
- **Oct 16-17** = Live Your Life boundaries program
- **Oct 20** = K-2 Author Rosanne Parry
- **Oct 20** = Parent-Teacher Conference Sign Ups begin at 12:00pm
- **Oct 27** = Fall Break Day #2
- **Oct 31** = Halloween fun at 10:15am
- **Nov 7** = Preston Pollard assembly
- **Nov 10** = Trimester 2 begins
- **Nov 20** = Parent-Teacher Conference Sign Ups close at 12:00pm
- **Nov 24 and 25** = Virtual Fall conference days
- **Nov 26-28** = Thanksgiving Vacation
- **Dec 18** = Holiday Show



**Thank you for joining us today!**