Parents Association Wellness Series

2026-2027

The Parents Association Wellness Series is a forum for growth, information-gathering, discussion, and sharing our experience raising, loving, and advocating for our children.

Kidnapped!

with Harry Pickens
September 22, 2026
8:15 - 9:15 a.m.
Thornton Dining Commons

Join us to explore how social and digital media affect our children's lives. This meeting continues the highly impactful 2025-2026 series.

Harry Pickens, musician, activist, wellness professional, educator, and author, will recap the 2026 meeting and highlight the real impact of digital and social media on the developing brain. Mr. Pickens will share **engagement strategies, role-modeling examples, and tools to support brain health at home and at school.**

Participants will also receive a gift: the first chapter of Harry's new book KIDNAPPED! How Digital Technology Is Stealing Your Child's Brain, and How To Take It Back – One Step At A Time. The book explores in detail how digital technology reshapes the developing brain and how to interact with these tools (including AI) in ways that support, rather than sabotage, healthy cognition, creativity, choice-capacity, and wellbeing. Solidly grounded in current research, ***KIDNAPPED!*** **brings every reader a clear, evidence-based path to take back attention**.

What Schools Have to Teach Us About Digital and Social Media

with Tori Sachtleben

November 3, 2026
8:15 - 9:15 a.m.
Thornton Dining Commons

Tori Sachtleben, Collegiate's Director of Library Services and Media Literacy Teacher, will speak to the use of digital and social media in the following areas: awareness of use, strategies for balance, identifying manipulative content, time management in a digital world, healthy digital practices in research and schoolwork, and a vision for our digital and social media education.

Tori's insightful work provides a clear picture of how our community and culture create a balanced, safe space for students in a digital world. Her "best practice" approach, combined with guidance on the often hidden pitfalls of navigating the digital world, has helped our students gain agency and discernment in the research and study process.

Social Media, Peer Pressure, and Youth Body Image: How to Foster Body Positivity in Your Child

with Adrienne Raible and Erica Bailen

January 12, 2027
8:15 - 9:15 a.m.
Thornton Dining Commons

A poll by ScienceDirect reports that one in five girls *and* boys struggle with body image issues. Adrienne Raible, a mental health professional specializing in Internal Family Systems, and Erica Bailen, a pediatrician, will unpack how children deal with these issues and how parents can recognize them. Adrienne and Erica will provide clear strategies to promote body positivity in children, adolescents, and young adults.

A Toolkit for the Emotionally Intelligent Child: Mattering, Belonging, Social-Emotional Development, Connection

with Sharon Kinnison, Marian Vasser, Bridget McGuire, and Middle and Upper School Student Leadership

March 16, 2027
8:15 - 9:15 a.m.
Thornton Dining Commons

See how Collegiate teaches and mentors the whole child. Our panel will share large and small initiatives that shape children's daily experience, help them understand themselves, and show up for themselves. The panel will share ideas and strategies to strengthen the partnership

between parents and educators and help our children become emotionally resilient and compassionate human beings. Sharon Kinnison, Director of Community Wellness; Marian Vassar, PhD, Director of Community Engagement and Belonging; and Bridget McGuire, LCSW, Lower School Counselor, will guide this event. Middle and Upper School students will contribute to the process.

Nutritional Health and Wellness in School and in the Home

with Helene Trager-Kusman and Troy Schuster

April 20, 2027
8:15 - 9:15 a.m.
Thornton Dining Commons

This gathering will provide an overview of Collegiate's commitment to balanced nutrition and easy ways to increase nutritional literacy at home for the whole family. Our collaborators for this event are Helene Trager-Kusman, M.Ed., INHC, and Troy Schuster, SAGE Dining Chef. If you are a "foodie" or just want ideas for healthy food choices, don't miss this gathering.