



## Monarch Parent Foundation

**The Monarch Parent Foundation offers another opportunity to strengthen parenting skills.**

The Monarch Parent Foundation is pleased to announce our Annual 2017 MPF Parent Workshop, "Stepping Off the Emotional Roller-Coaster of Parenting Your Teen," presented by Krissy Pozatek, well-known author of The Parallel Process and Brave Parenting. This hands-on workshop is taking place on Thursday, May 18th, during our annual MPF meeting. This is one day before families will attend the Monarch School May All School Conference on campus. Invitations to the workshop were sent to both current and alumni parents. The workshop will be another great opportunity for our families to connect with, support, and be supported by other Monarch School parents.

Parents will learn new strategies to help strengthen their parenting skills. Instead of addressing the teen's behaviors, we will focus on parents' emotional well-being. Parents can create their own personal stability, no matter what behavior their teen chooses. One of the best ways for parents to be there for their child is to be a stable force during all of their child's storms. To do this, parents (and kids) need to go through healthy parent-child differentiation.

Through discussion, role-playing and experiential exercises, parents will learn how to break enmeshment patterns and find an inner freedom through self-care techniques. When parents step off the emotional roller coaster, kids are left to navigate their own life, which leads to individuation and maturation.



### Monarch School is getting ready for our summer outdoor trips.

Outdoor activities are an important part of each student's curriculum at Monarch School. This summer students will enjoy the outdoors while whitewater rafting, hiking, and rock climbing. These outdoor trips will teach lifelong skills, boost student confidence, and help students realize the benefits of a relationship with the outdoors.

Our Outdoor Program Manager has experience as an Outdoor Instructor and a guide in a variety of disciplines, including: Ice and Rock Climbing; Back-country Skiing; Backpacking; Mountain Biking; and Whitewater Rafting.

*"The skills that students will take away from these experiences are applicable across so many different veins of society. Tremendous gains in confidence, initiative, teamwork, and leadership have proven themselves to be a regular byproduct of these experiences in the natural world."*

~Jordan



### Monarch School - May Academic Awards

Recently five students were recognized for earning Academic Awards: 2 Academic Improvement Awards, 2 Academic Excellence Awards, 1 Academic Diligence Award

These five students received a certificate for their portfolio, and the award is listed on their academic transcript.

For a student to receive an academic award, a student must be approved unanimously by all of his/her academic and elective teachers.



**Monarch School - Heron, Montana**

[www.monarchschool.com](http://www.monarchschool.com)

email: [admissions@monarchschool.net](mailto:admissions@monarchschool.net)

phone: 406.847.5095