



## Breakout Session #1

10:00 a.m. – 10:30 a.m.

### Descriptions and Speaker Bios

#### Why Kids Misbehave

*Parents Preschool-Grade 6*

We all want to raise children who are kind, respectful, responsible, and faith-filled. When our kids misbehave it can be discouraging and we often struggle to know the best ways to discipline in order to bring out the best in them. In this session, we'll analyze why our kids misbehave, learn how to create environments that minimize misbehavior, and talk about how to communicate and re-direct in positive, relationship-building ways.

**Kristen Gephart** loves to read, walk, and enjoy the outdoors. She and her husband Jeff have two boys. She is passionate about the mission of The Bear Creek School especially the intersection of faith and learning. Kristen is an observer of people and loves to help others discover how they are created and the gifts and strengths they have. Kristen believes a community of adults invested in students' lives at a young age can impact them forever!

B.A. Speech Communication, University of Washington  
M.I.T., Seattle University

#### Tools for Developing Great Readers

*Parents Preschool-Grade 1*

Each child's journey through the magical world of literacy is unique and individual. A love of literature can begin long before a child can even recite the ABCs. We all desire for our children to become strong readers, building vocabulary, comprehension, and a greater understanding of the world around us. In this session, you will learn practical and fun ways to cultivate prereading skills and walk away with tools to help you develop a solid reading foundation.

**Jenny Shimada** teaches kindergarten at The Bear Creek School where she has been a member of the faculty for ten years. Jenny enjoys being both a parent and teacher in the school community. She loves children and delights in the ways God is working in students' hearts and minds every day.

B.A. Sociology, Seattle Pacific University  
Teaching Certification, Elementary Education, Seattle Pacific University

#### Intentionally Building Godly Character

*Parents Preschool-Grade 4*

Building character is a critical component of successful parenting. Learn how to identify the underlying character qualities in everyday tasks to help intentionally develop godly

character. This session focuses on helping parents integrate godly character into daily life through teaching and training.

**Michelle Dale** taught second grade for six years at Bear Creek. Michelle also taught second grade in Papua New Guinea and fourth grade in Germany and worked as an adjunct professor at Biola University. Ben and Michelle's two girls attend Bear Creek. Michelle is passionate about kids around the world growing in their understanding of God. She currently works with curriculum development for Children's Ministry Resources International.

B.A. Education

M.A. Curriculum and Instruction, Biola University

## **How to Talk So Kids Will Listen and Listen So Kids Will Talk**

*Parents Preschool-Grade 6*

"I've tried lectures, reasoning, cajoling, and my child still doesn't listen to me. There must be a better way!" Based on Elaine Mazlish's and Adele Faber's book, this session will offer practical, effective techniques for helping children deal with their feelings, while engaging cooperation and encouraging autonomy.

**Kellie Anderson** has taught preschool for twelve years, including the past eight years at Bear Creek. She helped develop the P4 and P5 curriculum and is currently developing a parent education program. She enjoys digital scrapbooking, photography, and crocheting. She is the mother of six children and when she is not teaching, Kellie is attending her kids' sporting events, doing laundry, or indulging her four granddaughters.

B.S. Early Childhood and Special Education, Northern Arizona University

## **Innovate. Make. Create.**

*Students Grades 5-8*

What does it look like when you want to change the world? Do you start small? Go big or go home? Come learn one solid process for innovation modeled by Stanford's Design School and implemented in a fun, creative way. You get to take home a unique creation as well!

**Suzannah Calvery** loves learning new things. In fact, when she's learning something new, she sometimes makes mistakes just so she can learn a better way the next time. She has taught grades 7-12 English literature and composition, college level composition, and graduate level courses in program evaluation and professional development, among many others. Dr. Calvery's passion for learning drives her to learn languages, coding – even Minecraft. Every discovery brings new joy and wonder at God's creation.

B.A. Philosophy, Trinity Western University  
M.A. Literature, Northeastern Illinois University  
M.A.T. and Ph.D. Education, Seattle Pacific University

## **Social Media and the Power of Imagination**

### *Students 7-12*

If you're like the average person, you'll spend more than five years of your life on social media. While studies are published regularly about how social media affects our brains, our relationships, and our attention spans, not much is often said about how social media shapes our aims, pursuits, and loves. Join this session and begin responsible, sustainable media usage that supports your aims in life!

**Nathan Pettit** is a devoted husband and father who lives in Redmond with his wife and two sons. In addition to his classroom responsibilities at The Bear Creek School, Nathan administrates the Middle School Servant Leadership Clubs and Advisory program, designs the Chapel curriculum, and coaches the JV basketball team. He is passionate about approaching education as holistic formation.

B.A. Biblical Languages, Northland International University  
Minor, Latin, University of Washington  
M.A., Biblical Studies, Northland International University  
M.A. Biblical Exegesis, Wheaton College

## **Preparing Your Child for Adulthood**

### *Parents Grades 5-12*

How do you prepare your child for adulthood? Academic growth can be measured through grades, but how do we measure non-academic skills? Come hear some areas of competence and basic skills that are important for children to learn and ways to support them on their unique, individual journeys.

**Marlina Visser** lives in Woodinville with her husband and three children. She loves to be outdoors, upscale furniture and trash-to-treasure finds, and spend time with her family. As Associate Dean of Students, she finds great joy in working with Upper School student leaders and cross-cultural students.

B.S.W., Dordt College

## GRIT

### *Parents and Students Grades 5-12*

Learn how to help your child develop both grit and resilience. You will gain insights into how to grow your child's character, so he/she can overcome failures and difficult experiences and learn from them. Critical to this process is having a growth mind-set to help your child have the grit to stick with difficult tasks over a period of time.

***Karen Blankenbeckler*** is one of the founding members of Bear Creek's teaching faculty and as the V.P. for Academic Affairs oversees the academic program from preschool through grade 12. She has served more the 25 years in steadfast leadership and has made major contributions to the development and success of the curricular and co-curricular programs at Bear Creek.

B.S. Elementary Education, Concentration in Early Childhood Development, Oregon State University

M.A. Curriculum and Instruction, Lesley University



## Breakout Session #2

10:40 a.m. – 11:10 a.m.

### Descriptions and Speaker Bios

#### Personality and Temperament

*Parents Preschool-Grade 6*

Each child is an unrepeatable masterpiece who is wired with unique talents, gifts, and abilities. Come to this session to hear how different personalities affect students' learning, relationships with classmates, and interactions at home. Parents and teachers will be equipped to support and encourage each child's temperament as they discover how God uses different personalities for His purpose.

**Denise Peeler** *delights in sharing the beauty of language as the Latin and Spanish teacher for grades 1-6 at The Bear Creek School. Prior to teaching language, she taught grades 2, 4, and 6 for almost twenty years. Denise also has a 14-year career as a professional presenter, speaking at retreats and seminars around Washington state. Denise, her husband, two children, and three crazy cats have a cozy house in the woods of Bothell.*

B.A. Interdisciplinary Child Development, Western Washington University

M.A. Literacy Curriculum and Instruction, Lesley University

#### What to Do About Screen Time? The Good, the Bad, and the Ugly

*Parents Preschool-Grade 6*

Technology has changed the way we socialize, communicate, access information, and entertain. As kids interact with technology at a younger and younger age, adults need strategies to help kids stay happy and healthy. In this session, you will gain ideas on how to use technology with kids in a positive way. Topics will include: gaming, managing screen time, and educational tools.

**Karen Blankenbeckler** *is one of the founding members of Bear Creek's teaching faculty and as the V.P. for Academic Affairs oversees the academic program from preschool through grade 12. She has served more the 25 years in steadfast leadership and has made major contributions to the development and success of the curricular and co-curricular programs at Bear Creek.*

B.S. Elementary Education, Concentration in Early Childhood Development, Oregon State University

M.A. Curriculum and Instruction, Lesley University

#### Culture of Competition

*Parents Preschool-Grade 6*

We often want to be the best: the best parents, the best students, the best athletes. While healthy competition can help children learn to persevere and develop a strong work ethic, it can also create pressure to be perfect, especially if that pressure is focused on achievement. What can we do to help our children succeed in the classroom, on the field,

and in a career, without succumbing to the destructive pressures to perform? What steps can we take as parents to approach this pressure in a healthy way?

**Kellie Anderson** has taught preschool for twelve years, including the past eight years at Bear Creek. She helped develop the P4 and P5 curriculum and is currently developing a parent education program. She enjoys digital scrapbooking, photography, and crocheting. She is the mother of six children and when she is not teaching, Kellie is attending her kids' sporting events, doing laundry, or indulging her four granddaughters.

B.S. Early Childhood and Special Education, Northern Arizona University

**Donna Dunn** has taught science at Bear Creek since 1997 after spending several years researching viral-borne diseases for the Centers for Disease Control in Colorado. She is Bear Creek's Science Department Chair and teaches AP Biology and Marine Biology. Her four children are Bear Creek alumni.

B.S., Microbiology, Oregon State University

M.S., Molecular Biology, Colorado State University

## You Can't Make Me, But I Can Be Persuaded

*Parents Grades P-12*

In this intensely practical session, you'll gain insight into how the mind of a strong-willed child works, and how to turn conflict and confrontation into cooperation by using simple, practical, and proven techniques that work for strong-willed individuals of any age.

*Continues in Breakout Session #3.*

**Cynthia Tobias** has a successful background that includes over 30 years of private practice, 8 years of teaching high school, and 6 years in law enforcement. She has authored 13 books and is a featured guest on radio and television, a popular presenter for business, government agencies, churches and schools throughout the U.S. and the world. She is the mother of twin sons, now young adults, and she and her husband Jack live in the Seattle area.

B.A., Northwest Nazarene University

M.Ed., Seattle Pacific University

D.H.L., Northwest Nazarene University

## Speaking With Confidence

*Students 9-12*

Public speaking consistently tops the list of Americans greatest fears. Come to this interactive session to gain confidence getting up in front of a crowd (or your classmates). Whether you end up an engineer, doctor, designer, or Broadway star, the ability to

articulate ideas with clarity and confidence will help you succeed. In this session, we'll cover tips and tricks that you can implement right away to improve your speaking.

**Katie Gomulkiewicz** recently returned to Bear Creek after completing her degree at Davidson College in North Carolina. When not at school, you can find Katie reading or playing with her silver lab, Scout. For the past few summers, Katie has also taught speech and rhetoric summer camp at Bear Creek. An avid reader and writer of poetry, Katie recently completed her first collection of poems "What Eats Butterflies."

B.S. Psychology and English, Davidson College

## **Math: More Than Numbers on a Page**

*Students 5-8*

Join Mrs. Dierking for a fun session in discovering math in the world around us. We will explore some fundamental math concepts through observation and discovery . . . and go on a scavenger hunt to find evidence of them at work in our school!

**Jennifer Dierking** began teaching high school mathematics 20 years ago and is currently teaching AP Calculus AB and Geometry in our Upper School at Bear Creek. She loves sharing her passion for mathematics with students and anyone else who is willing to join in.

B.A. Secondary Education and Mathematics, William Jewell College

## **Habits of Highly Successful Teens**

*Students and Parents 5-12*

The teenage years can be tumultuous and unpredictable. Developing strong habits to last a lifetime begins at an early age. When teens can identify the habits that lead to academic and social success, they are empowered to lead lives of wisdom, compassion, and courage. This session highlights the positive impact of identifying, developing, and sustaining powerful habits to support your teen now and in the future.

**Jenn McDonough** has been an educator for 23 years. Over the course of her career, Jenn has taught grades 1-8. Currently, Jenn is Middle School Division Head for the Bear Creek School. Jenn enjoys working alongside of students as well as the children in her own family. Jenn is passionate about providing a firm foundation for healthy child development and creating sustainable support for the teen years and beyond. She enjoys sharing insight, as well as gaining insight from others.

B.A. Education, Northwest University

## **The Power of Stories**

*Students and Parents 9-12*

In a world of increasing sound bites and 280-character tweets, why should we care about stories and literature? This session will discuss the lasting and life changing power of stories and why we all should cultivate and develop our own storytelling inclinations and abilities. We were created to be storytellers.

***Kristin Dennison*** has just entered her twenty-third year of teaching literature. Her lifelong love of great stories began at her father's knee, listening as he read aloud the great works of literature and religion every Sunday afternoon. She continues to love stories in all forms – books, audiobooks, movies, and most significantly, the stories her students tell her daily.

B.A. Literatures in English, University of California, San Diego





## Breakout Session #3

11:20 a.m. – 11:50 a.m.

### Descriptions and Speaker Bios

#### Games to Practice Coding

*Parents Grades 1-6*

Coding can be challenging if taught in the wrong way. In this session, you will see how coding can be a beautiful combination of creativity and problem solving. Come see how any problem can be broken down into bite size learning opportunities through a tangible and hands-on approach. Teaching programming through games is the perfect way to engage a child in understanding the process of building skills for your child's future.

**Anuja Singh** worked for several large software companies before taking a break from corporate life to do volunteer work. She has always been fascinated with the power of education and found her passion in applying her skills to help children reach their full potential and grow in this world with computer literacy and creativity.

M.S. Computer Applications, Birla Institute of Technology

#### Birth Order: Why You Are the Way You Are

*Parents Preschool-Grade 6*

Whether firstborn, middle child, last-born, or only child, birth order can influence personality and behavior. What impact does birth order have on the emotions, behavior, and personality development of a child? Understanding more about the influence of birth order can help us better understand family dynamics, our children, and ourselves.

**Jenn McDonough** has been an educator for 23 years. Over the course of her career, Jenn has taught grades 1-8. Currently, Jenn is Middle School Division Head for the Bear Creek School. Jenn enjoys working alongside of students as well as the children in her own family. Jenn is passionate about providing a firm foundation for healthy child development and creating sustainable support for the teen years and beyond. She enjoys sharing insight, as well as gaining insight from others.

B.A. Education, Northwest University

#### Raising Resilient Kids

*Parents Preschool-Grade 6*

We all want our children to be happy, capable, and confident. Giving them tools to solve problems will help them cope with disappointment and meet difficulties with strength and resilience. In this session, you will re-fill your parenting tool bag, receive step by step advice, discuss real life examples, and receive ideas for practical implementation.

**Tressa Parker** currently serves as Preschool Division Head at Bear Creek. She taught second grade for several years and also served as a Lower School Division Head. Tressa has three children of her own in grades 5, 8, and 10.

B.A. Elementary Education, Covenant College  
M.S. Curriculum and Instruction, Lesley University

## College Itch

*Parents Grades 5-12, Students Grades 9-12*

This session is for students and parents who have begun thinking (or worrying) about college. Come hear from someone who has firsthand knowledge about the inner workings of college admissions. In this session, you will learn what you should and, more importantly, should not worry about. We will cover what students and parents should do to prepare for college throughout middle school and high school. At the end, there will be time for Q&A.

**Katie Gomulkiewicz '13** recently returned to Bear Creek after completing her degree at Davidson College in North Carolina. When not at school, you can find Katie reading or playing with her silver lab, Scout. For the past few summers, Katie has also taught speech and rhetoric summer camp at Bear Creek. An avid reader and writer of poetry, Katie recently completed her first collection of poems, "What Eats Butterflies."

B.S. Psychology and English, Davidson College

## Tips and Tricks for Combating Stress

*Parents Grades 5-12, Students Grades 5-12*

We live in a busy time with full lives, and stress is a common feeling. Come learn about how to identify when stress starts. Learn skills to create an individualized plan to help lower your stress and experience more calm. If you can identify what stresses you out, then you can be proactive and prepare yourself for those situations.

**Valerie Slaybaugh** works at The Bear Creek School as our school counselor as well as in private practice where she works primarily with children and adolescents on emotion regulation skills. She enjoys working with students and learning from them. In her free time, she loves reading, Pilates, and spending time with friends and family.

B.A. English Literature, Westmont College  
M.A. Counseling Psychology, Northwest University

## Culture of Competition

### *Parents Grades 5-12*

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B.S. Early Childhood and Special Education, Northern Arizona University

**Donna Dunn** has taught science at Bear Creek since 1997 after spending several years researching viral-borne diseases for the Centers for Disease Control in Colorado. She is Bear Creek's Science Department Chair and teaches AP Biology and Marine Biology. Her four children are Bear Creek alumni.

B.S. Microbiology, Oregon State University

M.S. Molecular Biology, Colorado State University



## Admissions Overview and Q&A

Noon – 12:45 p.m.

### Description and Speaker Bios

#### Preschool, Lower School, and Early Middle School

*Parents Preschool – Grade 5*

Main Building Libraries

Come learn more about the value of a Bear Creek education. You will also learn about the application process. Complimentary lunch provided!

**Rachael Urban's** full-time job is being a wife and mom, but she also currently serves as the Assistant Director of Admissions for The Bear Creek School as well as an elementary children's ministry director for her church. She has several years of teaching experience at a variety of grade levels (preschool-grade 6). Rachael loves her family, learning, reading, and has a huge heart for children.

B.A. Elementary Education, Pacific Lutheran University

M.A. Education and Science, Nova Southeastern University

**Michelle Morris** joined The Bear Creek School community in 2010 when her daughter enrolled in first grade. Her most important role and love is being a wife and devoted mother to her three athletic children. Michelle is passionate about the school's mission, has a heart for all children, and takes great pleasure in serving others.

B.S. Speech Communication, Colorado State University

#### Early Middle School, Middle School, and Upper School

*Parents and Students Grades 5-12*

Ida Lairson Library in the Upper School

Come learn more about the value of a Bear Creek education. You will also learn about the application process and hear from a student panel. Complimentary lunch provided!

**Christie Hazeltine** began her journey at Bear Creek in 1992, first as a parent of a student and then two years later as an employee. Upon her daughter's graduation from Bear Creek in 2007, she realized her work was not finished here so she continues to serve as Director of Admissions. Christie enjoys meeting prospective families and helping them begin their Bear Creek journeys. She lives in Duvall with her husband and enjoys reading, cooking, quilting, sewing, walking, traveling, and spending time with family and friends.

B.S. Apparel and Textile Design, Oregon State University