



THE 35TH ANNUAL

# LEARNING SYMPOSIUM

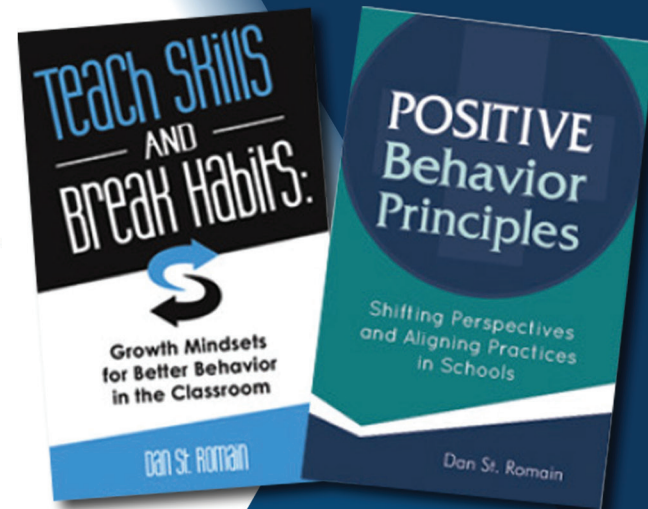
Friday, January 31, 2025

Featuring Keynote Speaker  
Dan St. Romain

Empowering Minds:  
Strategies for Learning  
and Advocacy



Popular Speaker, Educational  
Consultant, and Author



Continuing Education credits  
are available for teachers,  
counselors, and social workers.

210.615.6544 | [winston-sa.org/symposium](http://winston-sa.org/symposium)

# WELCOME MESSAGE



Winston's programs champion students to achieve their full potential in a collaborative and supportive environment. Students are challenged to build their confidence and become self-advocates for success at school and in their communities. Our comprehensive approach inspires students to find their passion and thrive academically, socially, and emotionally.

We are excited to have you join us for Winston's Annual Learning Symposium. For 35 years, this event has allowed The Winston School San Antonio to extend our reach into the community and positively affect the lives of students in the Greater San Antonio Area.

The symposium is geared toward parents, educators, clinicians, therapists, social workers, and anyone else who positively impacts the lives of children. I look forward to seeing you at this exciting event, and hope that the information you gain will have a lasting impact on your ability to transform the lives of young people.

Looking Forward,

A handwritten signature in black ink, appearing to read "Michelle Spoonemore".

MICHELLE SPOONEMORE, PH.D.  
HEAD OF SCHOOL  
THE WINSTON SCHOOL SAN ANTONIO

## SCHEDULE & REGISTRATION

Time	Session
8:30 - 9:00 am	Registration & Welcome
9:00 - 10:30 am	Keynote Speaker: Dan St. Romain
10:30 - 10:45 am	Break
10:45 am - 12:00 pm	Keynote Speaker (cont.)
12:00 - 12:30 pm	Lunch
12:45 - 1:35pm	Breakout Session A (50 Min.)
1:35 - 1:45 pm	Break
1:45 - 2:35 pm	Breakout Session B (50 min.)
2:35 - 2:45 pm	Break
2:45 - 3:35 pm	Breakout Session C (50 Min.)

Category (Lunch included)	Regular Admission
General Admission	\$75
WSSA Parent	\$50
College Student (Must Show ID)	\$25
Group of Educators (5 or more)	\$55/each

## HOW TO REGISTER



- ▶ Online: [www.winston-sa.org/symposium/](http://www.winston-sa.org/symposium/)
- ▶ Over the Phone: (210) 615-6544
- ▶ In Person: Submit form and payment to our front office.

**CONTINUING EDUCATION CREDITS** available for teachers, counselors, and social workers. Please see our website for more information!





## “Accentuate the Positive: Bringing Out the Best in Our Kids”

*Presented by Dan St. Romain*

In today’s complex educational landscape, discipline challenges and student well-being are pressing concerns. This workshop will delve into these issues, offering practical strategies to foster positive behavior and healthy development at all educational levels. Key topics will include the changing face of discipline, long-term goals and outcomes, and developmental factors impacting success. Join us for a thought-provoking and informative session that will inspire you to make a positive difference in the lives of the students we serve.

## Afternoon Breakout Sessions

### **From Impulses to Focus: Executive Function & ADHD**

Presented by Amy Cobb, MD., University Medicine Associates

In understanding and supporting children with ADHD, an understanding of executive functions, the neuroscience behind ADHD, and the diagnostic criteria are essential to gain valuable insights into improving outcomes. This presentation will discuss practical strategies to scaffold tasks at home and school, and will explore the impact of diet, exercise, and medication on ADHD management.

### **Supporting Students Together: Collaborative Solutions for School Avoidance** - Presented by Heidi Johnson, M.Ed., School Counselor at The Winston School San Antonio

School avoidance is a complex issue that affects students of all ages, and has become a crisis post-pandemic. The impact it has on students and families is profound. This presentation will delve into the signs of developing school avoidance as well as various factors that contribute to school avoidance including academic difficulties, social challenges, mental health concerns, and life changes. The discussion will include the potential impact of school avoidance on students’ academic performance, social development, and overall well-being. Additionally, the presentation will explore effective strategies for addressing school avoidance, such as early intervention, counseling services, and creating a supportive learning environment. By understanding the causes and consequences of school avoidance families and schools can work together to collaborate on strategies that promote positive school attendance and student growth and success.

### **What Were They Thinking? Understanding Adolescent Brain Development and How to Respond Effectively** -

Presented by Rebecca Juarez, LMSW, Assistant Professor of Practice, Social Work at UTSA

Have you ever been in a situation with a child or teen with challenging behavior and found yourself saying, “What were they thinking?!” This session will discuss child and adolescent brain development and how to be effective in working with children and teens. The presentation will cover development, trauma, and common mental health needs that arise in this age range before moving into motivational interviewing and other tools to utilize in a classroom.

### **Anxiety and Depression in Children and Adolescents**

Presented by Grizelda M. Anguiana, MD, FAAP from Anchored Pediatric Mental Health & Family Coaching

Anxiety and depression are common mental health disorders in children and adolescents. Our evidence-based presentation is designed to bring awareness and solutions. **This session is great for parents and teachers!**

### **Social Media and the Adolescent Self: Impacts on social functioning, identity development, and mental well-being** - Presented by Clarity Child Guidance Center

While exploring the complexities of adolescent identity development in a social media-driven world, this presentation emphasizes the role of parasocial relationships and the impact of online interactions on mental health and social functioning. Participants will learn about the unique challenges faced by youth in the digital landscape and how these can affect their self-esteem and social skills. Additionally, a practical toolkit will be provided for teens, parents, and educators, offering some strategies to promote safe and healthy social media use.

### **The ABCs of AI for Parents and Families** - Presented by Lucretia Fraga, Ph.D., Associate Professor at the University of the Incarnate Word.

Artificial Intelligence (AI) is becoming more integrated into our lives on a daily basis. This presentation introduces parents and families to the essentials of AI, focusing on how AI is used in everyday life, its impact on education, and ways to support responsible and informed AI use at home and in school. **This session is great for teachers & parents!**



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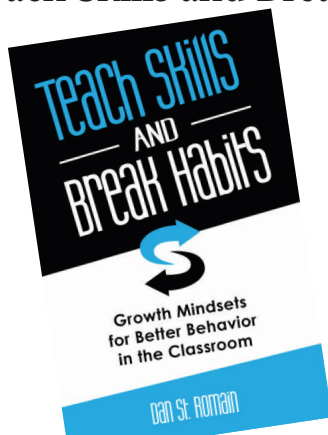
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*Advocating for minds that learn differently.®*

## 34<sup>th</sup> Annual Winston Learning Symposium “Empowering Minds: Strategies for Learning and Advocacy”

### Keynote by Dan St. Romain

Popular Speaker, Educational Consultant, and  
Author of “Teach Skills and Break Habits”



Register at [www.winston-sa.org/symposium](http://www.winston-sa.org/symposium)

### Breakout Sessions

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Supporting Students Together: Collaborative  
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