

**THE Weston Middle School PTO IS PRESENTING TWO PROGRAMS ON  
OCTOBER 20<sup>th</sup>**

Our morning program will feature guest speaker, Dr. Daitzman on the topic of:

***"Competitive Culture"***

**Ten reasons to know more about sport psychology and how it may help  
your child succeed in athletics and in life**

Dr. Daitzman is a clinical psychologist in Stamford and the author of five books on sport psychology. He has worked with top athletes who understand what it takes to win. He will discuss the science behind mental toughness and how students can adapt these techniques to develop personal self management and social skills.

Program will take place in the WMS Seminar Room (in the WMS Library) directly after our general PTO meeting, which begins at 8:45.

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Our evening program will feature guest speaker Sgt. Matt Brodacki, Weston Police Department on the topic of:

***Cyber Smarts***

This is an evening presentation for parents on Internet safety, with tips for how to monitor your child's use of technology. There will be an opportunity to discuss strategies for teaching students appropriate on-line etiquette and behavior, including an actual demonstration of Facebook and MySpace.

WMS Library at 7:00 PM.

**PROGRAMS ARE OPEN TO ALL PARENTS**