



east nashville

Hope Exchange



Upcoming Workshops

Saturday, May 12th, 11:00am–1:00pm
@ St. Ann's – 419 Woodland St., 37206

Exchange of Ideas: Social values

Discussion Topics: Caring, equality and social justice, integrity, honesty, responsibility, self-regulation

Toolbox Topic: Behavior plan and attendance

Deadline to complete enrollment forms & submit fees for students accepted to the summer program is May 17th! The summer program begins June 4th and runs through July 13th. See back page for more details.



READING LOGS

Way to go to **Eden & Elijah Carney** who turned in their reading logs this month!

Remember that families who turn in their reading logs each month are eligible for gift card drawings! Reading logs can be submitted during monthly workshops or via email if needed.



Happy birthday to all of our ENHE family members who are celebrating in April!
Special happy birthdays to our students Amar'e Forbes, Rodrell Ford, Jabin Jones-Gaddis, Demetrius Knowles, Jaleah McDowell, Adrian Pruitt, and Terrence White!

WORKSHOP RECAP: April 2018

Exchange of Ideas: Stress Management & Test Taking

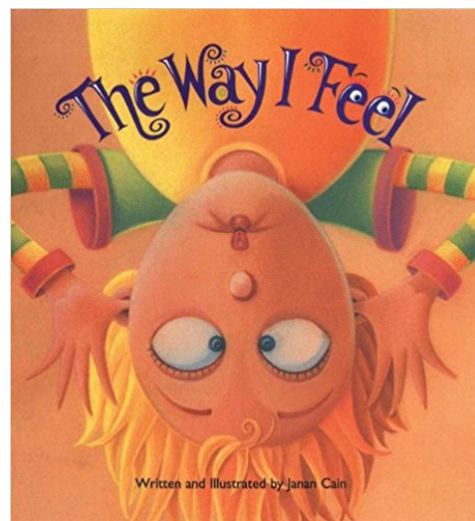
During this month's family support workshop, we discussed how to manage stress and approach the test-taking process with confidence and preparation during a season when many students are preparing to take their final tests for the year in school. Learning good stress management techniques like breathing, proper sleep and nutrition, exercise, meditation and more can help in school but also in life! In addition, even though tests are something that can't be avoided in the school process, there are lots of things that parents can do to help their students feel ready and prepared whenever a test comes up. These things include keeping normal routines, helping your child go to bed early and get up on time, providing a light but nutritious breakfast, and congratulating students on their hard work after a test is completed. It is important to remember that tests are specifically designed so that no one will know all of the answers, so students do not need to be striving for perfection, but rather just doing the best they can with the support of family and teachers.

Toolbox Topic: Test Taking Practice & Strategies

Reading, writing and comprehension fall under the category of **English Language Arts, or ELA for short**. When it comes to tests, there are several different standard types of ELA questions, and we discussed more about those during this month's workshop. We also talked about the technique called "bubbling." "Bubbling" is a standardize test taking technique where students answer (and fill in the corresponding bubbles on the test sheet) all of the questions they can easily answer first, followed by a second pass where more difficult questions are worked on one at a time. Doing this saves time and helps students feel more confident that they already have many questions on the test answered well before they dig into the difficult ones. Since standardized tests are timed, answering as many questions as possible is key to getting a good score. Of course, standardized tests vary, but a little preparation and forethought can go a long way in helping young students – and parents – feel ready for the process and learn skills to aid them in the rest of their academic career!

KIDS CORNER

This month we read the book The Way I Feel by Janan Cain. In The Way I Feel, we saw a wide range of feelings expressed, from anger to sadness to jealousy to happiness to shyness and everything in between — and we learned more about how to express our feelings with using our words! We learned that it is important to use words to talk about our feelings, just like we use words to talk about everything else in life. Feelings are a part of life, and it's okay and good to talk about them! Sometimes we have feelings that are difficult or hard, and that's okay too. If we talk about them with people who love us, we can make it through and deal with our feelings in a healthy way.



Try It On Your Own: Calming Bottle

Materials:

Plastic Bottle
Water
Super Glue
Prepared Water Beads



1. Peel the label off bottle
2. Open the bottle and pour some of the water out into a cup
3. Next, put the prepared water beads into the bottle (Maximum of 25 water beads)
4. Add water
5. Put super glue around the neck of the bottle
6. Screw the top tightly and give super glue a minute to dry
7. Enjoy your calming bottle!



East Nashville Hope Exchange Summer Program Starts June 4th, 2018



If you have not enrolled your child in the summer literacy program yet, **remember to complete your paperwork and pay the \$30 enrollment fee per child during our last family engagement workshop of the school year on May 12, 2018.**

This year's summer program runs from June 4th - July 13th every day from 8:00 AM - 3:00 PM. Aftercare will be available until 5:00 PM each day of the program for an extra \$15 per week.

If you have any questions about the program or the enrollment process, please reach out to Ameshica!

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to help us grow every time you shop.

