



east nashville

Hope Exchange



Upcoming Workshops

Saturday, May 13th, 11:00am–1:00pm

@ St. Ann's – 419 Woodland St., 37206

Exchange of Ideas: Positive Values

Discussion Topics: Caring, Equality and Social Justice, Integrity, Honesty, Responsibility, Self-Regulation

Toolbox Topic: Behavior Plan and Attendance

The May 13th workshop will be the last call for applications for the Summer Program! If applications are already submitted, please come prepared to pay the \$30 enrollment fee and bring insurance cards and the latest progress report.



Special shout out to all the ENHE families who are reading with their children at home nightly!

In April, the following students/families turned in reading logs:

Eden and Elijah Carney
and
A'mazhia Readus!

All ENHE families - please log your nightly reading and submit to us at workshops, tutoring, or via text or email.

- - REMINDER - -

In order to have priority enrollment for the summer program, families need to be present at the remaining family workshop in May.



Happy birthday to all of our ENHE family members who are celebrating in March and April! Special happy birthdays to our students **Shelia Bateman, Kaidyn Harden, Lonny Holland, Andrea Howard, Ja'Rya Lovelace, LaVell McElrath, Zaria Paxton, Leslie Rolle, Andre, Andrew and Jaliyah Stubblefield, Taylor Ulmer, Jesuan Alvarenga, A'Kingston Bonds, Amar'e Forbes, Leiah Holland, and Aviona Huff!**

WORKSHOP RECAP: APRIL 2017

Exchange of Ideas: Stress Management

In the April workshop, we learned about how to manage stress. We talked about what causes each other to feel stressed, like homework, test-taking, and friendships, and how we notice stress in others, like headaches, arguing, crying, etc.

We also learned how we can relieve stress by watching movies, playing with friends, playing sports or playing video games.

What are your favorite ways to relieve stress?

Causes of Stress

When asked directly, parents say school and friends cause most of their kids' stress. But their answers also reveal significant stressors on their families and themselves, which are adding to their children's stress symptoms.

What parents say causes their children's stress:

53%

School/
homework

51%

Friends/
relationships

Other stressors affecting their children:

38%

Bullying/
teasing

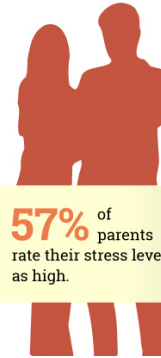
27%

Job loss/financial
problems in family

21%

Death of a family
member/friend

57% of
parents
rate their stress level
as high.



Toolbox Topic: Test-Taking Practice and Strategies

This month's Toolbox Topic focused on helping parents get their students prepared for standardized testing. These include things you can do the night before, the morning of, and after the test:

The night before:

- Help your child get to bed on time. Research shows that being well-rested helps students do better.
- Help children resolve immediate arguments before going to bed.
- Keep your routine as normal as possible. Upsetting natural routines may make children feel insecure.
- Mention the test to show you're interested, but don't dwell on it.
- Plan ahead to avoid conflicts on the morning of the test.

The morning of the test:

- Get up early to avoid rushing. Be sure to have your child at school on time.
- Have your child eat a good breakfast but not a heavy one. Research shows that students do better if they have breakfast before they take tests.
- Be positive about the test. Acknowledge that tests can be hard and that they're designed so that no one will know all of the answers. Explain that doing your best is what counts. The important thing is to make your child comfortable and confident about the test.

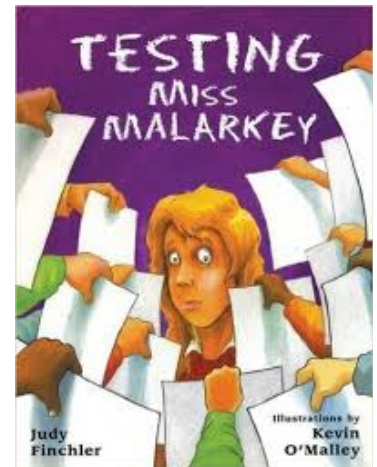
After the test:

- Talk to your child about his or her feelings about the test, making sure you acknowledge the effort such a task requires.
- Discuss what was easy and what was hard; discuss what your child learned from the test.
- Discuss what changes your child would make if he or she were to retake the test.
- Explain that performance on a test is not a condition for you to love your child. You love your child just for the person he or she is.



KIDS CORNER

This month, the kids read Testing Miss Malarkey, by Judy Finchler. In Testing Miss Malarkey, parents, teachers, and students all learn how to deal with the pressure of a very important upcoming test. Before we read the book, we talked about works like "stress" and "anxiety" and how they show up in our lives when we are nervous about something like a test. We also talked about how to tell ourselves "positive messages" when we are nervous. Positive messages can be things like, "I am loved." "I know I can handle this." "The world is better with me in it." "I make others smile." "I have faith in myself." "I am smart." When we focus on these positive messages about ourselves, especially when we are nervous, it can turn a stressful experience right around! Write down your favorite positive messages about yourself and practice saying them aloud a little bit every day. This will help you not just when you are nervous about end-of-year tests coming up in school, but for the rest of your life too!



Try It On Your Own: Make a Stress Ball!

What you need: 9-12 inch helium quality balloons from the dollar store
Rice, flour, corn starch, split peas, sand, salt, or other filling

Stretch out the neck of the balloon and fit it over the end of a funnel. Fill the funnel with whatever you are using: rice, flour, corn starch, split peas, sand, salt. Each substance results in a different feeling ball. Some people will not like the corn starch at all, for example, but will enjoy the flour ball. Use a pen or similar utensil to press the material into the balloon. Pulling the balloon down lets more fall into it. The more you push the stuff into the balloon, the firmer it will be. When you are ready, pull the balloon off the funnel and tie the end off. Snip off the material after the knot. Take a second balloon and cut a curve at the neck. Fit that balloon over the filled one to cover the knot and you are done!

Family Spotlight:

Antonio Horton's Family!



Antonio Horton first joined East Nashville Hope Exchange for our 2015 Summer Program. Antonio is in the 1st grade. He has two siblings, Shaheem and Yassanan. In addition to reading at home, Antonio enjoys tutoring with ENHE during the school week at Tom Joy Elementary. Antonio's family loves that ENHE doesn't just teach reading, but also family engagement skills like stress management and bonding activities. Antonio's favorite part of ENHE is learning new words while being fun and creative! As a family, they enjoy taking trips and eating dinner together on Sundays. They are also welcoming a new baby boy into their family in August 2017—congratulations from all of us at ENHE!

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