



east nashville

Hope Exchange



Upcoming Workshops

Saturday, March 11th, 11:00am-1:00pm

@ St. Ann's - 419 Woodland St., 37206

Exchange of Ideas: Boundaries and Expectations

Discussion Topics: Role Models, Peer Influence, High Expectations, Family Boundaries, School Rules

Toolbox Topic: Kidwriting, Invented Spelling and Spelling Patterns

Saturday, April 8th, 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: Understanding How Children Learn to



Special shout out to all the ENHE families who are reading with their children at home nightly! In February, the following students/families turned in reading logs:

Amar'e Forbes

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 three family workshops. Enrollment fee will be \$30 per child.



Happy birthday to all of our ENHE family members who are celebrating in February! Special happy birthdays to our students **Bianca Hardin, Layla Holland, Andnevin Huff, and Madeline Vasquez-Ortiz!**

WORKSHOP RECAP: FEBRUARY 2017

Exchange of Ideas: Positive Identity

During our February workshop we talked positive identity, or how a child thinks of his or herself and others. We discussed characteristics, culture and diversity, and delved deeper into big ideas like personal power, self-esteem, sense of purpose and positive view of the future. As an example of positive identity, we read the book **Hair=Pelitos** by Sandra Cisneros, in which a little girl discovers all the different types of hair that exist right in her own family! Hair is just one example of the differences that we see that make us who we are. We talked about the importance of naming and celebrating defining characteristics about us and others—and especially, the importance of feeling good about who you are and the things that make you different (self-esteem!). Building self-esteem in a child is one of the most important tasks families are given—whether it's about hair or anything else about them.



MEET THE NEW EXECUTIVE DIRECTOR



As most of our families know, Brandy Fenderson made the decision to return to work at Metro Nashville Public Schools at the end of last year. We cannot express our gratitude enough for her years of dedication to the mission and families of East Nashville Hope Exchange. At the February workshop, many families met our new executive director **Ameshica Linsey** for the first time!

Ameshica is a graduate of Fisk University, where she received a Bachelor of Arts degree in psychology and completed the Teacher Certification Program, pre-k through 6th grade. She furthered her studies at the Collegiate School Teaching Institute in New York, NY, and conducted NSF Applied Psychology research at Clemson University with research

training in human factors and organizational psychology. Ms. Linsey also holds a M.Ed in supervision and administration from Tennessee State University.

Ameshica can be reached via email at a.linsey@enhopeexchange.org or (615) 608-2450.

KIDS CORNER

For our February focus on Positive Identity, we read the book "Hair = Pelitos" by Sandra Cisneros. This is a story about a young Spanish-speaking girl who tells us about the many different types of hair that are found just in her own family. We also read the book "I Love My Hair" by Natasha Anastasia Tarpley. This story is about a young African American girl who has her hair combed and styled every night. Even though it is sometimes a painful process, she loves the way her hair looks afterwards.

We learned that characteristics are distinguishing qualities, and culture is a person's way of life. Diversity can be shown through lots of different things: languages, colors, religions, people, and even our hair!

During the workshop, we acknowledged the differences in our hair and wrote about it. We learned that all kinds of hair is beautiful and why it's important to have good self-esteem, which is the way of thinking or feeling about yourself.



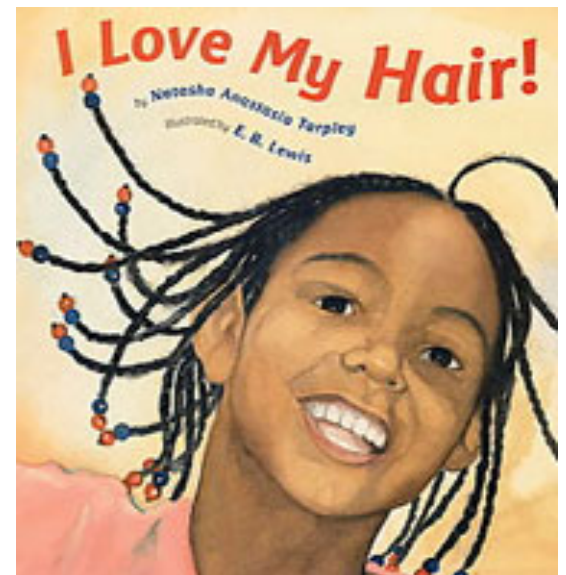
Try It On Your Own: My Hair

What you need: a piece of paper and your favorite drawing utensils (**crayons**, **colored pencils**, **markers**)

First, draw your hair as realistically as possible on the top of the page.

Next, write a couple sentences describing your hair and why it is unique or what their hair reveals about them.

Lastly, write a couple sentences about your favorite things about your hair and why you love your hair!





FAMILY SPOTLIGHT:

Vaniya Reid's Family



Vaniya Reid joined East Nashville Hope Exchange at the start of our Summer 2016 program. Vaniya is in the 1st grade. She has three siblings: Van Jr., Von and Mykia. In addition to reading at ENHE, Vaniya enjoys reading daily at home and keeping track of everything she reads. Vaniya's family loves the family engagement aspect of ENHE the most—and Vaniya loves the snacks! Besides reading, one of Vaniya's favorite activities is running. As a family, The Reids enjoy doing pretty much everything together, from Chuck E. Cheese to church. Both Vaniya's mom Relonna and dad Van Sr. are going back to school this year, and we are so excited for them! We love having the Reid family at East Nashville Hope Exchange!

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