



east nashville

Hope Exchange



Upcoming Workshops

Saturday, April 8th, 11:00am–1:00pm

@ St. Ann's – 419 Woodland St., 37206

Exchange of Ideas: Stress Management/Test-Taking

Discussion Topics: Understanding the Importance of Standardized Test-Taking, How to Manage General Stress and the Stress of Taking Tests

Toolbox Topic: Test-Taking Practice and Strategy

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



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

Taylor Ulmer, Amar'e Forbes, Eden and Elijah Carney!

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 two family workshops.



Happy birthday to all of our ENHE family members who are celebrating in March! Special happy birthdays to our students **Jesuan Alvarenga, A'Kingston Bonds, Amar'e Forbes, Leiah Holland, and Aviona Huff!**

WORKSHOP RECAP: MARCH 2017

Exchange of Ideas: Boundaries and Expectations

During our March Family Engagement Workshop, we talked with families about a wide variety of different types of boundaries and expectations there might be for their students: **family boundaries, school boundaries, neighborhood boundaries, adult role models, positive peer influence, and high expectations.** Parents discussed these various boundaries and expectations with each other and shared what they learned with the group. Strong boundaries and high expectations of all kinds are crucial to promote a positive learning environment both at school and at home for your student. Teachers, neighbors, and other family members can help with the establishment and maintenance of healthy boundaries and high expectations, and being able to talk to other parents and find out what works for them (and what doesn't!) is key! Ask yourself, "Why are healthy boundaries and high expectations important?" and "How is this relevant to my individual, unique family?" Always praise positive steps in the right direction—remember to encourage your student to do his or her best in all tasks and situations, and celebrate their successes.

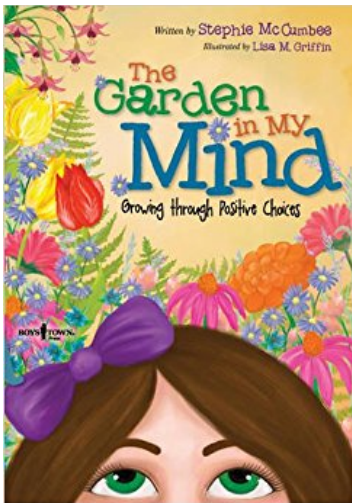
Toolbox Topic: Invented Spelling and Spelling Patterns

Learning how to notice spelling patterns and take an educated guess at correct spelling is an important process for developing young writers. Beginning spellers, who usually have some sounds, letters, and sight words mastered, tend to be able to use "invented spelling" techniques to learn further. Parents can help by holding them accountable for what they DO know while helping them learn new patterns one at a time. Mid-level to advanced writers are able to remember and use spelling patterns on their own. Parents can help them excel even further by giving them reminder words that use the patterns they already know, and being on the lookout for ones they may still be struggling with. No matter what level your growing writer is at, you can help them by reading with them every day and helping them with words, patterns, and concepts they struggle with. Practice is the most important part of growth! During the workshop, parents and students used these tips together to help their child write down the answer to the question: What is your favorite way to celebrate when you try your best at something? Try asking your child thoughtful questions and helping them spell out the answer at home. You'll both learn something new!

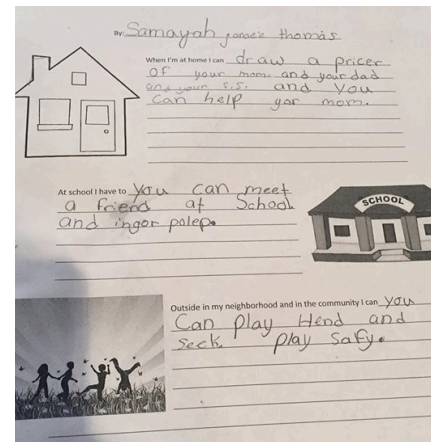


KIDS CORNER

This month, we read The Garden in My Mind by Stephe McCumbee and Hey Little Ant by Phillip Hoose, both books that talk about making positive choices. After we read the books, we asked ourselves the question: How do we use the rules and expectations set by adults to make positive choices everywhere we go? We also played a game called Good Choice, Bad Choice, where students "voted" on



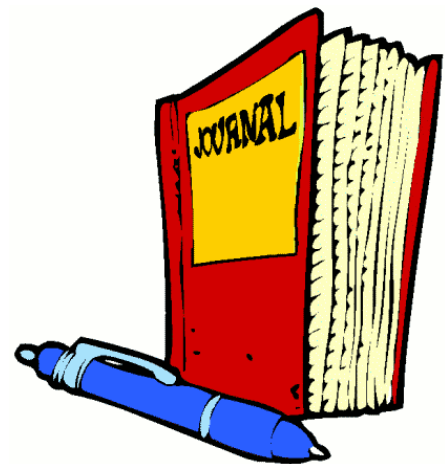
whether an action was a Good Choice or a Bad Choice by going from one side of the room to another. We talked about how sometimes certain things are okay at home but not okay at school, and how to find out if a decision is good or bad when we are unsure.



We ended by doing a worksheet that encouraged us to think about how we can make positive choices at home, at school, and out in the world and in our communities!

Try It On Your Own: Journaling

A great way to improve your spelling and writing and have fun at the same time is to keep a journal. A journal can be anything, from a simple notebook to a fancy diary. All that matters is that you take a little time every week to write something down in your journal - your thoughts, your feelings, what happened that day - anything you want to write about! Practicing writing down your feelings can help you think about them more clearly, and later, it can be fun to look back on what you wrote before! All you need is some paper and something to write with. You can get started journaling today!





East Nashville Hope Exchange

After School Tutoring!



Did you know that East Nashville Hope Exchange offers after-school tutoring for our students? Tutoring is available every Tuesday and Thursday during the school year program starting at 4:00 PM. Email Ameshica at a.linsey@enhopeexchange.org to learn more!

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