



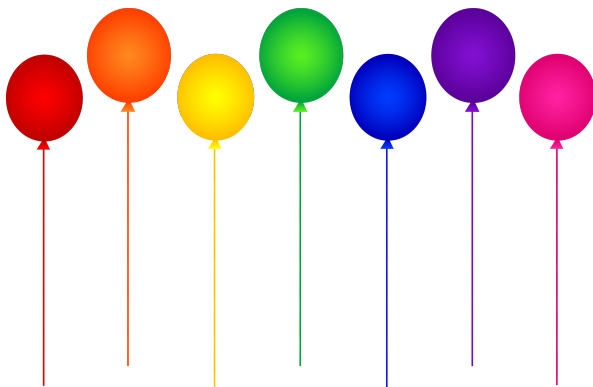
east nashville

# Hope Exchange



## The Summer Program Started June 5th!

Look forward to weekly emails to see how our students are learning about their family, their community and their world this summer!



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 & Elijah Carney

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Remember to keep reading with your children throughout the summer! Please let us know if you need help or support.



Happy birthday to all of our ENHE family members who are celebrating in May! Special happy birthdays to our students **Richard Bigsby, Mikiyah Campbell, Tajh Cook, Cameron Curry, Mya Faulkner, Kimora Mayo, Ra'Shawn Wynn, Ashton Palmer, and Joshee' Watts!**

# WORKSHOP RECAP: MAY 2017

## Exchange of Ideas: Positive Values

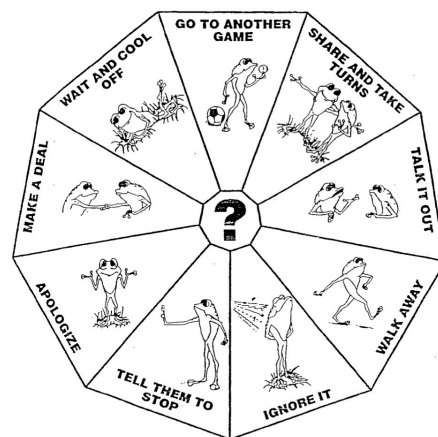
This month we discussed **positive values** like caring, equality and social justice, integrity, honesty, responsibility, and self-regulation—and more importantly, how to help your child manifest those values in his or her own life. Values shape our relationships, our behavior, our choices, and our sense of who we are—and for this reason, they are essential components of what makes us able to be a good member of our family, our community, and our world. We talked about age-appropriate ways to help your child develop his or her values as they get older, and how different families can have different values. We also talked about the importance of your child developing values for his or herself, which will help them to embody those values for a lifetime and not just when they are children living in your house. Parents who want to learn more may wish to read the book **Teaching Your Children Values** by Linda and Richard Eyre, which provides more age-appropriate ideas on how to help your children develop values!

## Toolbox Topic: Wheel of Choices

This month's Toolbox Topic was Kelso's Wheel of Choices. It's a great way to equip children to handle the problems they face on a day to day basis. The wheel encourages children to take responsibility to solving their problems by offering possible solutions to try, such as walking away, waiting to cool off, or making a deal. If the problem cannot be solved by trying one or two of the tactics, or if it is a big problem rather than a small problem, children can then tell an adult who can help them to find a solution moving forward. It may be helpful to have a copy of the Wheel of Choices printed out and hanging in your child's bedroom or bathroom to help them remember that they are never stuck—they always have choices!

### IT'S YOUR CHOICE!

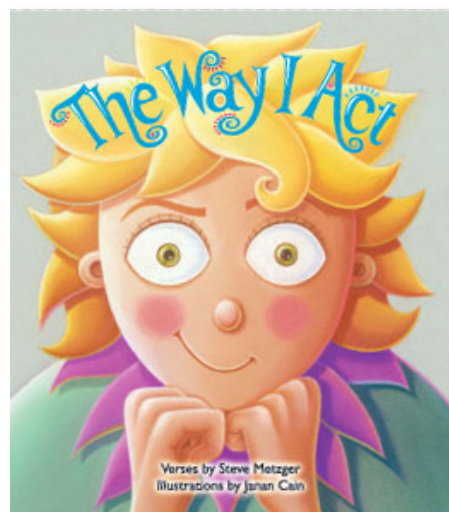
DO YOU HAVE A SMALL PROBLEM?  
TRY 2 OF KELSO'S CHOICES:



IF YOU HAVE A BIG PROBLEM,  
TELL AN ADULT YOU TRUST.

# KIDS CORNER

This month, we read the book **The Way I Act** by Steve Metzger, which explores different positive values that show up in our lives and the consequences of our actions. The book encouraged us to think about our values and do the right thing no matter what situation we find ourselves in, whether that is meeting a new friend, playing on the playground, or finishing a game. We also talked about how our actions reveal who we truly are and what we value in the world. We discussed various positive values from the book, such as bravery, compassion, curiosity, cooperation, and imagination, and what those values look like when we live them out in real life. We also talked about some of the specific expectations we have at East Nashville Hope Exchange, such as being responsible and respectful of teachers and other students. We ended by learning about compliments—or saying kind things to another person. We thought of our own compliments that we could give our family, friends, or ENHE teachers!



## Try It On Your Own: Compliment Someone!

Complimenting someone is a great way to be a good friend and make them feel good about themselves. It's a good idea to try and give at least one compliment to someone you love every day! When you think of something that's great about another person that you'd like to tell them, it may help to write it down in your journal or on a compliment form for later, if they are not around at the time. You can also text or email compliments! Try filling in the blanks below:

\_\_\_\_\_ is something I love about \_\_\_\_\_.

\_\_\_\_\_ is great at \_\_\_\_\_!

Now, make sure you tell the person!



# Ways to Help with the Summer Program!

**Field Trip Chaperones:** Field trip chaperones are needed every Friday during the 6-week program.

**Activity Teachers:** If you have a special talent or hobby you would like to teach, please let us know. Activities happen in the afternoon.

**Snack Donations:** We always need more snack donations, especially snacks that are allergy-friendly. Please contact Ameshica to learn more about snack donations.

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*"Just like with playing a sport, Reading and Math are skills that must be practiced. When a child spends hours a day hitting a baseball, swimming, shooting a basketball, they will progress. But say he then stops hitting balls for three months or takes a few months off from swimming. Will he hit a ball on the first swing? Will he swim as efficiently as before? No, but if he practices a few times a week, will he be able to regain the previously learned skills relatively quickly? Yes! It is important to keep your child's mind engaged over the summer so they will not fall victim to the summer slide."*

- Little Scholars, <https://littlescholarsllc.wordpress.com/10-ways-to-prevent-summer-slide/>