



east nashville

# Hope Exchange



## Upcoming Workshops

**Saturday, December 8th, 11:00am–1:00pm**

**@ St. Ann's – 419 Woodland St., 37206**

**The Christmas Shop– Santa, gifts, and yummy snacks.**

**Saturday, January 12th, 11:00am–1:00pm**

**@ St. Ann's – 419 Woodland St., 37206**

**Exchange of Ideas:** Constructive Use of Time and Establishing Routines

**Discussion Topics:** Creative activities, child programs, religious communities, time at home

**Toolbox Topic:** Sight Word Games



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

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

***Trynitee Gardner's Family***  
***Jayshawn Dixon's Family***

All ENHE families - please log your nightly reading and submit to us at workshops, tutoring, or via text or email. You will get an extra entry into our gift card drawing for each reading log sheet you turn in!



Happy birthday to all of our ENHE family members who are celebrating in November! Special happy birthdays to our students Quinland Ewing, Milo Corbitt, Liam Grider, Harley Rose Jones, Aleayah Pillar, Kellyse Thompson, and Mikaila Ussery!

# WORKSHOP RECAP: November 2018

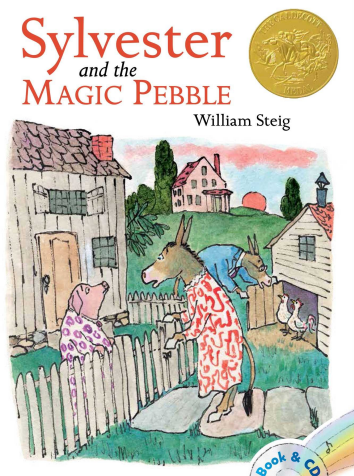
## Exchange of Ideas: Social Competencies

This month, we talked about the various "social competencies" that we want to instill in our students. Social competencies include **planning and decision making, interpersonal competence, cultural competence, resistance skills, and peaceful conflict resolution**. The children's book lesson this month focused on **cultural competence**—where a child learns about their own cultural identity and is encouraged to interact positively with children of different racial, ethnic and cultural backgrounds—but all of these values are essential for raising students who are prepared to interact with the world as it is and engage it for the better. During the family workshop, we broke into small groups and read scenarios on cards designed to help us think through what we would do in a given situation to encourage our children to build these various social competencies. Parents then had the opportunity to pick a suggestion from each category that they would be willing to try out in the coming month and get suggestions for how to implement them.

## Toolbox Topic: Vocabulary / Building Background Knowledge

Our toolbox topic for this month was vocabulary and background knowledge. Vocabulary is a key component of reading **for meaning**. If children know the meaning of a word, they are far more likely to be able to read it and make sense of it within a sentence. Vocabulary can be learned directly by working intentionally with individual words, but also indirectly through repeated exposure to new words in conversations, by listening to stories, by reading and through the media. Children who come from rich reading backgrounds will have the benefit of being exposed to a deeper and wider vocabulary, and will gradually learn the meaning of many words, thereby increasing not only their vocabulary but their overall reading comprehension. To help parents think through creative ways to increase students' vocabularies, we taught them techniques like the Word Map and Words Alive, where new words can be explored in fun and creative ways to help the student remember them for life using association games and more.

# KIDS CORNER



This month, we read Sylvester and the Magic Pebble by William Steig, a story about a donkey named Sylvester who finds a magic, wish-granting pebble that changes his life. After finding the pebble, Sylvester is attacked by a lion, and in the heat of the moment he wishes to be a stone himself, to avoid being eaten. But when he is turned into a stone, he can't get to the magic pebble to wish himself back to

a donkey! His parents are so worried for him, and it takes a year before Sylvester is able to be turned back into a donkey when his parents magically find the wish-granting pebble. Through this story, we learned about the importance of family, careful thinking in stressful situations, and being careful what you wish for — because it just might come true. Have you ever lost your parents? Did you feel scared? How did it feel when you were together again?

## Try It On Your Own: Magic Pebbles!

### Materials:

- paint
- paintbrushes
- rocks

### Instructions:

Paint a rock however you like!

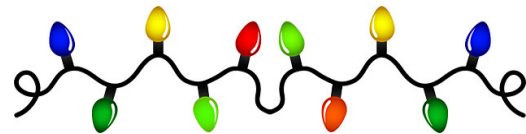
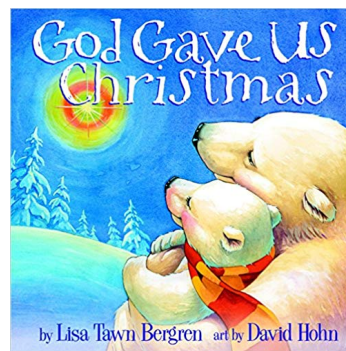
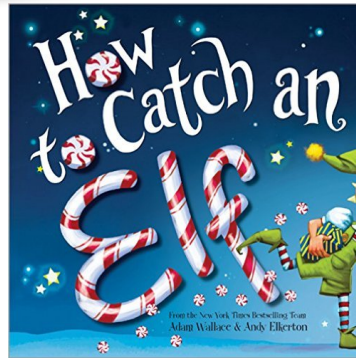
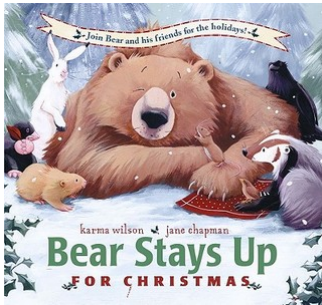
You can use whatever colors or designs make you feel good. When a difficult situation arises or you are faced with hard emotions, instead of reacting poorly you can exercise self-control, take out your rock and focus on the beautiful colors and designs until you are calmer.







## Cool Christmas Reads!



## Literacy Focused Christmas Activities for your Family!

**Silver Bells Memory Game**  
Put a Christmas spin on the classic memory game by using Hershey's Kisses or another festive candy.



### Dear Santa

Place these fill-in-the-blank Christmas letters, made with a template from Crafty Carnival, at each plate, along with some crayons. Kids will go to work trying to convince Santa how good they've been this year!



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**Remember to link your Kroger card with ENHE at** [krogercommunityrewards.com](http://krogercommunityrewards.com)  
**to help us grow every time you shop.**