



east nashville

Hope Exchange



Upcoming Workshops

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

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

Exchange of Ideas: Social Competencies

Discussion Topics: Planning and decision making, interpersonal and cultural competence, conflict resolution

Toolbox Topic: Vocabulary/Background Knowledge

Saturday, December 9th, 11:00am-1:00pm

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

East Nashville Hope Exchange Christmas Party!



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



Happy birthday to all of our ENHE family members who are celebrating in October! Special happy birthdays to our students Semaj Donigian, Sanai Douglas, Cortland Harris, Daveiun Johnson, and Samayah Thomas!

WORKSHOP RECAP: October 2017

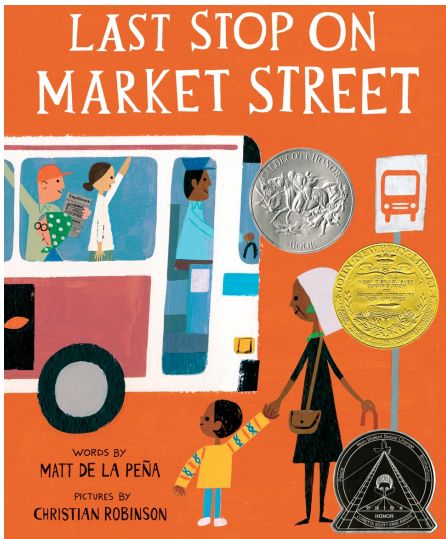
Exchange of Ideas: Support

This month, we talked about what "**support**" means and how it shows up in our lives as we seek to empower our students to be great readers and citizens. We can't do it alone! There are many different kinds of support that we need, including **family support, positive family communication, other positive adult relationships, a caring neighborhood, and a caring school climate**. All of these spheres of support work together to help us as we raise our students. Although a child's immediate adult caretakers are obviously very important in the process of learning and growing, other positive adult relationships are also critical for their development. It is also important for families to foster open, respectful and frequent communication with each other, where each child receives praise for their efforts and accomplishments and is affirmed in who they are. This is something that all families can learn to grow in, and is one of the things we are most passionate about helping families with at East Nashville Hope Exchange. For more about helping to foster a caring school climate for your child, read on below!

Toolbox Topic: The "Three P's" Approach to Parent Conferences

It is normal to have some concern over parent teacher conferences, but by utilizing the Three P's Approach, much of the anxiety can be dispelled. The Three P's, as outlined on EmpoweringParents.com, are as follows: **1) Praise.** Starting your conference out by naming and affirming the things your student's teacher does well sets a positive tone for the conference and makes them feel appreciated. **2) Prevent.** Preventing problems before they occur is easier than fixing them after they occur. It's good to contact the teacher two weeks before your scheduled conference to share any concerns you might have and let them know what you'd like to discuss. It also prevents either of you from being blindsided during the conference with an unexpected issue. **3) Plan.** It is important to plan ahead and arrive to the conference prepared with a list of things you want to talk about as well as any relevant paperwork. It's also crucial to communicate with your student as you prepare for the conference and ask them what is and isn't working for them from their point of view. It helps them feel heard and listened to and keeps the lines of communication open between you! Although parent teacher conferences can be a source of anxiety, they don't have to be. By praising, preventing, and planning, you can walk into your child's parent teacher conference with confidence, knowing that you and the teacher are on the same team and want what is best for your student, and are ready to work together to address any concerns.

KIDS CORNER



This month, the students read Last Stop on Market Street by Matt de la Peña. Last Stop on Market Street is about a little boy named CJ who rides the bus with his grandma every week and begins to wonder why they have to ride the bus and don't have a car to drive like other kids. As CJ learns from his grandma throughout the book, he learns to see the beauty in their life the way it is and learns valuable lessons about what it means to support others and to be supported. After we read the book, we talked about who supports us and what it means to support someone else. We also talked about

the importance of volunteering in our communities and doing good things for others who might not have as much as we have. We also talked about what it means to be appreciative of the things we do have! After our book discussion we made paper pumpkins and wrote down on them all the different people who support us in our lives. We also made time to fill out compliment forms to let our parents, siblings and teachers know how much we appreciate them!

Try It On Your Own:

On the sides of the pumpkin, write down the names of four people who support you to do your best in school. Trace the names with a black crayon and then you can color your pumpkin! Pumpkins come in other colors besides orange, so use your imagination! When you're done, make sure to think of something that each person you wrote down does to support you, and next time you see them, make it a point to give them a compliment by telling them you're thankful for how they support you!





East Nashville Hope Exchange Family Spotlight Liam Grider's Family!



Liam Grider is in kindergarten and joined the ENHE program in the spring of 2017. Liam and his family love to read together at home and practice his sight words from kindergarten. His favorite part about ENHE is the songs! His family's favorite part is that the program gives them new ways to encourage reading each time they attend. When they are not reading together, Liam and his family enjoy taking road trips, having movie nights, and eating dinner together. Liam enjoys playing soccer and board games, and his sister Ella loves to sing and act! Liam's mom is from England and is a city planner for Metro Nashville, and their family has only lived here for ten months. They also have a dog named Fig. We're so glad that Liam and his family have joined the ENHE community!

East Nashville Hope Exchange
419 Woodland St.
Nashville, TN 37206
www.enhopeexchange.org
eastnhe@gmail.com
615-254-3534

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