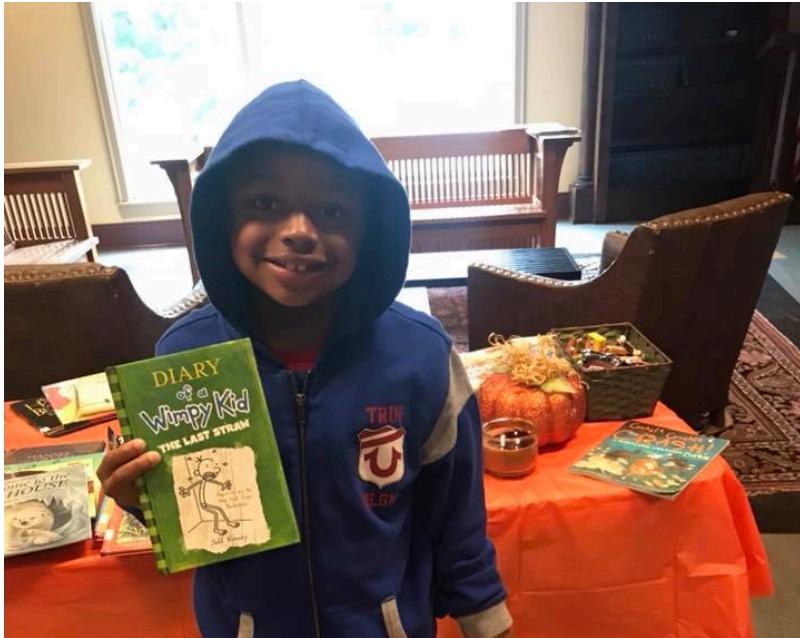




east nashville

Hope Exchange



Upcoming Workshops

Saturday, November 10th, 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, resistance skills, peaceful conflict resolution

Toolbox Topic: Vocabulary/Building Background Knowledge

Saturday, December 8th, 11:00am-1:00pm

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

The Christmas Shop- Santa, gifts, and yummy snacks.



Happy birthday to all of our ENHE family members who are celebrating in October! Special happy birthdays to our students Josiah Bahar, Semaj Donigian, Daveiun Johnson, Ashley Redd, and Raphael Turner!



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

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

**Marvin German
Gerald Leroy
Raine Wiggins
Eden & Elijah Carney**

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!



WORKSHOP RECAP: October 2018

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 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 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!

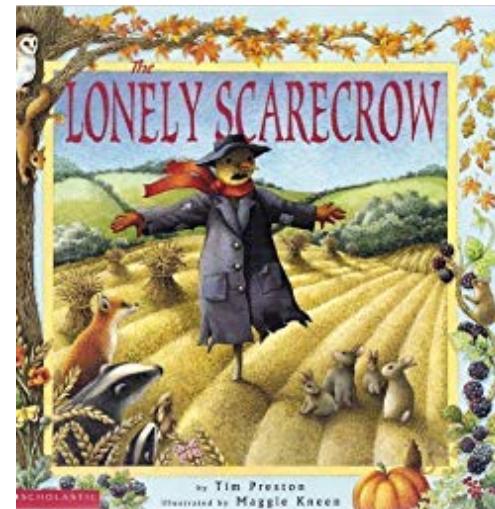
Toolbox Topic: The "Three P's" Approach to Parent Conferences

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 our book was The Lonely Scarecrow by Tim Preston. This book is about a scarecrow who was transformed into a friendly looking snowman after winter snow covered the land. The scarecrow had lost hope of ever making friends. But as a snowman, many of the animals wanted to be his friend. Fortunately, when the snow thaws, the animal friends he makes as a snowman still recognize him in his scary springtime guise. The scarecrow was surprised that the animals still wanted to be friends. After

we read the book, we talked about who supports us and what it means to support someone else. We also talked about who in their families provide support and what other adults support them in a caring way. After our book discussion we made paper scarecrows. 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: Paper Scarecrow!

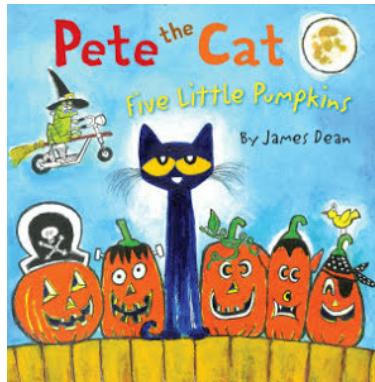
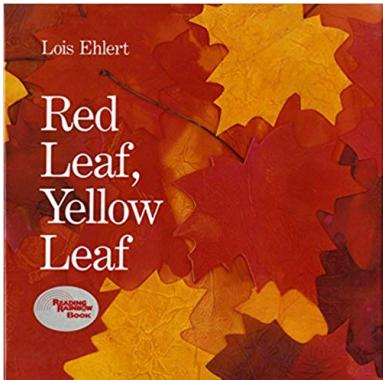
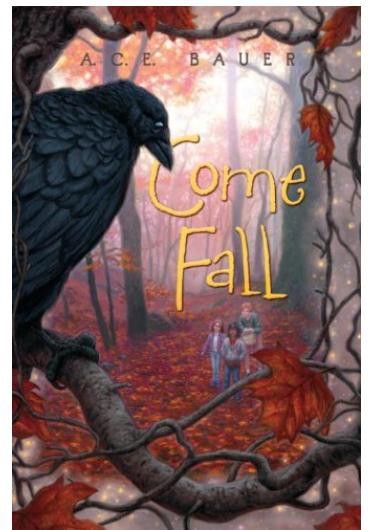
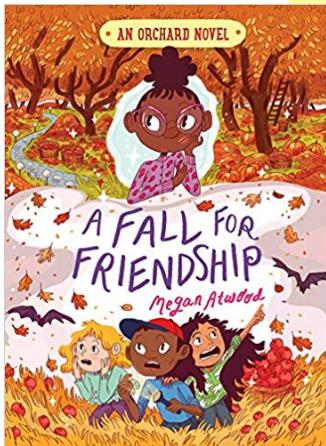
Materials

- paper plates
- googly eyes
- pumpkin cut outs (hat shape, orange triangle for nose, and yellow construction paper for hair)
- glue
- crayons





October Spotlight: Five Fabulous Fall Titles



Fall Fun in Nashville! (Free family friendly events)

Saturday, October 27th

Blue Devils Spooktacular Lebanon High School- (9:00am) Artisans, vendors, kids' games, a car show and trunk-or-treat fun.

35th Annual Pumpkinfest- Downtown Franklin-(10:00am) The Kids' Zone fills a city block with face painting, games, pony rides, inflatables and more.

Trail of Treats- Veterans Memorial Park, La Vergne (1:30pm) New this year, the La Vergne Public Library hosts a spooky storytime prior to the trail opening for costumed kids to collect candy.

Sunday, October 28th

St. Ann's Episcopal Church, 3rd Annual Halloween Party (2:00pm)- Games, Prizes, Face Painting, Food, and Family Fun!

Wednesday, October 31st

Jack O Lantern Jubilee (5:00pm) Rivergate Mall-Don your costumes, kids, for a night of safe trick-or-treating, face painting, pumpkin photo ops and free small pumpkins for the first 250 kids. *Find more fun here: <http://www.nashvilleparent.com/things-to-do/free-events/page/4/>

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Twitter & Instagram: @EastNHE
Remember to link your Kroger card with ENHE at krogercommunityrewards.com to help us grow every time you shop.

