



Family Engagement

April 2020, Volume 6

Family Engagement is Necessary for Student Success!

Juggling

We all juggle, every day. We juggle work, school, family, friends, responsibilities, health, and more. This is a "How to Juggle" edition.

The first thing to do is write down all the things you have to "juggle" and then prioritize your list, 1 being most important and 10 least important. If you have more than 10 items on your list continue numbering, remember the farther away from 1 the less important it is.

Really study your list when you are done. Is there anything that can be delegated to someone else? (Lucky you if there is!) Is there anything on the list that doesn't bring you joy and can be eliminated? Create a schedule to complete your items. This schedule may be daily, weekly, or monthly.

Consider Bullet Journaling. For a quick tutorial go to: <https://www.youtube.com/watch?v=fm15cmYU0IM>

Remember: keep it simple!

Remember, we are all learning, every day. Whether we are staying home with our responsibilities or headed out to take on responsibilities in the community, each of us doing our best. Have grace and patience for others and yourself

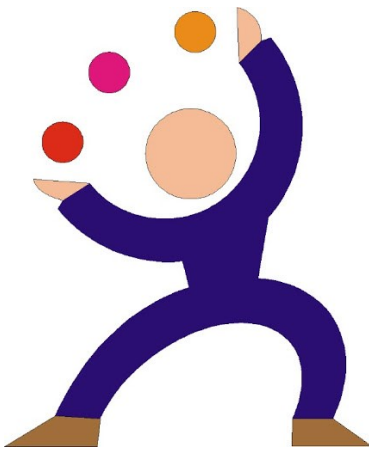
Learn to Juggle -

Have some fun and learn a new skill a the same time! Juggling is a fun way to exercise your hand eye coordination skills. Families can learn together. Make videos while learning and share with your family in other places.

There are many tutorials on YouTube showing you how to juggle.

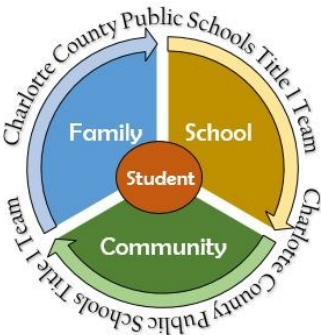
Taylor Tries is a simple tutorial and troubleshooting guide to juggling: <https://www.youtube.com/watch?v=dCYDZDlcO6g> .

You can make your own juggling balls with rice and balloons. See page 2 for directions.



Feliz Cinco de Mayo

Cinco de Mayo (The 5th of May) celebrates the Mexican army's victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). In Mexico it is a relatively minor holiday. In the United States, Cinco de Mayo has become a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals.



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Made Your Own Juggling Balls



1. Pour about half a cup of rice* into an empty water or soft drink bottle (if you don't have a funnel, make one from the top of a second bottle).

* The size of your juggling balls depends on the amount of rice you use.



2. Inflate a balloon to about the size of a grapefruit, twist the neck and stretch it over the neck of the bottle.



3. Turn the bottle upside down so all the rice falls into the inflated balloon – then remove the balloon from the bottle and let it deflate.



4. Cut the neck off the balloon – the rice will stay in the balloon.



5. Cut the neck off a second balloon and stretch it over the hole to seal the rice into your juggling ball.

You could use the ball like this, but they look heaps better if you add more balloons for some patterns and colour.



6. Cut the neck and a piece of the top off a third balloon and stretch it over the ball to get a single stripe of colour.



7. You can cut lots of very small holes in a balloon by pinching it between your finger and thumb and carefully cutting off the tips – remove the neck and stretch over a ball to make spotty patterns.



Our New Normal

We have all, as a country, been going through some major changes recently, and individually as well. Some of us are working from home, some of us are no longer working. Our children are now doing school from home. We no longer go out to eat, head to the mall, or other places we used to go for fun. We are spending more time at home now than ever before. We are going through loss. Loss of a loved one, loss of our typical freedoms, and loss of our normal.



Now we are digging in and trying to figure out our new normal. As we go through this transition, it is vital to recognize that we are grieving, and it is okay...even healthy to go through the grieving process. As a parent, we need to recognize that our children are also going through the grieving process. As adults, we have likely been through difficult times before, experienced loss before, and navigated the unknown at some point as well. However, all of this can be quite new for our children. You may see children expressing their grief through acting out, withdrawing, or other unwanted behaviors because children often aren't able to recognize their own emotions or know how to manage them. It is important that we talk with our kids about the emotions, thoughts, and questions that they are going through right now. We need to make sure to listen to them, validate how they are feeling, and look for ways to comfort them and help them feel safe. It is also important to roll model self-care during this time. We can find our new normal together with our families.

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