



# MARCH 2021

## STONE OAK ELEMENTARY & CANYON RIDGE ELEMENTARY

### FAMILY ENGAGEMENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  ESL Intermediate Class 9:00 AM	2	3  ESL General 10:00 AM Mommy & Me 2:00 PM	4  Mommy & Me 8:00 AM ESL Basic Class 9:30 AM Fat Burning Group Exercise 4:00 PM	5
8  	9			12  
15  ESL Intermediate 9:00 AM Healthy Food, Healthy Families 1:00 PM	16  Understanding The Family System As A Whole 5:00 PM	17  ESL General 10:00 AM Mommy & Me 2:00 PM	18  Mommy & Me 8:00 AM ESL Basic Class 9:30 AM Fat Burning Group Exercise 4:00 PM	19
22  ESL Intermediate 9:00 AM	23	24  ESL General 10:00 AM Mommy & Me 2:00 PM	25  Mommy & Me 8:00 AM ESL Basic Class 9:30 AM Fat Burning Group Exercise 4:00 PM	26  Virtual Painting Workshop 3:30 PM
29  ESL Intermediate 9:00 AM Healthy Food, Healthy Families 1:00 PM	30  Developing & Maintaining Trusting Relationships Within Family 5:00 PM	31  ESL General 10:00 AM Mommy & Me 2:00 PM	<div style="border: 1px solid gray; padding: 10px; background-color: #f0f0f0; width: fit-content; margin: auto;"> <p><b>APRIL 2021 LOOKING AHEAD</b></p> <p>Weekly: ESL Classes</p> <p>Weekly: Group Exercise</p> <p>Monthly: Virtual Painting Class</p> <p>Monthly: Practical Parent Education</p> </div>	



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### CLASS DESCRIPTIONS



#### WEEKLY CLASSES

**ESL Basic Class:** Join us every Thursday from 12:30-1:30pm for Basic ESL Class via zoom. The class will focus on very basic English for beginners.

**ESL General Class:** Join us every Wednesday from 10-11am for General ESL Class via zoom. The class will focus on conversational English for beginners, intermediate, and advanced levels.

**ESL Intermediate Class:** Join us every Monday from 9-10am for Intermediate ESL Class via zoom. We will focus on everyday conversation, interests, and practice speaking with one another.

**Fat Burning Group Exercise:** Join us for a weekly virtual Group Exercise Class and get a full body workout. We will provide a Strength Conditioning and Resistance Training along with developing an exercise program to fit your needs. You will also learn the importance of proper nutrition, and ways to stay motivated. We look forward to having you and your family join us weekly.

**Mommy & Me:** Provide a combined approach of interactive parenting workshops and delivery of rich parenting content at home so families can learn and practice parenting skills with their peers and build a strong home learning practice.

#### MONTHLY CLASSES

**Healthy Foods, Healthy Families:** Join us in learning about Healthy Foods, Healthy Families which include topics like: "Healthy Eating on a Budget", "Shake the Salt Habit", "Reading the Food Label", "Get Started in Moving More" and much more! All sessions include hand out and healthy recipes, which will help participants reach their healthy lifestyle goals.

**Practical Parent Education:** Join us as we learn and participate in a virtual Practical Parent Education class, we hope that your involvement will provide a valuable growing experience for you as an individual and parent. The class will focus on strengthen families through education and validation in their efforts to raise strong, self-confident, mentally healthy children.

**Virtual Painting Workshop:** Painting serves as an emotional release for people who are under stress. It helps in stimulating the creative mind while relieving mental strain. Releasing anxiety through painting helps in lowering stress levels and improving overall mental health. Join us to our free virtual painting classes, Canvas, Brushes & Paint will also be provided when you RSVP.

#### **INFORMATION**

More sessions may be added later this month. For more information, please look for email links that will be sent out to our families or you can visit our website:

Canyon Ridge Elementary: <https://www.neisd.net/canyonridge/family>

Stone Oak Elementary: <https://www.neisd.net/stoneoak/family>

#### **CONTACT INFORMATION**

Family Specialist / Juan A. Velasquez: [jvelas2@neisd.net](mailto:jvelas2@neisd.net)

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