





# APRIL 2021

## STONE OAK ELEMENTARY & CANYON RIDGE ELEMENTARY

### FAMILY ENGAGEMENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Fat Burning Group Exercise 5:00 PM</p> 	<p>2 <b>Easter Friday / Student Holiday</b></p>
5	6	<p>7 ESL General 10:00 AM</p>	<p>8 Fat Burning Group Exercise 5:00 PM</p>	9
<p>12 Family Gardening &amp; Nutrition 5:00 PM</p>	<p>13 Dealing with Disobedience 9:00 AM</p>	<p>14 ESL General 10:00 AM</p>	<p>15 Fat Burning Group Exercise 5:00 PM</p>	16
<p>19 Family Gardening &amp; Nutrition 5:00 PM</p>	<p>20 Managing Fighting &amp; Aggression 9:00 AM</p>	<p>21 ESL General 10:00 AM</p>	<p>22 Fat Burning Group Exercise 5:00 PM</p> 	<p>23 <b>Battle Of Flowers / Student Holiday</b></p>
<p>26 Family Gardening &amp; Nutrition 5:00 PM</p>	<p>27 Developing Good Bedtime Routines 9:00 AM</p>	<p>28 ESL General 10:00 AM</p>	<p>29 Fat Burning Group Exercise 5:00 PM</p>	30

**MAY 2021 LOOKING AHEAD**  
 Weekly: ESL Classes  
 Weekly: Group Exercise  
 Monthly: Garden & Nutrition  
 Monthly: Parent Education



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### CLASS DESCRIPTIONS



#### APRIL CLASSES

**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.

**Family Gardening & Nutrition:** Come and learn how to plant your own family vegetable garden! You will learn gardening tips to maintain healthy plants! We will discuss what types of plants and vegetables are good starting points! We will share nutrition information along the way and will provide materials for you to get started! This is a great activity to maintain a healthy mind and a healthy body! We hope you will join us!

**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.

**Positive Virtual Parenting Series:** Come learn great parenting strategies so you can positively impact your children at home! All classes will be virtual on Tuesdays at 9:00 AM! Each class will cover 5-6 strategies designed to fit any parenting style!

#### **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**

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