







NOVEMBER 2020

STONE OAK ELEMENTARY & CANYON RIDGE ELEMENTARY

FAMILY ENGAGEMENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Election Day / Student Holiday 	4 ESL Class (Virtual) 10:00-11:00am Mommy & Me (Virtual) 2:00-3:00pm	5 Mommy & Me (Virtual) 8:00-9:00am Healthy Eating On A Budget (Virtual) 9:30-10:30am	6
9	10 Understanding the Family System as a Whole (Virtual) 9:30-10:30am Helping Children Deal With Divorce & Separation (Virtual) 11:30-12:30pm	11 Veterans Day  ESL Class (Virtual) 10:00-11:00am Mommy & Me (Virtual) 2:00-3:00pm	12 Mommy & Me (Virtual) 8:00-9:00am Food Labels (Virtual) 9:30-10:30am	13 Virtual Painting Workshop 3:30-4:30pm
16	17 Recognizing Traits in a Healthy Family (Virtual) 9:30-10:30am Helping Children Cope with Divorce & Separation (Virtual) 11:30-12:30pm	18 ESL Class (Virtual) 10:00-11:00am Mommy & Me (Virtual) 2:00-3:00pm	19 Mommy & Me (Virtual) 8:00-9:00am Physical Activity for Kids (Virtual) 9:30-10:30am Social Emotional Learning (Virtual) 3:00-4:00pm	20 Virtual Painting Workshop 9:30-10:30am
23 Thanksgiving Break / Student Holiday	24 Thanksgiving Break / Student Holiday	25 Thanksgiving Break / Student Holiday	26 Thanksgiving Break / Student Holiday	27 Thanksgiving Break / Student Holiday
30 	LOOKING AHEAD Weekly: ESL Class Weekly: Practical Parent Education Dec 18: End 2 nd Nine Weeks Dec 21 - Jan 1: Christmas Break			



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DESCRIPTIONS

ESL Class

(Weekly) English as a Second Language (ESL) is a program of instruction designed to help individuals achieve competence in reading, writing, speaking, and comprehension of the English language.

Help Children Cope with Divorce & Separation

(11-10 & 11-17) Holiday time will be upon us before you know it. This time of year can stir up unresolved feelings. Join this 4-part series on helping children deal with divorce.

Practical Parent Education

(11-10) Understanding the Family System as a Whole: Learn how the family system influences individual members, Understand how parenting styles are carried from one generation to another

(11-17) Recognizing Traits in a Healthy Family: Identify and develop your own strengths as a family, Learn how the family system influences individual members.

Mommy & Me

(Weekly) 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.

San Antonio Food Bank Nutrition

(11-5) Healthy Eating on a Budget: Get the most for your budget! This presentation will cover tips on how to fill your cart with budget-friendly and healthy options from each food group.

(11-12) Reading the Food Label: This presentation will help participants understand the nutrition facts label and make informed choices that contribute to healthy lifelong eating habits.

(10-19) Physical Activity for Kids: Stay active and have fun! This presentation will cover tips on helping kids stay physically active with structure activities, daily movements, and free play activities.

Social Emotional Learning

(11-19) SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

Virtual Painting Workshop

(11-13 & 11-20) 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

Stone Oak Elementary 21045 Crescent Oaks, San Antonio, TX, 78258

(210) 407-7849 Office

Canyon Ridge Elementary 20522 Stone Oak Parkway, San Antonio, TX, 78258

(210) 407-1639 Office