



# OCTOBER 2020

## STONE OAK ELEMENTARY & CANYON RIDGE ELEMENTARY

### MONTHLY EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	<p style="text-align: center;">6</p> <p style="text-align: center;">Ready Rosie (Virtual) 10:00-11:00am</p> <p style="text-align: center;">Ready Rosie (Virtual) 3:30-4:30pm</p>	7	<p style="text-align: center;">8</p> <p style="text-align: center;">Practical Parent Education (Virtual) 10:00-11:00am</p> <p style="text-align: center;">San Antonio Food Bank Nutrition (Virtual) 3:30-4:30pm</p>	9
12	<p style="text-align: center;">13</p> <p style="text-align: center;">Ready Rosie (Virtual) 10:00-11:00am</p> <p style="text-align: center;">Ready Rosie (Virtual) 3:30-4:30pm</p>	14	<p style="text-align: center;">15</p> <p style="text-align: center;">Laurel Ridge Treatment Center (Virtual) 10:00-11:00am</p> <p style="text-align: center;">San Antonio Food Bank Nutrition (Virtual) 3:30-4:30pm</p>	16
19	<p style="text-align: center;">20</p> <p style="text-align: center;">Ready Rosie (Virtual) 10:00-11:00am</p> <p style="text-align: center;">Ready Rosie (Virtual) 3:30-4:30pm</p>	21	<p style="text-align: center;">22</p> <p style="text-align: center;">Practical Parent Education (Virtual) 10:00-11:00am</p> <p style="text-align: center;">San Antonio Food Bank Nutrition (Virtual) 3:30-4:30pm</p>	23
26	<p style="text-align: center;">27</p> <p style="text-align: center;">Ready Rosie (Virtual) 10:00-11:00am</p> <p style="text-align: center;">Ready Rosie (Virtual) 3:30-4:30pm</p>	28	<p style="text-align: center;">29</p> <p style="text-align: center;">Practical Parent Education (Virtual) 10:00-11:00am</p> <p style="text-align: center;">San Antonio Food Bank Nutrition (Virtual) 3:30-4:30pm</p>	30





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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.

##### Laurel Ridge Treatment Center

*(10-15) Symptoms and Solutions:* Discuss signs and symptoms of mental health disorders, Learn to recognize common symptoms in children, Discuss resources available to children

##### Practical Parent Education

*(10-8) 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

*(10-22) Recognizing Traits in a Healthy Family:* Identify and develop your own strengths as a family, Learn how the family system influences individual members.

*(10-29) Identifying Your Role as the Primary Model for Your Child:* Recognize opportunities for you to be a major role model for your child, Learn how the family system influences individual members.

##### Ready Rosie

*(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

*(10-8) 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.

*(10-15) 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.

*(10-22) 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.

*(10-29) Healthy Snacks for Kids:* Fuel your body! This presentation will cover tips on choosing and preparing the best snacks for kids to fuel up on nutrients.

#### CONTACT INFORMATION

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