



SEPTEMBER 2020

STONE OAK ELEMENTARY & CANYON RIDGE ELEMENTARY

MONTHLY EVENT CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 HAPPY LABOR DAY	1	2	3	4
7 LABOR DAY STUDENT HOLIDAY	8	9	10	11
14  National Grandparents' Day	15 Community Resources (Virtual) 10:00-11:00am Community Resources (Virtual) 4:00-5:00pm	16 Ways To Stay Motivated Exercise (Virtual) 4:00-5:00pm	17 Parent Orientation (Virtual) 10:00-11:00am Parent Orientation (Virtual) 4:00-5:00pm	18
21	22 Communicating Effectively With Children (Virtual) 10:00-11:00am Communicating Effectively With Children (Virtual) 4:00-5:00pm	23 Ways To Stay Motivated Exercise (Virtual) 4:00-5:00pm	24 Parent Orientation (Virtual) 10:00-11:00am Parent Orientation (Virtual) 4:00-5:00pm	25
28	29 Coping With Stress (Virtual) 10:00-11:00am Coping With Stress (Virtual) 4:00-5:00pm	30 Ways To Stay Motivated Exercise (Virtual) 4:00-5:00pm		



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DESCRIPTIONS

Communicating Effectively With Children

Acknowledge the ability to communicate effectively is a critical skill for successful human relationships, recognize quality conversation with your child, develop skills necessary for facilitating quality conversation.

Community Resources

During this time of COVID-19 learn of all the great community resources that are available for you and your family.

Coping With Stress

As we continue to deal with COVID-19 stress in our homes has increased. Join us in ways we can all deal with stress during these difficult times. We will learn different techniques such as breathing exercises and setting goals for you and your family.

Parent Orientation

Take the opportunity to meet your family specialist and find out all the fun and exciting activities that are planned for this school year. You will also learn about our Family Engagement Leadership Academy (FELA).

Ways To Stay Motivated (Exercise)

If you are trying to lose weight or get in shape, you may find yourself losing interest a few weeks into your program. If you are struggling to stick with your weight loss or exercise program. Join us for a virtual class along with other parents.

CONTACT INFORMATION

Family Specialist / Juan A. Velasquez; jvelas2@neisd.net

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