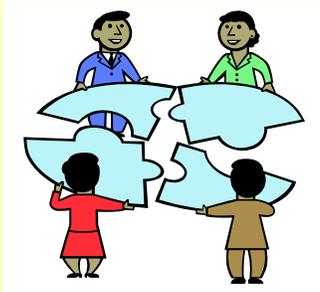


Agawam Family & Community Program

February 2019

Program Staff:

Michelle Connery, Outreach Coordinator
Erin Cosgrove, Program Facilitator
Julie Vooyo, Playgroup Facilitator
Ummuye Alkan, ESL Outreach Support



Contact Information:

Michelle Connery

Outreach Coordinator

mconnery@agawamed.org

(413) 821-0597

[Like us on Facebook](#)

See Attached Calendar for Upcoming Events

Sacrifice & Parenting

Sacrifice is a word that every parent knows. Whether it is sleep, a hot meal or privacy, multiple times today you sacrifice something for your child(ren). For some families sacrifice means working multiple jobs, overnight shifts, a long commute or even a relocation. Maybe the sacrifice is for a short time while you finish school, job training, taking care of a family member, or maybe it is for the foreseeable future. On a weekly basis we see grandparents willingly trading the quiet of retirement for a busy morning at playgroup.

Regardless of your circumstances, I encourage you to keep in mind these little people you are sacrificing for. At the end of a long day it is easy to be short tempered with a fussy toddler or defiant preschooler, however aren't these the little ones you are working so hard to support.

Take the time to enjoy the smiles, admire the art work from a day at school/daycare/playgroup. After all it is your love and attention they seek and will cherish the most.

Michelle Connery

Upcoming Kindergarten Dates

Mark your calendar for the following dates.

All incoming Kindergarten students will be screened at their respective school. A screening time will be assigned to each child by the school.

If you have any questions regarding registration please contact your current pre-school, child provider or assigned elementary school.

Clifford M. Granger - March 25 & 26

Robinson Park - April 1 & 2

Benjamin Phelps - April 8 & 9

James Clark - April 30th & May 1

Agawam School District Parent Kindergarten Information Night:

March 14th 6:00-7:00pm

Held at James Clark Elementary School

65 Oxford Street, Agawam

(this event is intended for parents only, childcare will not be provided)



Pause and be Mindful By Pamela Weingart

The world moves so fast, and there is so much we're supposed to do. It's easy for us to get caught up in the speed and uncertainty of everything that is going on around us. When we are doing one thing, our minds are often on the many other things we feel that we could or should be doing. Even though the speed of life might contradict it, the human brain is not made to multi-task. We need to focus on one thing at a time, and be more aware and mindful of the present moment.

Mindfulness is the simple practice of bringing a gentle, accepting attitude to the present moment. It is important to adults but it is just as important to kids. Mindfulness can help kids to minimize anxiety and increase happiness.

Some books that can promote mindfulness are:

Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families written by Susan Kaiser Greenland.

This book encourages parents to use mindful play to help their children develop focusing skills while learning to regulate their emotions and respond to any situation calmly, with kindness and compassion.

A World of Pausabilities: an Exercise in Mindfulness written by Frank J. Sileo, PhD; illustrated by Jennifer Zivoin

This book is intended for kids in kindergarten through third grade.

Readers are encouraged to walk barefoot, play with the wind, share a story with a pet, or just hug someone they love. The work is written in easy-to-follow rhyming prose, supported by imaginative illustrations that express that "pausability" can occur at any time, day or night. An ending "Notes to Caregivers" explains mindfulness and offers ideas on how to join the world of "pausabilities"

For more books on mindfulness visit the Agawam Public Library or call 413-789-1550.

Quick Link to Local Childcare Providers

For various reasons families are often faced with finding, or changing, childcare providers. For a complete listing of licensed providers click on <http://www.mass.gov/edu/birth-grade-12/early-education-and-care/find-early-education-and-care-programs/>

When Your Child Complains

Listening to your child whine and complain can be frustrating. Here are some ideas as to how you can respond, turning complaints into opportunities to teach.

- ❖ Validate their feeling, clarify what they want and ask, “Do you just want to vent or do you want to make a plan?”
- ❖ For a child who complains often, set a daily “complaint time.” This is their time to complain and when time is up, no more complaining until the next complaint time. (Could be 5 to 10 minutes)
- ❖ You can say, “It looks like you are not happy with your grades, or your performance or the outcome you received. How would you like things it to be? What can you do to make that happen?”

Above ideas taken from Big Life Journal, Growth Mindset

Peggy Hoime
Certified Behavior Consultant
In Association with the Fitzgerald Institute
peggy@cooperativekids.com
www.CooperativeKids.com
413-531-9530

Macaroni Kid!!

Macaroni Kid is your go-to place for family fun! Find all the kid & family friendly events happening each week in Westfield, Southwick, Agawam and surrounding towns! They also have valuable information for parents, craft ideas, kid-friendly recipes, giveaways and much more!

Sign up to receive your free weekly e-newsletter, so you and your family don't miss a thing!

<http://westfieldsouthwick.macaronikid.com/>

Snow Family Craft Instructions

This craft is super simple, it doesn't require a trip to the store for any special materials, and it's a perfect way to use up some of those leftover holiday photo cards or tiny school photos. It is very forgiving -- use what you have on hand around the house which encourages creativity.

What to gather:

- Stiff paper -- I used a paper plate (it's the perfect size to make a hand-held snowman) but you can use cardboard, a piece of a cereal box, a manila folder, etc.
 - Cotton balls
 - Headshot photographs
 - White liquid glue
 - Glue stick
 - Scissors
 - Something to draw with
- Scraps of ribbon, buttons, sequins, gems, etc.

Step 1: Draw a snowperson shape on the paper plate and cut it out

Step 2: Cut out face from photograph and use the glue stick to position it in center of the snowperson's head (use the glue stick and not the white liquid glue or it the photo could get damaged).

Step 3: Use the white glue to glue cotton balls around the face and all over the snow body

Step 4: Use the ribbon and other embellishments you've collected to personalize your snowperson. Glue them down with the liquid glue.

Step 5: Proudly display your snow family. Mine is taking over the top of the piano. I'm running out of room but I just realized I haven't made one for the dog yet! Happy crafting!
#craftingwithkids #winterfun #the413mom





Agawam Family & Community Program

February 2019

Program descriptions are on the back of this page.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2 10:30-12:00pm Storywalk  Groundhog Day
4	5 10:00-11:30 ESL	6 11:00-12:00pm Homeschool Event	7 9:30-11:00am Weekly Playgroup	8 9:30-10:30 Learn, Play & Grow	9
11	12 10:00-11:30 ESL 6:00-7:00pm Chalk Expression	13	14 9:30-11:00am Weekly Playgroup  Valentines Day	15	16
18	19	20	21	22	23
					
25	26	27	28 9:30-11:00am Weekly Playgroup 6:30-8:00pm Parent Cafe	March 1 st 9:30-11:00am Parent Cafe	March 2 nd Community Fair



Program Staff:
Michelle Connery, Outreach Coordinator
Erin Cosgrove, Program Facilitator
Julie Vooy, Playgroup Facilitator

Like us on Facebook

<https://www.facebook.com/Agawam-Family-and-Community-Program-498988340159357/>



Funding for the Coordinated Family & Community Engagement (CFCE) Grant provided by Massachusetts Department of Early Education & Care (EEC)

Agawam Family & Community Program

Program Descriptions

For all event registrations and questions email:
mconnery@agawamed.org or call (413) 821-0597

Storywalk Saturday, Feb. 2nd 10:30-12:00pm

Join us for a walk through a seasonal book. Pages of the book will be hung up in the Library for you and your child to read together. There will be a fun craft to make and take home at the end of the Storywalk. This event will take place in the Children's Section of the Agawam Public Library 750 Cooper Street **Registration is not required.

Homeschool Event Wednesday, Feb 6th 11:00-12:00pm

February's Theme: Do you LOVE learning as much as we do? This event will focus on heart themed activities complete with a Valentine's Day craft. This event is geared towards early elementary students, siblings are welcome to attend. This event will take place at the Agawam Public Library 750 Cooper Street. **Registration is appreciated.

Agawam Family Weekly Playgroup Every Thursday 9:30-11:00am

Open to all families with children Birth to 5 years. Two age appropriate rooms for children and their parent/caregiver to learn, explore and build friendships. This event takes place in the Lower Level of the Agawam Congregational Church 745 Main Street.
**Registration is not required.

ESL Group 6 Week session begins Jan 8th - February 12th 10:00-11:30am

Helping ESL families connect with their community. ~ Grow communication skills for daily living ~ Reach personal language goals ~ Parent child-based activities. **FREE Childcare. This event takes place in the Lower level of the Agawam Congregational Church 745 Main Street.
**Registration is appreciated.

Chalk Expression Tuesday, Feb. 12th 6:00-7:00pm

It's the newest, fun way to express yourself with chalk paste and unleash your creative side. This event will take place at the Agawam Public Library 750 Cooper Street **Registration is appreciated.

Learn, Play & Grow Friday, Feb. 8th 9:30-10:30am

February Theme: This month our activities are focused on hearts and Valentine's Day. We will do some pom pom counting and measuring activities; and as always a fun craft! This event is for children ages 2-5yrs to attend with their parents or care taker. Location: Lower Level of the Agawam Congregational Church 745 Main Street. ** Registration is appreciated.

Parent Café Feb. 28th 6:30-8:00pm or March. 1st 9:30-11:00am

February Theme: Join us for an informal social time with other parents. Share ideas, ask questions and get encouragement in a comfortable environment. All parents and care givers are welcome to attend. Coffee, tea and treats will be served. **FREE Childcare will be available. This event takes place in the Lower level of the Agawam Congregational Church 745 Main Street.** Registration not required.

Weather Cancellation Policy

The Agawam Family & Community Program follows the Agawam Public School calendar and weather, Holiday, vacation schedules and policies.

Closures: If Agawam Public Schools are closed for weather, Holidays or vacations our programs will be cancelled and if possible rescheduled.

2 Hour Delay: In the event there is a 2-hour delay, all morning programs, including Playgroup will be cancelled.

Evening Programs Cancelled: If afternoon & evening events are cancelled for the schools our programs are also cancelled.

