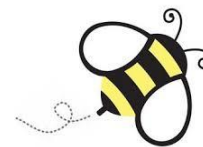


The Buzz Bulletin



Thursday, March 28, 2019

CHAC Family Resource Center, 748 Mercy Street, Mountain View, CA
(650) 967-4813

TRAINING RECAP

- We will be having monthly site meetings for every class the first week of each month. I will meet with the teachers from each class (for 5-10 minutes) to discuss any issues, any supplies that are needed, and any updates. See dates →
- We will be having quarterly trainings like the one we had on March 20th. It is strongly recommended that you attend in order to stay up to date on new teaching techniques, troubleshooting with other volunteers, and receiving agency updates.
- We are asking all volunteers that serve 10+hours a month to have their LiveScan fingerprints done and get a current TB test (if you have proof of a negative TB test within the last 4 years, please just provide us a copy). We will reimburse up to \$25 for fingerprints and up to \$40 for TB test after the following 6 months of continuous volunteer time (at least 10 hours a month). Both TB and LiveScan must be updated every 4 years.

UPCOMING EVENTS...

Event: Children's Day in the Park

Date: Tuesday, April 30th, 2019

Time: 10:30 a.m.-12:30 p.m.

Place: Magical Bridge Playground

600 E. Meadow Dr., Palo Alto, CA 94306

Notes: All families are welcome, they just need to bring a picnic blanket and lunch for their family

Event: Spring Family Fun Day

Date: Saturday, May 4th, 2019

Time: 10:30 a.m.-12:30 p.m.

Place: Ortega Park, Sunnyvale

Notes: We need volunteers to help staff various tables and supervise activities, if you are available.

Event: Volunteer Celebration

Date: Friday June 21st, 2019

Time: 11:00 a.m.-2:00 p.m.

Place: Ponderosa Park, Sunnyvale

Notes: Please bring your family for this time of celebrating all of our hard-working volunteers. There will be food, fun, and sun.

SITE MEETING SCHEDULE...

Monday April 1st

Spanish Play & Learn-Vargas 8:30

Play & Learn- Escuela 9:00

Mandarin Play & Learn-Regnart 9:40

Tuesday April 2nd

English Play & Learn- Regnart 9:30

Wednesday April 3rd

Jugando y Aprendiendo- Mercy 10:00

Thursday April 4th

Mi Jardin de Conocimiento- Escuela 9:00

Mommy and Me- Vargas 9:30

Friday April 5th

Japanese Play & Learn- Mercy 9:45

Tuesday April 9th

Japanese Write with Me- Mercy 10:00

PICTURE DAY...

During the upcoming site meetings, I will be taking all volunteer-teachers' pictures in order to make badges. It is important for safety and organization that teachers can be easily identified in the classroom. I will have them for you at May's site meetings.

MEDITATION...

Thanks to Geeta, that shared information about introducing meditation to young children, during our training day. Here are some of her tips:

- Introduce belly buddies to children by having them lay down and place a stuffed animal on their stomach to help them see their breathing pattern.
- Have the children pretend to be frogs, sitting very still, breathing in and out, stretching their arms in the air, and returning to sitting very still again.
- Five finger breathing :
<https://youtu.be/ZZkPCfL50PE>

CREATING AN INCLUSIVE AND CARING CLASSROOM

The Long-term impact of inclusion:

- Inclusion creates positive self-esteem.
- We all know what it feels like to be excluded and doing the opposite, including a child, can create lasting memories of being accepted.
- Accepting and respecting differences among peers at an early age will create more tolerant and empathetic adults.
- Interacting with children of all abilities and answering their questions eliminates misconceptions that can lead to excluding behavior.
- Knowing that everyone has different stories, traumas, abilities, personalities, and family dynamics, helps us understand that we are all beautifully unique.

Making the classroom a welcoming place:

- Help every child feel included according to their ability.
- Greet each child and parent by name.
- Be kind.
- Build rapport with parents-they are the expert on their child.
- Bring your concerns and fears to your community worker for trouble shooting.
- Respect the privacy of the child and parent by keeping conversations confidential.
- Make it a practice to reexamine your beliefs and knowledge. Challenge yourself to see a difficult situation as a way of learning a new skill or a way of expanding your circle of acceptance.

Trauma

- The younger the child the more trauma can impact their developing brain.
- An amazing 60% of brain growth takes place between birth and age 3.
- Trauma can have long term effects on emotional regulation, behavior, processing, and attachment.

10 THINGS THAT EVERY (INNER) CHILD NEEDS...

Source: McCormick Foundation

In our training, we discussed the importance of Developmental Building Blocks and where, as adults, we might even notice blocks that we missed as children. It is never too late to work on filling in our missing blocks!

1. Interaction
2. Physical Affection
3. Stable Relationship
4. A Safe, Healthy Home
5. Strong Self-Esteem
6. Quality Childcare
7. Engagement in Conversation
8. Play
9. Music
10. Literacy/Early Language Development

IMPORTANT LINKS...

We are now on Instagram! Follow us [HERE](#)

Like us on Facebook and stay up to date on all the FRC happenings [HERE](#)

CHAC FRC website can be found [HERE](#)

This is the link for the teacher's monthly planning sheet that we discussed in training: [HERE](#)

Thank you for all you do
to support our
community!