

SUNCOAST

The Campaign for
GRADE-LEVEL
READING

0-5 EXPRESS

Learn  SMARTER
FASTER

Suncoast Campaign for Grade-Level Reading (SCGLR):
0-5 Express

January 2019



-- THE POWER OF PRESENCE --
Book Circles

MIND in the Making



Mind in the Making (MITM)
Currently Registering:

Team Ultra -- SRQ
Tuesdays
11:00am - 1:00pm

Team Vibrant -- SRQ
Tuesdays
2:45pm - 4:45pm

Team Rose -- SRQ
Wednesdays
11:00am - 1:00pm

Team Sizzle -- SRQ
Wednesdays
6:00 pm - 8:00 pm

Team Wishful -- SRQ
Tuesdays & Thursdays
9:00am - 1:00pm

To harness the inherent power of Suncoast families and strengthen the parents who shape them, the [Suncoast Campaign for Grade-Level Reading](#), with support from The Patterson Foundation, is facilitating a series of Book Circles open to the community to explore *The Power of Presence*, written by Peabody Award-winning author Joy Thomas Moore. **Moore will visit the region to kick-off the Book Circles on Thursday, Jan. 31.**

It's not too late to [create and lead](#) or participate in a Book Circle! Each Book Circle will comprise a small group of people -- friends, family, neighbors, co-workers -- reading and meeting 2-5 times to discuss *The Power of Presence*, in which author Joy Thomas Moore reflects on her journey as a single mother and explains the seven pillars of presence -- mind, heart, faith, courage, resources, connectedness, and values. Moore says these pillars are key to being a lingering voice of positive influence on children -- even when their parents can't be with them.

In addition to an invitation to attend Moore's kick-off event at Pine View School at 7:00pm [Jan 31], [The Patterson Foundation](#) is providing registered Book Circle participants with copies of the book, discussion guides, and funds to assist with covering costs.

"Families are facing new, unfamiliar challenges today compared to previous generations. Parents are working longer hours or multiple jobs, and more children are being raised in single-parent households. Families are changing, but the need to have an indelible presence in the lives and futures of our children has not." - Joy Thomas Moore

So far, 43 individuals, schools, nonprofits, and organizations have created book circles to make an investment in our children and community.

For more information on Joy Thomas Moore and *The Power of Presence*, visit www.power-ofpresence.com.

Lead A Book Circle



participate



Click [HERE](#) to lead a Book Circle!

Click [HERE](#) to participate :-)

**Team X-Plore
Bradenton
Saturday, April 27
Saturday, May 4
8:30am - 4:30pm**



**FREE Parenting Program
Groups at Forty Carrots
Family Center**

**MLK Community Health
Health Fair
January 26
11:00am - 5:00pm**

**VOLUNTEER
OPPORTUNITIES
Kindergarten Readiness
Bags - Shift 2
January 22
3:00pm - 5:30pm**

**Kindergarten Readiness
Bags - Shift 3
January 23
3:00pm - 5:30pm**

**Kindergarten Readiness
Bags - Shift 4
January 24
1:00pm - 3:00pm**

**Kindergarten Readiness
Bags - Shift 5
January 25
12:00pm - 2:00pm**

**Kindergarten Readiness
Bags - Shift 6
January 25
2:00pm - 5:00pm**

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-- WE RISE BY LIFTING OTHERS -- Sign up to volunteer!

SCGLR has several inspirational volunteer opportunities for parents with little ones, just like you! Join us as together we prepare Kindergarten Readiness Bags for distribution to incoming kindergartners in Sarasota, Manatee, Charlotte, and DeSoto counties.

These materials are designed for parent-child interactions to help the little ones transition between pre-k and kindergarten.

Get a sneak peek into nearly 20 tools that will help your kids succeed in school as you guide them through the various learning adventures.

Regardless of your child's age, hanging out with SCGLR is always a good time!

Attire: Please wear comfortable, closed-toed shoes.

[ACCESS THE SCGLR VOLUNTEER CALENDAR](#) ♥



REGISTER NOW!

Join us on a learning adventure in early January.

[Click the links below to sign up]

Team Rose -- SRQ
Wednesdays
11:00am - 1:00pm

Team Sizzle -- SRQ
Wednesdays
6:00pm - 8:00pm

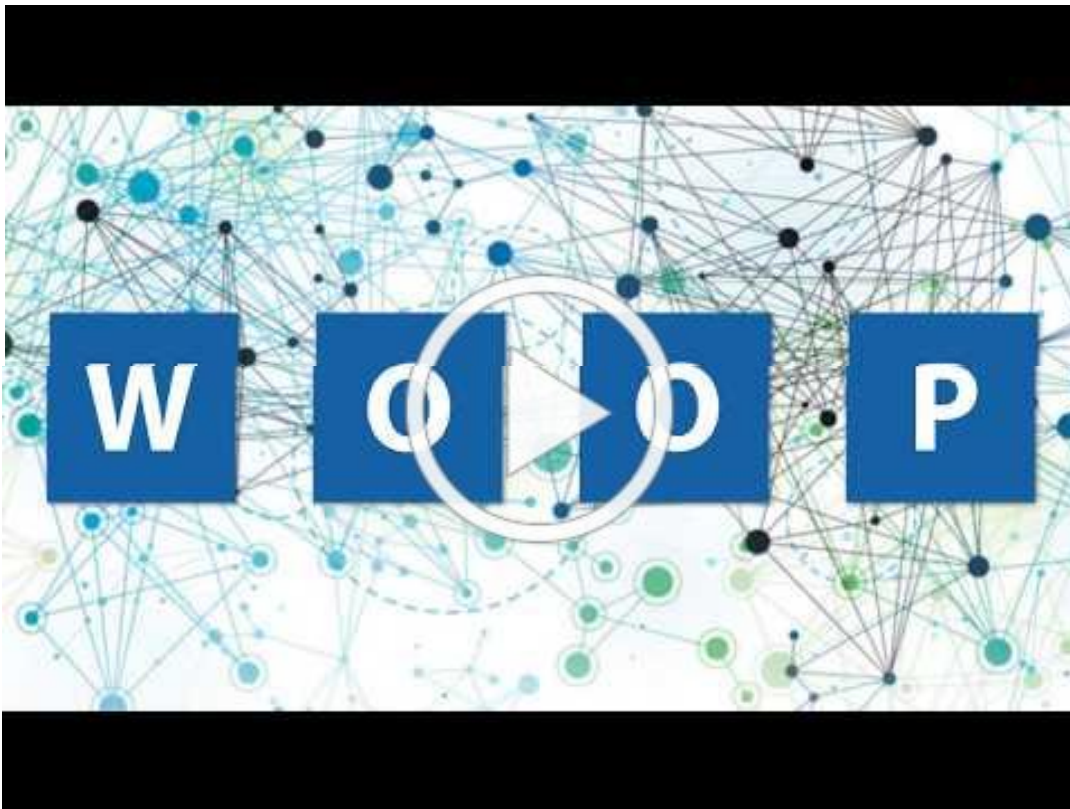
Team Vibrant -- SRQ
Tuesdays
2:45pm - 4:45pm

Why Mind in the Making is the Bee's Knees!

1. A learning adventure designed to help you and your kids thrive
2. [Convenient dates, times, and locations / new classes](#)
3. An excellent way to show the ♥ to the little ones in your life
4. Parents, grandparents, child-care professionals, early-learning educators, and caregivers are welcome
5. FREE childcare
6. Meals Provided

The 7 Essential Life Skills:
#6 Taking on Challenges

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(total time: 6 minutes)

Taking on Challenges requires us to be mindful instead of going on automatic. We do this by reflecting on an experience or situation and being flexible in thinking about solutions to the problem.

Stress occurs when the demands on our body or our expectations of those demands exceed our ability to handle them. When something uncomfortable happens to us, we activate our stress systems to deal with the situation. Once the threatening situation ends or we find ways to manage it, we grow from the challenge.

Children and adults benefit from learning about managing stressful experiences and proactively Taking on Challenges.

SKILLS FOR TAKING ON CHALLENGES

- Taking on Challenges often involves asking for help.
- Taking on Challenges includes believing that we can do things even when they are hard. The ability to pay attention, remember information, think flexibly, and exercise self-control are skills that help us reach our goals.
- Taking on Challenges involves having others be helpful to us.

TAKE YOUR CHILD'S INTERESTS TO THE NEXT LEVEL

- Adults can help children learn to manage stress and Take on Challenges by creating supportive, trusting relationships. Share a time you asked for help or recall a time when your child needed help to do something challenging. This gives young children ideas about how to take on challenges and promotes this skill.
- Children look at us to see how we are reacting to stressful situations. This is called social referencing. If we are more intentional about how we convey our own feelings of stress, it can be a positive learning experience for our children.



TIPS:

1. Practice mindfulness -- Practice observing your thoughts, rather than reacting automatically to them. Think of your thoughts as clouds floating by. Which draw you in and which make you want to run away? Is there a way you can untangle yourself and just observe your thoughts, rather than reacting?
2. Take a deep breath -- "Take a deep breath" is often one of the first things people say when a situation begins to escalate. Deep breathing is a powerful tool for calming the mind and body.
3. Exercise -- Go on animal walks. Simply put, they are exercises that resemble the animals they are named for. Examples include the crab walk, bear walk, frog jumps, and the snake slither.

Resource: [Lemon Lime Adventures](#)

- Watch how your child manages responses to too much stimulation. Teach them the tools you use to find calmness. Have a back and forth conversation with your kiddo. Allow them to come up with their own ideas for managing difficult situations too.



- Remember to give space: protecting children from all stress is neither reasonable nor productive.

We hope you will join us in this series of FREE workshops. Each Mind in the Making workshop provides participants the opportunity to reflect on their own experiences and practices, discover how children (and adults) learn best, and discuss how to apply the knowledge while learning about all 7 Essential Life Skills. Click on the links below to access past newsletters with information about other essential life skills:

- [Focus and Self Control](#)
- [Perspective Taking](#)
- [Communicating](#)
- [Making Connections](#)
- [Critical Thinking](#)
- Taking On Challenges
- Self-Directed Engaged Learning

[Mind in the Making](#) is made possible for the Suncoast Campaign for Grade-Level Reading with generous support from [The Patterson Foundation](#).

If you would like to have a series of workshops at your place of employment, church, or community organization, or are [interested in participating in the workshops](#), please contact SCGLR at info@gradelevelreadingsuncoast.net.

We welcome your thoughts. Contact us at info@GradeLevelReadingSuncoast.net.