

Families Of



# **Welcome**

In the chat box please write your name and your student(s) name and grade level.

During presentations, please remain on mute and write any questions in the chat.

# Agenda

- Welcome
- Ice Breaker/ Adult SEL
- FOH Updates
  - Upcoming Events
  - Community Resources
- Information from Administration
- Q&A

## ***Adult SEL February Theme- Healthy Social Media Habits***

Social media can be a fun way to stay connected to the people in our lives. But the more time we spend on social media, the less time we are likely to spend connecting face-to-face with friends and family, enjoying our hobbies, and paying attention to work or school. Excessive social media use can have negative effects on our physical and mental health, so it's best to cultivate healthy social media habits that balance time online with in-person connections and healthy hobbies.

# ***Adult SEL February Theme- Healthy Social Media Habits***

Using social media to connect with people is a huge part of communication. We can't talk about social skills or think about the ways that people interact without talking about social networks. Since it is such an important part of daily life, it's important to know the benefits and challenges of building and maintaining relationships via social media.

# Benefits and Challenges of Building and Maintaining Relationships via Social Media

Benefits	Challenges
● Speed	● Missing Social Cues
● Courage	● Lack of Skills
● Creativity	● Less Quality
● Time	● Hard to Sign Off
● Convenience	● Risky Behavior

It's important to remember that moderation is important. Social media is likely a big part of your social life so it doesn't make sense to stop using it. The point is to remember that there are other very important ways of being with people too. If you rely too heavily on social media for socializing you will miss out on some important social skills and experiences.

<u>How to Limit Social Media App Usage</u>	<u>How to Spend Your Time Differently</u>
● App Tracker	● Start Small
● Grayscale Setting	● Prioritize Face to Face
● Remove Apps	● Stay Informed
● Turn Off Notifications	● Exercise/Creative Side
● No Phone Zones	● Get Outside

Finding balance between social media use and activities like these will help you take care of your mental health and set you up to maintain healthier habits for online interactions in the long term. Spending less time on social media can decrease the chances of feeling lonelier or experiencing a comparison spiral. Plus, by reducing time spent online, you free up time for activities that are good for your mind and body. Once you have a comfortable balance with social media, you can combine your hobbies with your social media use.

### **Here's Your Monthly Challenge..**

Limit Your Social Media Usage  
(pick one option from previous slide)



# Upcoming School Events

- **LAST WEEK RE-REGISTER \$25**
  - \$35 Registration starting 2/15/22
- **Gads Hill Parent Orientation 2/11/22**
  - Gads Hill Spring Session Starts 2/14/22
- **Valentine's Day Gram–Bear and Surprise Bag \$1**
- **Kindness Week–2/14/22 through 2/18/22**
  - Monday–Dress to Impress
  - Tuesday–Chain of Kindness
  - Wednesday–Hats off to Kindness Day
  - Thursday–Tell a Joke Thursday
  - Friday–Let's say "Thank you"
- **No School 2/21/22 Presidents Day**
- **Black History Spirit Week–2/22/22 through 2/25/22**
  - Tuesday–Black Out Day
  - Wednesday–Black Heroes Day
  - Thursday–Red/Black/Green Day
  - Friday–Black Excellence Day



# Families of Hope Positions–In Recruitment

- **President**
  - Leads FOH Meetings and helps establish strategic objectives in alignment with member priorities
  - Sets annual vision and plan for achieving objectives
  - Appoints members
  - Closely coordinates w/Principal and Hope Team to ensure support and information exchange
  - Works w/Treasurer to set and implement budget
- **Vice-President [OPEN]**
  - Assists President w/meeting preparation (serving as delegate for chairing meetings in President's absence)
  - Assists with managing activities and events, assists with driving increased family engagement
  - Oversees communications to raise awareness of FOH initiatives and priorities
- **Secretary [OPEN]**
  - Keeps and prepares minutes of all meetings
- **Treasurer [OPEN]**
  - Keeps financial books and records in order
  - Ensures all payments and expenses are reconciled and evidenced
  - Process payments and receives funds
  - Creates monthly financial report and assists with budget creation

# Families of Hope Fundraising Initial Ideas

## Box Tops for Education

- Sign up w/code [O0VN4FSK](#) and search for *The Hope Institute Learning Academy*
  - *Refer a friend and receive 40 bonus box tops for scanning 1st receipt!*
- Start scanning receipts and box tops of qualifying products and \$.10 per top will be donated from your purchases
  - Ex: Lysol, Totinos, Annie's Mac & Cheese, Yoplait
- Hope currently at \$.50 of \$1000 target

# **Families of Hope Fundraising Initial Ideas**

- **Orange Ruler Fun Run**
- **Double Good Popcorn Fundraiser**
- **Families of Hope Breakfast or Lunch Fundraiser Events**
- **Other ideas welcome**

# Looking for Something to Do?

- **Museum of Science and Industry Free Admission 2/13, 2/14, 2/16**
- **Art Institute Free Admission 2/10, 2/11, 2/14, 2/17, 2/18, 2/21, 2/24, 2/25, 2/28**
- **Field Museum Free Admission 2/16, 2/23**
- **'Radiant Black Boy Joy' free Black Children's Library Pop Up 2/9-2/28 Afro Joe's Coffee & Tea 8344 S. Halsted Street**
- **Shedd Aquarium Free Admission 2/7-2/11, 2/14-2/18**
- **Chinatown Lunar New Year Parade 2/13 South Wentworth Ave and West Cermak Road**
- **Valentine's Sensory Friendly Play Session Children's Museum in Oak Lawn 5100 Museum Drive, Oak Lawn—activities focused on heart health and KINDNESS**
- **Polar Adventure Day at Northerly Island 2/26 Free/Registration Required**



**First Baptist Congregational Church**  
**1613 Washington Blvd**

- **Non-perishable groceries**
- **Meat**
- **Bread**
- **Fresh Fruit & Vegetables**

**NEXT DATES—10am-12pm**

**Tuesday February 15, 2022**

**Tuesday February 22, 2022**



**GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY**

# HOPE

## HEALTH & WELLNESS CENTER

A program of the Office of Community Engagement and Neighborhood Health Partnerships

### Hours of Operation

#### Tuesday

8:30am - 4:30pm

#### Thursday

10:00am - 6:00pm

### El Horario de Servicios

#### Martes

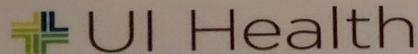
8:30am - 4:30pm

#### Jueves

10:00am - 6:00pm

**Phone/Téléphono:** (312) 355-7560

**Fax:** (312) 996-6291



Office of Community Engagement and  
Neighborhood Health Partnerships



# Links for Covid Resources

<https://www.chicago.gov/city/en/sites/covid-19/home/covid-testing.html>

Testing info

<https://docs.google.com/spreadsheets/d/1o5-yJ6QTz5ADzcC2q5yVMtIIA4P1u05DbEEtizi65Lk/edit?usp=sharing>

Here is the CPS provided link to Pediatric Covid Testing Sites in the city.  
Please use this resource if you need to get you student tested.



**Families Of Hope is a group led by parents/guardians, grandparents, aunts/uncles, and adults, that supports the students/staff and overall community at Hope Learning Academy.**

- Increase Parent Engagement
- Fill Secretary, Treasurer, Fundraiser Coordinator Roles
- Submit 1-2 goals or priorities we want to address Jan thru Jun 2022 & select fundraiser event option