

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 Strategies to Bring SEL to Life

Affirmations

Research suggests that affirmations can help you feel better about yourself and perform better at work/school. Spending just a few minutes thinking about your best qualities can decrease stress, increase your confidence, and improve your chances of a successful day.

So, what are affirmations?

Affirmations always have 3 consistent elements: They are said in the present tense, only include positive words, and are spoken as a statement of truth. Affirmations really work because your brain functions literally and in the present moment.



10 Affirmations

I am confident and able to handle any obstacle thrown in front of me.

My presence is my power.

I am superior to negative thoughts and low actions.

I treat others with respect and appreciate their individuality.

I have the power to create positive change.

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

I am in the process of becoming the best version of myself.

I am grateful to learn from new experiences, even if I struggle.

I am focused and persistent.

I am proud of myself and all that I have accomplished.

Upcoming Events

- 12/20 Winter Break
- 1/3- Students Return to school

NEXT DATES



20lbs Food Box
(Non-Perishable Groceries)
Meat----Bread
Fresh Fruits & Vegetables

Tuesday, October 19, 2021

Tuesday, October 26, 2021

10:00 am-12pm

First Baptist Congregational Church
1613 Washington Blvd

Bring your Carts
Large Bags to carry your food

ALDI'S LEFT! BUT WE WON'T!

THE GARFIELD PARK RITE TO WELLNESS COLLABORATIVE PRESENTS THE
GARFIELD PARK EMERGENCY

FOOD DISTRIBUTION!

PROVIDING FREE FRESH PRODUCE FOR GARFIELD PARK RESIDENTS

ON THE FOLLOWING SATURDAY'S

11/6, 11/13, 12/4, 12/11, 12/18

3835 WEST MADISON (FORMER ALDI'S PARKING LOT)

& FRIDAY 11/19

NEW MOUNT PILGRIM MISSIONARY BAPTIST CHURCH
- 4301 WEST WASHINGTON BLVD.

9:30AM — UNTIL THE FOOD IS GONE.

VISIT: **WWW.VISIONFORGARFIELDPARK.COM**

FOR MORE INFO!



WEST SIDE UNITED: Building Blocks for Better Health

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



UI Health

Office of Community Engagement and
Neighborhood Health Partnerships



Remote Learning

No In person learning this week.

Live google instruction from 9-11 for grades K-3; and 9am - 12pm for grades 4-5

Please call if you have any questions.

773-534-7405.

We've moved to remote due to positive cases in the following classrooms:

105 - Broach 108 - Proshka 110 - Koerner 212 - Padavic 228 - Taylor

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.