

Monthly Family Newsletter

December 2021

Focus on Family

Spending quality time with family is the best investment you can make. The word "family" is a collective term. In other words, it is not simply a couple of people living under the same roof, but a community of people who are connected and share both happy and hard times. Nobody knows you as well as your family, and no one knows your family as well as you! You can be a source of comfort and safety.

Spending time with your child can actually boost their self-esteem. Children who participate in family activities develop a positive sense of self-worth. When a child feels cherished by their parents, they have a more positive self-image. Winter is the perfect time of year for spending time with your child. Whether you go play in the snow, go sledding, or walk around your neighborhood to look at Christmas lights, there are so many opportunities to connect as a family even in the cold. Perhaps your family could experience a new winter activity together like skiing, snowmobiling, or ice skating together. Learning new things together as a family can really help strengthen the bond within a family.

Sometimes it is easy to take our family for granted but they are a gift. If you have ever lost a family member, you are reminded how fleeting time is, and how important it is to cherish our loved ones every day. Family is not always flawless, but it is critical to develop family relationships that will see you through difficult times. It gives you an even sturdier foundation to build your life. This month, devote some time to your family and create time for quality, and engaged family time.

HEADS UP!

Your Family Engagement Advocate staff will reach out to you in this month to set up a time to complete the 2020-21 Cummings Great Expectations Family Interview. This data helps us understand you and your child's needs, figure out if our program is working, and identify what else we can do to keep improving our program. With each child survey you complete, you'll receive a \$25 dollar gift card to Kroger. Don't miss it, your support and participation are greatly appreciated! - American Institutes for Research (AIR)

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Meet the Cummings Family!

KATY NUNN

Welcome Katy Nunn our new Parent Navigator! Her favorite season is Spring, and she loves going to flea markets, gardening, and doing craft projects with her children. Katy's favorite color is teal and enjoys eating anything if it is Italian! Katy's favorite book is *The Power of Now* by Eckhart Tolle. If Katy could have any superpower, it would be the power to teleport! She would love to be able to visit family members who live in other states more often and maybe a tropical island or two!

"This place is one of the most welcoming and encouraging places I have ever worked. It's a beautiful building and everyone has been kind and supportive."

From Our Executive Director

JA'NEL JAMERSON

As a son, husband, and father, I value strong connections and bonding time with my family. Spending quality time together with your child provides an opportunity to discover and learn what your child's strengths and weaknesses are. Quality time spent with family and friends can help your child develop important social skills and enhance their mental health. Participating in happy shared experiences, supporting one another, and communicating effectively are positive steps toward building healthy relationships. The key to positive family time is to give your undivided attention and being physically and mentally present.

Effort is key, and perhaps, with the holiday breaks, you'll have time to try some of these easy and enjoyable activities for the whole family:

- Go on a winter scavenger hunt outside
- Read out loud/Tell favorite winter stories
- Have a snowball fight
- Make snow angels
- Build a cushion/blanket fort

CUMMINGS GREAT EXPECTATIONS

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Mark Your Calendars: Important Dates



- **December 2: Parent Café 9:30-11:00 Virtual**
 - **December 16: Supplies Sent Home**
 - **December 17: FUN FAMILY VIRTUAL EVENT!**
Hosted by Snap-Ed and CRIM 10:00-11:00
 - **December 20 Great Expectations Curbside Pick-Up**
(Located at Educare Flint)
 - **December 21: LAST DAY**
 - **December 22-January 3rd: CLOSED Winter Break**
 - **January 4: Students Return**
- Dad's Café Tuesdays at 9:30AM OR Thursdays at 6:00PM SEE Rob for more details**

From Our Family Engagement Coordinator

MIKE KILDEE

Winter Break can be a great time for families to bond and have fun together. With our busy lives, it is important to enjoy time as a family when many of us have a break from work and school.

Family fun in the winter can be enjoyable both indoors and outdoors. Here are some fun ideas for making the most of the time you have together as a family over Winter Break.

- If there is snow outside, go out and build a snowman or even a snow family. Afterwards, you can all come inside and enjoy some nice hot chocolate and a snack. If there isn't snow, make a snowman or snow family out of things you may have around the house.
- Go for a drive and look at Holiday decorations around town. While you're looking at the beautiful decorations, you can sing songs together.
- Have a movie day or night. Pick out movies that the whole family can enjoy together and snuggle up and watch them.
- Go for a walk and look for pinecones and bring them home to decorate or put peanut butter on them and sprinkle birdseed on them to make a bird feeder. Hang them on a tree and watch for all of the different kinds of birds that visit the feeder.
- Plan and prepare a special meal together. Everyone has part in making it a special meal!
- Decorate cookies together!
- Have a game day and play board games together.
- On a snowy day, bundle up and go sledding together. Then come home for hot chocolate!

Whatever it is that you choose to do, have fun being together as a family and make the most of the times you have together!

Have a Family Fun Winter Break!!

From Our School Director

MICHELLE TOWNSEND

Happy holidays! This is a wonderful time of year, but also very busy and stressful. As we scurry around preparing for the excitement of the holidays, children can also feel the stress and exhaustion brought on by this busyness. Please continue to support your child in his/her school success by ensuring bedtime routines and reasonable hours. Adequate sleep supports learning, brain development, concentration, and mood and so directly affects children's success at school!

Although we've had to relatively warm fall, snow and cold temperatures are appearing quickly. If you need items for your child to stay warm during their scheduled outdoor time, please let your teacher know.

I want to take a moment to thank ALL parents/guardians and teachers for your support and dedication in giving our students the best educational experience. I wish all of you an incredible happy and restful holiday season.



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!