

Monthly Family Newsletter

JANUARY 2023



New Year, New Resolutions!

Each January it is customary to pick a goal for yourself to stick with for the entire year that helps make a change or improvement to your life. Often, these goals are geared towards health and fitness, such as eating better or exercising more. This can seem daunting or difficult to stick with, especially in the dreary winter months. So, how about getting creative and mixing physical and mental wellness while enjoying the outdoors? To make it even more fun, encourage the entire family to participate!

Some great ways to get exercise, fresh air and family time are:

- Sledding
- Snowman making
- Ice skating
- Winter obstacle course
- Hike/walk a local trail in the snow
- Shovel an elderly neighbor or family member's driveway or sidewalk



Being outdoors has so many benefits such as reducing stress and anxiety, increasing immunity, improving sleep and focus, reducing pain and inflammation, and increasing creativity and social interaction. Being outdoors also helps children break away from screen time, improves motor development, lessens child obesity rates and increases critical thinking skills. Outdoor time is a win for the whole family!



From Your Site Coordinator,
KATIE CLARK

Coming to Cummings Great Expectations!

Women of Worth (W.O.W.) will begin meeting at Cummings Great Expectations on Wednesday, January 18th at 9:00 am. The W.O.W program gives women a time to have conversations about topics that are important to women raising children. The W.O.W program provides support, new ideas, friendships and so much more. We are looking forward to another year of fun and meaningful conversations.

For more information, please contact your Family Engagement Advocate at the number listed :

- **Ieesha Welch – 600-5465**

Fathers and Men Engaged (F.A.M.E) will begin meeting at Cummings Great Expectations on Wednesday, January 18th at 9:00 am. The F.A.M.E Program provides a safe space for fathers to talk about being a father by exploring the roots of fatherhood. The F.A.M.E Program is going on its 10th year and has been a great support for fathers, grandfathers and all men who are raising children. We are looking forward to another year of great conversations.

For more information please contact either:

- **Rob Royce at 600-5436**
- **Mike Kildee at 600-5403**



Meet the Cummings Family!



CHERYL HARRIS

Cheryl is the Disability Assistant/Health Tech for Cummings and has been there for over 4 years. Her favorite color is yellow and her favorite food is tacos. Her favorite hobby is woodworking because it's so awesome when you take a piece of wood and make something somebody will cherish. Her favorite season is Spring because there is nothing like watching everything come alive again after a long winter. If Cheryl could have any super power it would be to have the powers of Wonder Woman so that she could be on her toes at all times and multi task - wouldn't that be awesome?!

"I love working at Cummings because I enjoy all of the students and their families!"

CHERYL HARRIS



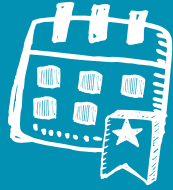
CUMMINGS GREAT EXPECTATIONS

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Mark Your Calendars:

Important Dates



- **January 3:** Return To School!
- **January 10:** Great Expectations Market Orders Due
- **January 17:** Great Expectations Market Pick Up
- **January 18:** WOW Meeting at 9AM
- **January 18:** FAME Meeting at 9AM

A Fresh Start for the New Year!

THE FAMILY ENGAGEMENT TEAM



As we welcome in the New Year, it is important that we take the time to think about what we are thankful for and what we enjoyed over the past year. Also, it is important that we think about what has been challenging for us as individuals and as a family. This reflection is important so that we can continue celebrate those victories, but also plan new strategies to address those challenges and set goals for ourselves and as a family.

Below are some strategies that you can use as conversation starters for identifying and setting individual and family goals

- Pick a time when your family is all together, such as dinner time, and have conversations about goals for your family.
- It is helpful if you write goals down and talk about any progress that has been made to achieve the goal(s). An example would be to live healthier as a family. As a family, create a healthy menu calendar where everyone can contribute.
- Break your goal into realistic steps. Goals are easiest to achieve if you take one step at a time and not overwhelm yourself.
- If you made family goals, try to involve everyone in all the steps. If it is an individual goal, include family and friends for support.
- Always remember that the staff at Educare Flint are available to assist you with identifying resources to reach both individual and family goals.

Together, let's make this a great year for children and families!

LET'S GET COOKING!

Curl up and get warm this winter with a cup of Chicken Chili for dinner! Check out this quick and easy recipe from our Family Recipe Book. Here you can find some of our favorite recipes, you'll be sure to find a great new meal that the whole family will love!



Serves: 6 – 8 people
Prep Time: 20 minutes
Cook Time: 1 – 4 hours
Difficulty: Easy!

Scan or click the QR Code to see the FULL recipe



Food Tastes Better When You Eat With Family

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