

# Family Engagement Newsletter

## Unity

I dreamed I stood in a studio and watched two sculptors there. The clay they used was a young child's mind and they fashioned it with care. One was a teacher, the tools they used were books, music, and art. The other, a parent, worked with a guiding hand a gentle, loving heart. Day after day, the teacher toiled with that was deft and pure. While the parent labored close nearby and polished and smoothed o'er. And when their task was done, they were proud of what they had wrought, for the things they had molded into a child could neither be sold or bought. And each agreed they would have failed if each had worked alone. For behind the parents stood the school and behind the teacher stood the home.

-Author Unknown



### Mystery Reader Contest

Watch the video and message Lincoln Park on Facebook with your guess! The winner will get a prize!

<https://www.youtube.com/watch?v=zjnxm6X573M>

## Moms



*The supermom syndrome* – that mindset that makes you think that you can bring home the bacon and fry it up in the pan, that you should be all things to all people, always producing nothing but perfect results in your every endeavor—isn't reserved for working moms. Some of us who gave up the fast track pursue full-time parenting with the same competitive spirit cultivated in the business world. We may believe that full-time mothering should guarantee that we will produce perfect kids. Or, more often, we begin to believe that since we "don't work," we should not only join but run the school's parent volunteer organization, pitch in at the homeless shelter and the March of Dimes, sit on three church committees and direct the nursery, lead a scout troop, baby-sit our working neighbor's kids, hand-craft all our Christmas presents, grow our own vegetables, and design and stencil all our gift-wrap.

Handling this issue might be one of the most difficult problems moms at home face because our self-esteem is so often entangled in the issue of what we do as opposed to who we are. No easy formula can help you determine how much your plate can adequately hold. Use common sense when deciding how much you can handle. And, if you find yourself overloaded, make yourself say, "I can't do this project anymore. It's taking too much time away from my family."

## Beat the Boredom

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Motivational Monday:</b> Today's activity is to call (or video chat!) a friend or family member. While on the phone, share one positive thing with each other and repost on Facebook!</p>	<p><b>Travel Tuesday:</b> Let's explore the Reid Park Lion Zoo in Arizona! Click the link to check out some live videos of some of their favorite animals. <a href="http://reidparkzoo.org/cameras/lion-cam/">http://reidparkzoo.org/cameras/lion-cam/</a></p>	<p><b>Wild n' Out Wednesday:</b> Everyone has a technique when making a peanut butter and jelly sandwich! Click on the link below to see how Melody makes her PB&amp;J. Do you follow the same steps? <a href="https://www.youtube.com/watch?v=m5PoxuGCD7U&amp;feature=youtu.be">https://www.youtube.com/watch?v=m5PoxuGCD7U&amp;feature=youtu.be</a></p>	<p><b>Thinking Thursday:</b> We challenge you to learn how to make your own Sudoku puzzle! Watch the tutorial below to learn how. <a href="https://www.youtube.com/watch?v=f0rHsBwR_ml&amp;t=4s">https://www.youtube.com/watch?v=f0rHsBwR_ml&amp;t=4s</a></p>	<p><b>Fitness Friday:</b> Jumping Jack Challenge! We challenge all of our students/parents/staff to do as many jumping jacks as they can in 30 seconds! Post how many you were able to do on our Facebook!</p>