

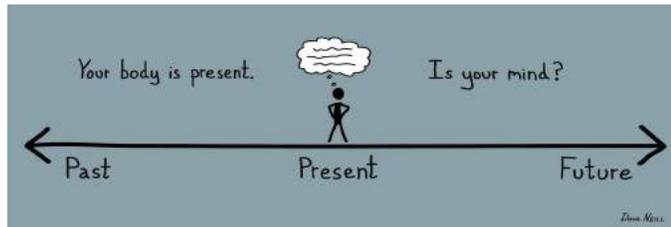


# What's Good in the Neighborhood?

October 30, 2017

## The Week Ahead:

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3	Saturday 11/4
	3rd grade Field Trip Aquarium	2nd grade to Oakcrest 12:40  Advocacy Committee Mtg 6:30-8 PM	Screenagers 7-8:30 PM Auditorium (see page 2)		



This weekend, I was reading the book *Quiet Power: The secret strengths of introverted kids*. A fascinating takeaway is that introverts and extroverts have different nervous systems! Extroverts' nervous systems don't react as much to stimulation, which causes them to crave more stimulation: brighter lights, louder sounds, etc. Introverts, on the other hand, have more intense reactions to stimuli, which causes them to crave quieter settings. *"Thriving at school or anywhere else comes more naturally when you're in an environment that allows your nervous system to function at its best,"* writes Cain (p. 23). How might we, as we enter the 9th week of the school year, consider our learning and home environments? I ask, what are some mindfulness strategies that we can employ both in and outside of school that allows our young people to pause, turn inward, and be ready for the world?

I reach out to you, dear parents, asking if you have experience with mindfulness, yoga for kids, contemplative practice, and/or restorative justice practices? Could you help us consider strategies for a school environment? How many of you would be interested in learning some strategies for your families at home? Please email me with thoughts, questions, and ideas! [srao@cityneighborshamilton.org](mailto:srao@cityneighborshamilton.org)

Warmly,

Shyla

## Looking Ahead:

**Monday, 11/6**  
**NO SCHOOL**

Staff Professional  
Development

**Friday, 11/10**

Hearing & Vision  
Screening  
Grades K, 1, & 8

**Tuesday, 11/14**

Board Meeting  
6:30 PM

**Friday, 11/17**

School Photo  
Retakes

**Wednesday, 11/22**

**1 PM DISMISSAL**

Thanksgiving  
Holiday

**Thursday, 11/23**

**NO SCHOOL**

Thanksgiving

**Friday, 11/24**

**NO SCHOOL**

Thanksgiving  
Holiday



## **SCREENAGERS, Growing Up in the Digital Age** **This Thursday, November 2, 7PM**

We are thrilled to join City Neighbors Charter School in a special opportunity to screen the movie *Screenagers, Growing Up in the Digital Age*, this Thursday, November 2 at 7 PM in the CNH Auditorium. This is the first in a series of digital safety workshops this school year. The film is one-hour long, and there will be break-out groups for discussions afterward. We will group the discussions by topics as well as by children's ages, so that you can share ideas with parents who are facing similar concerns. Light snacks will be provided. Parents and school-aged children are welcome. There is no need to RSVP to attend this event.

[CLICK HERE](#) to view the official trailer.



Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that happening with her own kids and began a quest to uncover how it might impact their development. As with her other two award-winning documentaries on mental health, Ruston takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and also offers solutions on how adults can empower their kids to best navigate the digital world to find balance.

SCREENAGERS addresses the most pervasive parenting issue of our time head on—depicting teen struggles over social media, video games and internet addiction. The film empowers kids to best navigate the digital world and provides practical resources to help them do it.

Hope to see you there!

## New Website for CNH!



We are beginning the process of redesigning the CNH website, and need your input! What's been your experience with the current website - the good, the bad, and the ugly? What features would you like to see? We've created a simple survey here: [bit.ly/cnhwebsite](http://bit.ly/cnhwebsite)

The current website will remain up and running until the community is comfortable with the new design and format. We are going to take our time, be thoughtful with decisions, and will include the community at each step along the way.

If you would like to join the website improvement group, contact Director of Communications, Lynette Svoboda, at [lsvoboda@cityneighborshamilton.org](mailto:lsvoboda@cityneighborshamilton.org). Keep an eye out for future opportunities to provide feedback, even if you don't join the committee.

## Advocacy Alert!

### Baltimore Unity Rally, November 29

The Kirwan Commission has formally decided to NOT issue its full set of recommendations for funding models for another 6 months -- until after the legislative session. Although the delay might be disheartening, it affords us more time to advocate for what Baltimore City Schools deserve! Stay tuned for more information on your next opportunity to advocate for fair funding in Baltimore City -- Wednesday, November 29 at the Baltimore Unity Rally.

## On-Time Arrival to School



Please remember that students are expected to arrive at 8 AM to be able to participate in the "settling in" activities before starting with class promptly at 8:15. The time between 8-8:15 is the grace period for arrival.

If your child arrives at 8:15 (or after), they will find themselves beginning the day in a scattered mindset. Help your child begin their day properly by arriving to school on time. If they arrive between 7:45-8, they can also eat breakfast for free!

## Be a Guest Speaker at CNH!



Kindergarten parent and professional writer, Lawrence Lanahan, spoke with middle school students about interviewing strategies for their upcoming interviews with Baltimore community leaders.

We'd love to have you come and share your expertise with young people at CNH! Reach out to Dr. Shyla if you have a special skill or expertise that you think might benefit students. We'd love to highlight your work!



Sixth grade students set up a bake sale to raise funds for the play, *Alice in Wonderland*, that they are working to perform in the spring. It's so inspiring to see leadership and proactivity from the students!



**2018-19 Enrollment Season in Full Swing!** City Neighbors Hamilton is accepting enrollment applications for 2018-19 now through 3 PM on February 2, 2018. Spread the word!

Our enrollment Open House dates are:

January 11	9:00 AM
January 20	1:00 PM
January 24	6:30 PM
February 1	6:30 PM

We are unable to give personal tours, so please encourage any interested families or friends to attend an open house.

Current CNH students do not need to reapply. HOWEVER, if you have a sibling of a current CNH student who you want to enroll for 2018-19, you MUST complete and submit an application by January 29. Siblings are not entered into the general lottery, but an application must be on file by the deadline in order for them to be considered in our Sibling Preference Policy. See Stephanie for an application or download one from our website: [www.cityneighborshamilton.org](http://www.cityneighborshamilton.org).

## Halloween

If your family celebrates Halloween, we hope you enjoy it! Just a reminder, that at CNH we do not celebrate Halloween or any other holiday. Per the School Handbook: *"While City Neighbors Hamilton encourages discussion of cultural and family traditions, we do not celebrate or sanction any specific holidays. Some classes may create or share in celebration activities, but each teacher makes these decisions independently. Consult with your child's teacher well in advance before making any plans or assumptions about celebrating holidays in the classroom."*

## Photos from the Classrooms



## More Photos from the Classrooms



Links:

- Screenagers official trailer: <https://www.youtube.com/watch?v=LQx2X0BXgZg>
- CNH Website Survey: [bit.ly/cnhwebsite](http://bit.ly/cnhwebsite)