

Message for Parents:

Do not stress about schoolwork. Do the best you can with your student at home. In September, Teachers and youth workers will work together to get your children back on track. As a youth worker that is my superpower. What us teachers and youth workers cannot fix is social emotional trauma that prevents the brain from learning. So right now, we just need you to share your calm, share your strength and share your laughter with your children. No kids ahead and no kids are behind. Your children are exactly where they need to be. Be patient with yourself and with your children.

Earth Day:

I'm sure we have all heard of Earth day but have you heard about Earth hour? The idea of Earth hour is simple. One hour, no power! Everyone turns off the lights for just 60 minutes to conserve energy.

It seems pretty easy right? Not only is it easy it's fun and romantic. Make sure you have candles and have every member of your household on board. Do a countdown 10min, 5min and 2 min before lights go out and everyone take part in flipping all the switches.

You will be surprised how magical this moment is. The hour will fly by and hopefully be filled with good old fashion conversation.

Earth hour is a yearly tradition but is being implemented around the world on a more regular basis.

Give it a try! Now is the time to try new things, start new traditions and become create opportunities right in your home.