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## Collaborative Action *for* Family Engagement

### Learning at Home



Photo by Cottonbro, Pexels

The COVID-19 pandemic has demonstrated how important maintaining our mental wellness is for ensuring the wellbeing of our children. This month we feature Managing Mental Wellness, a new toolkit for teachers and students with activities that support students' social-emotional learning and well-being. This newsletter also shares resources and events that can help you support your child at home and at school.

#### ***What is CAFE?***

Collaborative Action for Family Engagement (CAFE) is a program of MAEC serving Maryland and Pennsylvania. We engage in high-impact, culturally responsive family engagement. By building partnerships among schools, families, and community organizations, we improve all students' development and academic achievement.

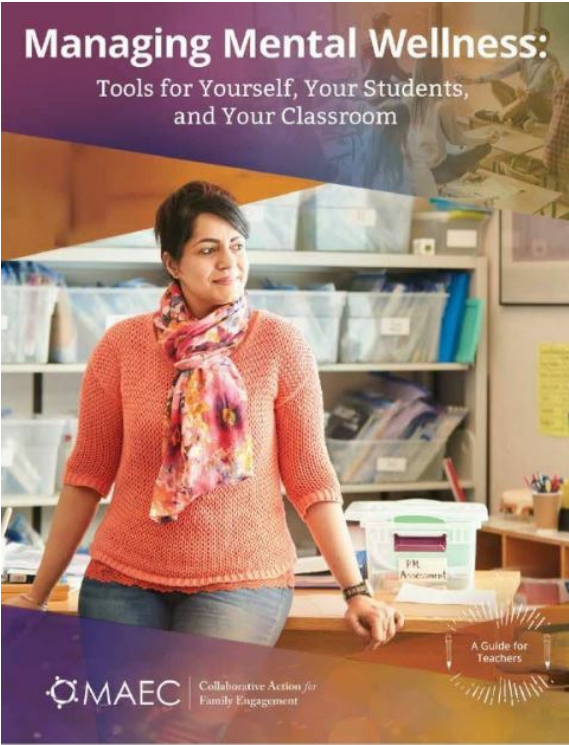
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Photo by Dziana Pexels

# New from CAFE



## Managing Mental Wellness: Tools for Yourself, Your Students, and Your Classroom

CAFE's new toolkit offers strategies to manage mental wellness in the context of school and personally, and it gives methods to assist students and families with learning and

well-being. Although each section addresses teachers, families and students can gain insight and tips by applying several of the tools listed to aid their own mental wellness.

**[Help Inform the Creation of our Data Guides!](#)**

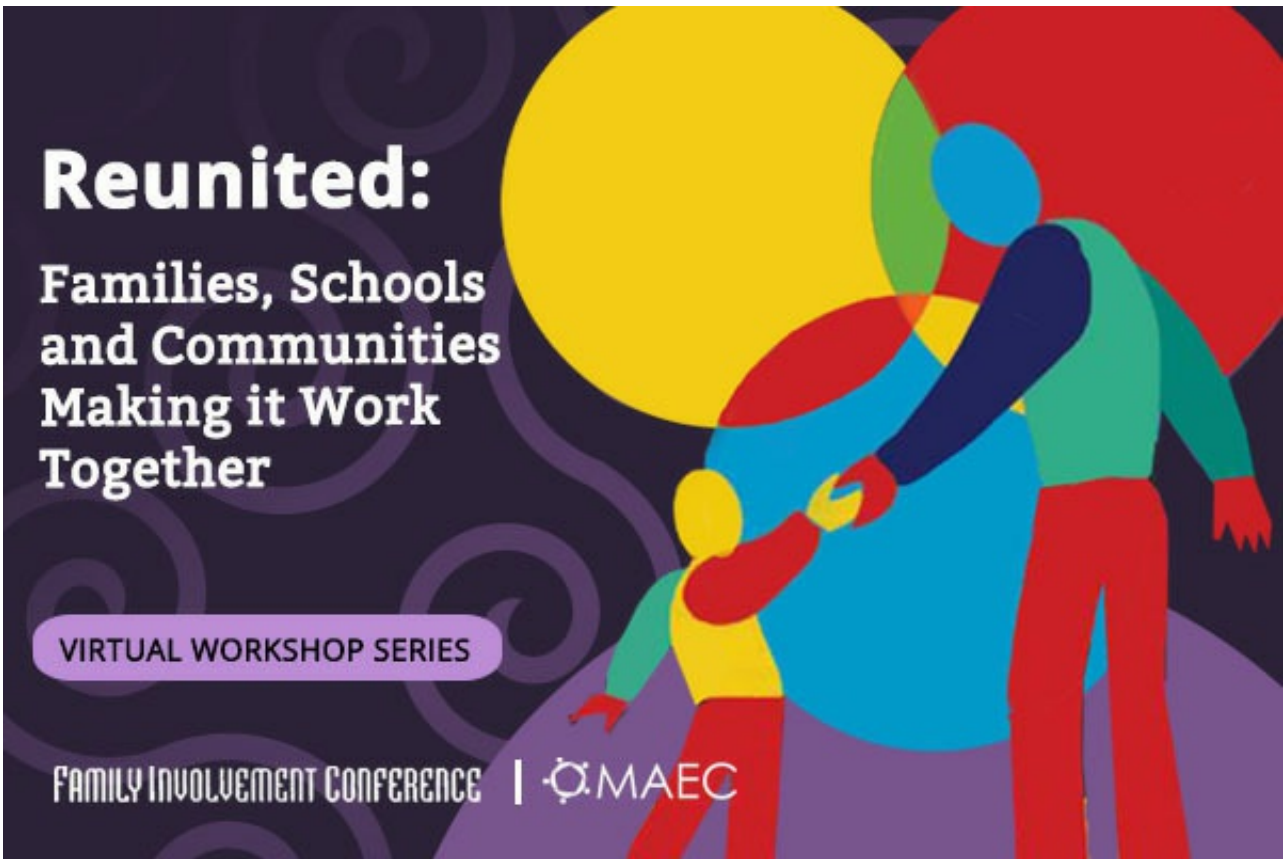
Is your student's data tricky to find...and even harder to understand? MAEC is developing educational data guides to help family and caregivers access and understand their student's data. What do you want and need in the data guides? Fill out this brief survey to share your thoughts.

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**[CAFE Conversations](#)**

Open communication between families, schools, and communities is essential to student well-being and achievement. In response to this need, the CAFE team is developing *CAFE Conversations*, a virtual experience with the goal of bringing together Maryland and Pennsylvania families, students, educators, practitioners, and community organizations for honest dialogue on current family engagement topics. **We need your input as we design the series.** Please take a few moments to complete our survey.

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**Reunited: Families, Schools, and Communities Making It Work Together  
Virtual Workshop Series**

CAFE and the Family Involvement Conference (FIC) have created *Reunited: Families, Schools, and Communities Making it Work Together*, a series of virtual workshops produced by and for families, educators, and community service providers. Topics in the series include family leadership, school and community organizations, social-emotional learning, diversity, and equity.

**Save the date - Innovative Partnerships Supporting Families in Title I School Communities**  
*CAFE and Family Involvement Conference*



Wednesday, March 30, 1:30–3 pm (ET)

Explore innovative approaches to engaging families in Title I school communities and how community schools use partnerships and wrap-around services to meet the needs of families. In this workshop, attendees will learn how one local school system coordinates across programs as well as how two Title I Community Schools and their innovative family engagement partnerships are making a difference for students.

## Resources for your Family



Photo by Any Lane, Pexels

## What's Happening this Month?



### For Families:

#### February Family Fun with P-51 Mustang (\$)

*Glenn L. Martin Maryland Aviation Museum at Martin State Airport (Middle River, MD)*  
Saturday, February 26, 11 am–3 pm

Families are invited to visit and participate in a Black History Month activity during

Saturday's public visiting hours where children can discover the history of the P-51 Mustang and their pilots known as the Tuskegee Airmen. Following a family’s completion of a basic Q & A, children will receive a die cast model of a P-51. This fun discovery exercise is included with Museum admission of \$5 for adults and \$3 for children. For additional information [www.mdairmuseum.org](http://www.mdairmuseum.org).

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**ASO Family Concert: The Mozart Experience** (\$)

*Miller Symphony Hall (Allentown, PA)*

Saturday, February 26, 2 pm

Share the genius of Mozart and inspire the children in your life. “The Mozart Experience” is the second of two programs created and performed by the Magic Circle Mime Co. for the Mostly Mozart Festival at Lincoln Center. A mischievous street musician finds herself thrust into the role of Mozart in this concert program for chamber orchestra. The perfect introduction to classical music: “Eine Kleine Nachtmusik,” Symphony No. 40, “The Magic Flute” and more. Reserved seating tickets are \$30 per adult. Children are free. All seats subject to a \$3 processing fee (applied at checkout).

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**For Children:**

**Storytime Activities and more!** (free)

*Maryland Families Engage (Maryland)*

Events throughout February

Join Maryland Families Engage with exciting activities for children, including toddler time, Black history month themed activities, winter crafts, and storytime. Check out the website to learn more.

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Photo by Andrea Placquadio, Pexels

# You are an Advocate!



Families are their child's best advocate. The resources below are specifically for families of English Learners to learn how to navigate school systems and support their child’s success.

## [3 Parent Tips for Advocacy in ESL](#)

*Special Ed Resources*

How can parents and caregivers of a child in the ESL program best support their child? Take a look at these tips on what you can do to be the best advocate for your child.

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## [A Guide to School for Families of English Learners](#)

*Maryland State Department of Education*

The Guide to School for Families of English Learners was developed to help parents understand the school system and offers suggestions on how to interact with school staff to support your child’s learning. This guide provides information from Maryland

public schools including: how to enroll a child in school, schools by grade levels, early childhood education, opportunities for parents, and much more. Bonus: it was co-authored by MAEC’s own, Young-chan Han!

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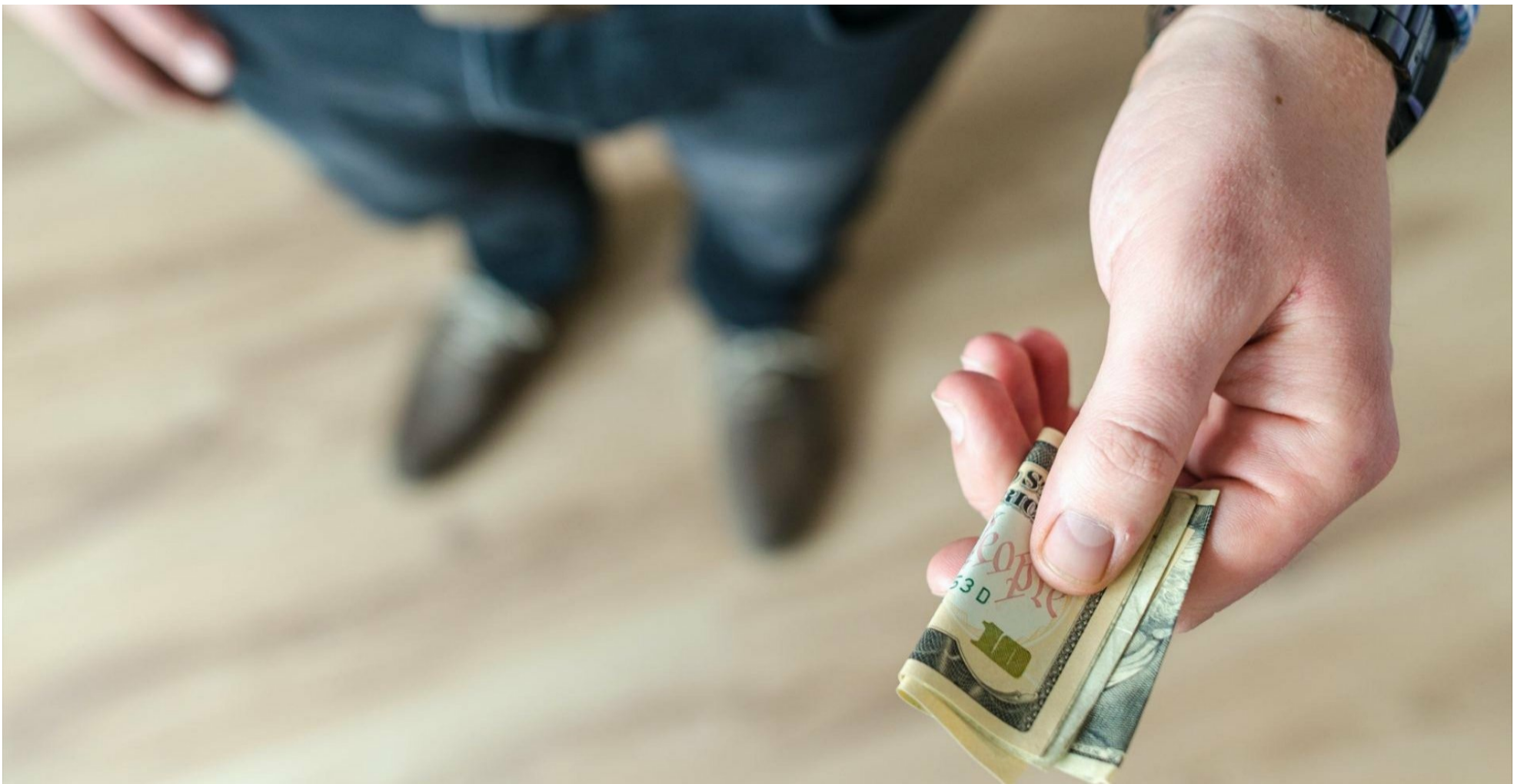


Photo by Lukas, Pexels

# Financial Literacy is a Family Matter!



It’s important that children understand the value and importance of money at a young age. Check out these resources on how to share financial literacy with your child(ren):

[\*\*5 Ways to Teach Kids About Money\*\*](#)  
*Ramsey Solutions*

How can you teach your child about money? Check out these great suggestions on how to help them understand the value of money, how to save, and how to make wise financial decisions.

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[\*\*10 Tips for Teaching Your Child to Save Money\*\*](#)



It’s important to help kids establish saving habits when they are young. Teaching them about delayed gratification when it comes to money can help them guard against unnecessary spending and learn to value establishing control of their money. Take a look at these 10 tips to start your child’s financial education early.



Photo by Monstera, Pexels

## Mindfulness Corner



It’s essential as a family to find peace during stressful times. These techniques build on skills to create more serenity in your family life.

### [10 Books in English and Spanish that Focus on Mindfulness and Relaxation for Kids](#)

*Mi Legasi*

Want to help your bilingual child understand mindfulness better? Check out these amazing books that walk kids through calming mindfulness practices.

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### [Mindfulness: Youth Voices \(in English, with subtitles in several languages\)](#)

*British Columbia Children’s Hospital, Kelty Mental Health*



Youths and young adults discuss how mindfulness has had positive effects on their lives. Also, check out several guided [mindfulness meditations](#) in English.

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Are you on Twitter? Follow us [@CAFE\\_MAEC](#) for the latest CAFE news!



MAEC's [Collaborative Action for Family Engagement](#) (CAFE) program is funded by the US Department of Education under Title IV, part E of the Elementary and Secondary Education Act of 1965 (ESEA). CAFE is one of twelve statewide family engagement centers.

MAEC is committed to the sharing of information regarding issues of equity in education. The contents of this guide were developed under a grant from the U.S. Department of Education under the Statewide Family Engagement Centers program. However, the contents of this guide do not necessarily represent the policy or views of the Department of Education, and you should not assume endorsement by the Department of Education or federal government, generally.

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