

GRANGER ELEMENTARY COMMUNITY CENTER

March 2017 Newsletter

Coordinator's Message

This month *Communities United* will be presenting some fantastic workshops! Their *first* workshop will be on **IMMIGRATION and KNOW YOUR RIGHTS** on March 16th from 10:30-11:30 a.m. The *second* workshop will be on **BREAST CANCER AWARENESS** on March 21st from 10:30-11:30 a.m. Come join us and learn about the important changes and topics!!

This Month's Highlights

7-PTA Meeting @ 10:30 a.m.
*Come join us and learn about the exciting things that are happening at our school!
10-Volunteer with PTA
16-Immigration workshop
17-College & Career Preparation
14-Spring Fiesta & Parenting Tips
21 Breast Cancer workshop
21 - School Community Council @ 5:00 p.m.
23-31-SPRING BREAK!

PTA Message

From March 6-17th the PTA is having their Fundraiser selling chocolate bars for \$1.00!! Your support will continue to provide outstanding events for our students.

The Parent Institute

Keep Home and Work in Balance

Working parents have to juggle the demands of both their jobs and their families. Here are some tips that can make your life as a working parent a little easier:

- **Your mental and physical health are important to your family.** List some ways you can include self-care in your day. Set aside 15 minutes to read a book. Spend time on a hobby. See friends. When you take care of yourself, you'll be better able to take care of your children.
- **Analyze the amount of stress you are under.** List some ways you can try to preserve your energy.
- **If you lack energy, set aside time for exercise.** It will give you more energy in the long run.
- **Keep in touch with friends who can give you a listening ear.**
- **Talk with your children about how they are doing.** If they feel you are demanding too much, talk about what can you do to make them feel better.