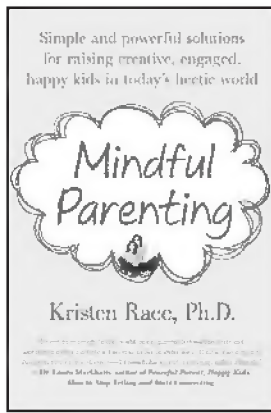


JIE –From Surviving to Thriving with Mindfulness

The positive effects of Mindfulness on the family, on kids, and in the schools will be front and center February 10 and 11, 2016 as JIE 2016 will launch a two-day symposium on Mindfulness and Self-Regulation. According to Dr. Kristen Race, the keynote speaker of the event, "While we can't eliminate all stress, there are many things we can do to become more resilient to the stress in our lives. It doesn't require money,

leaving the city or quitting your job. In fact, it is more about simplifying your life rather than employing a whole new slew of strategies." Dr. Race has delivered a series of TedTalks on mindfulness in families and changing the family dynamics from Surviving to Thriving. She is the author of *Mindful Parenting*.

The keynote address featuring Kristen Race will be held at Providence Day School on February



10 at 7:30 PM. Tickets are \$36 through the Early Bird Pricing. She will deliver an in-depth parenting workshop on February 11, which will be followed by a session for parents entitled "What Does Mindfulness Look Like?" by Dr. Dael Waxman. Teachers and professionals will have a full day workshop by Brad Chapin on self-regulation in the classroom. For kids in 5th grade and up, a special session will be available from 5-6:30 PM teaching mindful skills that they can begin to use immediately. For more information and to purchase tickets www.joinineducation.org.



Jewish Preschool on Sardis

(Continued from page 4)

time but also a gift to your child's development.

Consider cooking together. With Chanukah (or any Jewish holiday, really) being a holiday involving lots of food, your child is the perfect match for a chef assistant. Making sufganiyot? Have them sprinkle the powdered sugar or form the dough balls. Making latkes? Engage children in washing the potatoes or cracking the eggs. A favorite at our house is cookie making and decorating. From making the dough, to stamping out with cookie cutters to decorating the dreidels, memories will abound from a family cooking experience.

Don't forget to document your experiences together. With smart phones, we have photos at our fingertips but journaling with children is also a fun way to relive moments as well. A former parent from my last school now has college students and she recently wrote me about her daughter's journaling they used to do each night when she was in preschool and early elementary school. They still laugh about the silly parts of her day they recalled and affectionately appreciate having those memories documented.

More than anything, I wish each



Lighting Chanukah candles.

of you a wonderful, enlightening Chanukah this year. I hope you start or continue your family tradition of the gift of time. Chag Sameach. ☆






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Youth Visions Everyone Deserves a Birthday

We all remember our childhood birthday parties. The big birthday cake, blowing out the candles, and of course the nice pile of presents. However, for children with special needs, birthday parties can be few and far between. There's few things worse than having a birthday party without any guests. Just as hard is not getting invited to participate in other's parties.

At the start of the school year, Friendship Circle launched its monthly Birthday Circle program to provide a birthday experience for children and teens with special needs. Together as friends, we celebrate the birthdays of our teen friends and special friends in a warm and inclusive environment.

Celebrating birthdays is what Friendship Circle is all about. What better way to say, "You are important" than by celebrating the day you were born. We start by giving tzedakah to start off the year with a Mitzvah and then it's on to birthday wishes as we share our best hopes for our "Birthday Friends." There's cake and ice cream and candles to blow out, birthday cards signed by all our friends and a special birthday gift too. "Pin the Friendship in the Circle," musical chairs, and the ever popular Piñata. Sure it's all fun and games but there are important birthday skills hidden there too: taking turns, good sportsmanship, and the



Anna, Michael, and Gabby blowing out the candles

art of winning and losing gracefully. After all, the best learned skills are the ones you learn while having fun. ☆

Friendship Circle pairs teen friends with children and teens who have special needs for a range of social and educational opportunities including its flagship home visitation program called Friends@Home.

To learn more about Friendship Circle, please visit www.FriendshipCircleNC.org or call 704-



Playing "Pin The Friendship In The Circle"

366-5983. Friendship Circle is a beneficiary of the Jewish Federation of Greater Charlotte.



The Birthday Friends



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