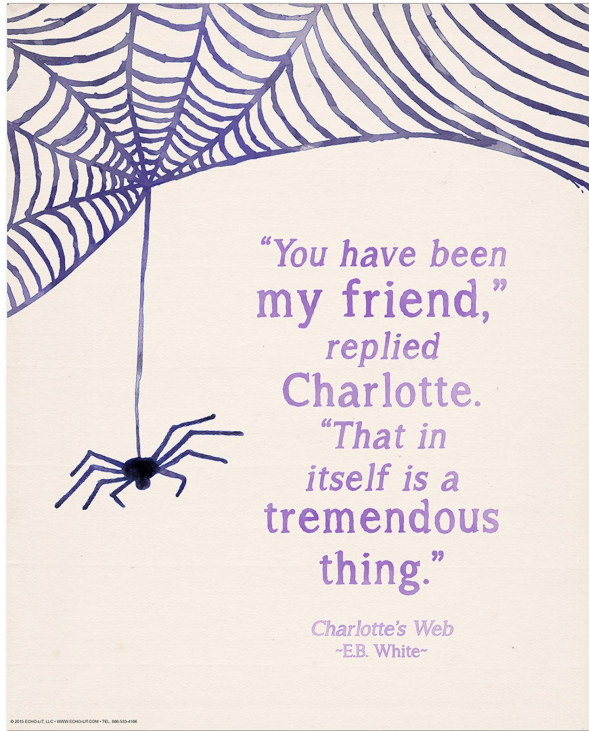


# Friends Center for Children

EMBRACE DIVERSITY  
ENGAGE COMMUNITY  
INSPIRE TEACHERS  
EMPOWER FAMILIES  
EDUCATE CHILDREN



Dear Families,

Thank you for being our friends, and continuing to learn and grow with us. We have had so much fun launching and sharing our brand new, pilot I/T and Preschool “Teachology” Programs with you. We thank you all who have joined in so far, and look forward to seeing even more of you during the remaining time that we spend together, yet apart. We will continue to send our weekly Wednesday Activity Letters, as well as these letters to you each Friday. Separately, Teaching Teams will be reaching out with Virtual Morning Meetings, as well as one-on-one outreach, calls and check-ins with you and your family. We love and miss you all!

Yours in hope,

The FCfC Team

[EchoLiteraryArts](#)



**New Videos Up on The [FCfC YouTube Channel Here!](#)**

Exploring Shadows: [Exploring Shadows - NAEYC](#)

[Exploring the Shadow Screen with Jenn from Pod 1, East Grand](#)



[READ ALONG with MICHELLE OBAMA! | Oh, the Places You'll Go! / Can I Be Your Dog? | PBS KIDS](#)

**A Note from EWBC:**

**“Until we get equality in education, we won’t  
have an equal society.”**

-Sonia Sotomayor (first Hispanic and Latina Associate Justice of the Supreme  
Court)



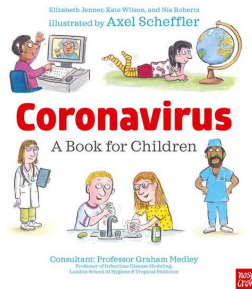
## Awareness/Advocacy

Tips for video chatting with young children: [Tips for Chatting with Young Children](#)



National Association for the  
Education of Young Children

We invite you to check out this [child-friendly COVID-19 guide](#),

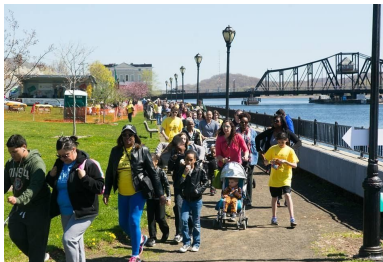


as well as,

[more activities with some of our favorite characters!](#)



## East Grand Avenue Bridge Rehabilitation Update



## **Mindfulness Moment**

### **Home - Day 5 - Soften | 30 Days of Yoga With Adriene**

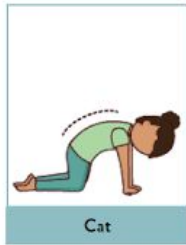


Sitting more than usual?

Give your back and neck a break with some simple, Cat and Cow Mindfulness Poses

(You can even do these in your chair!)

### **CAT AND COW Mindfulness Poses**



For cat pose, while in the tabletop position, round the back and tuck the chin into the chest. For cow, sink the belly toward the floor and arch the back, looking up. Feel free to alternate between the two poses. (Meowing and mooing are optional, but strongly encouraged.) These are typically used as warm-up exercises for the spine.



Mind Full, or Mindful?

Either way, it's okay. Just remember to make some time to breathe...You got this!

# Curriculum Night 2019:

## Community Reflections on Quaker Values

### How do I value Equality?

#### East Grand Avenue:

Equality: everyone has the same	Equity: everyone has what they need
Equality is the process to get to equity	Action taken to get from equality to equity
How we explain equality to children	Letting everyone's voice be heard
Recognizing and voicing inequalities when I see them	
Valuing the experiences of people who are different	
Being aware of my own biases and how they affect my actions	
Looking at things through a different lens	
Making sure that toys are shared and books are read to everyone	
Giving and being given to	Educational choices
	Career choices

#### Blake Street:

A sense of responsibility  
Open, acceptance, empathy  
Holding what we do highly  
Sliding scale tuition is an example  
Meeting people where they are with acceptance  
Being a part of community efforts to build equality  
Providing equal access to early childhood education  
Through work in the community, creating access to opportunity  
Ensuring that everyone I come in contact with is treated equally  
Opportunities to work with the community to improve health equity  
Different people and families need different things to achieve the same outcome  
Empower people who have been historically disadvantaged to achieve what they want in life  
Treating everyone on the same level. It's not something a lot of people are paying attention to.  
Equity is where we need to be doing the work, just distributing things/services etc equally is not going to get to the heart of disparities  
Difference between equity and equality: make sure everyone gets what they need, but not necessarily the same thing.

