



Igniting the SPARK



The Family Dinner Project

From: thefamilydinnerproject.org/

The New Year's resolution is a tradition that tends to elicit one of two reactions from people: Either you're the type of person who enjoys making resolutions, or you're the type of person who groans at the very thought. Those who like resolutions say it motivates them to make positive changes and helps them to view the turning of the calendar page as a fresh start. People on the other side of the debate might argue that most resolutions are overly ambitious and end up discarded before January has even come to a close. Whatever your preference, we're offering these ideas for family dinner resolutions you and your family can actually act on — and stick to — in 2016. From one-time efforts to long-term changes, there's a New Year's resolution here for everyone.

THE ONE-TIME RESOLUTION: HAVE A SUNDAY SUPPER.

As we did last year, The Family Dinner

continued on page 2

INSIDE THIS ISSUE

- 1** The Family Dinner Project
- 1** SPARK Update
- 2** Free Family Activities
- 3** Calendar of Caring

SPARK Class Update

Martin Luther King's Dream

SPARK classes will focus on the powerful words and concepts within the "I Have a Dream" speech. We will also be working on the cognitive Skill Convergent or Analytical Thinking. Students who excel at these skills tend to be able to identify attributes, create classification or sorting systems, change course and restart when a sorting system does not work, and sort in unusual but appropriate ways. We will be classifying ideas as well as developing logical thinking skills.

Talking About the Civil Rights Movement at Home

From: <http://www.parentingscience.com/teaching-critical-thinking.html>

Encourage kids to ask questions. Parents and teachers should foster curiosity in children. If a rationale doesn't make sense to a child, she should be encouraged to voice her objection or difficulty respectfully.

Ask kids to consider alternative explanations and solutions. It's nice to get the right answer. But many problems yield themselves to more than one solution. When kids consider multiple solutions, they may become more flexible thinkers.

Get kids to clarify meaning. Kids should practice putting things in their own words (while keeping the meaning intact). And kids should be encouraged to make meaningful distinctions.

Talk about biases. Even lower grade school students can understand how emotions, motives--even our cravings--can influence our judgments.

Don't confine critical thinking to purely factual or academic matters. Encourage kids to reason about ethical, moral, and public policy issues.

I have not watched the movie "The Watsons Go To Birmingham," but it is highly recommended on several parenting sites as a springboard for family discussion of the Civil Rights Movement and that time period. It is available on Netflix. If you watch it, please let me know what you think!

Project is partnering with Points of Light for the 2016 America's Sunday Supper event and Martin Luther King, Jr. Day of Service. You can bring important conversations about equality, service to others and civil rights to your family dinner table by dedicating your Sunday dinner on January 17 to this worthwhile initiative.

THE OCCASIONAL RESOLUTION: LINGER AT THE TABLE.

Even those of us who have regular family dinners often feel the pressure of packed schedules. Quality matters, so if you can relate to the struggle of squeezing in a positive and enjoyable family meal amidst the other daily tasks, try resolving to linger at the table as a family. It doesn't have to happen every night or even every week; maybe you can start just by trying to notice when you've got a less stressful evening ahead of you, and making the decision to encourage everyone to slow down in that moment.

THE MONTH-LONG RESOLUTION: SPEND 4 WEEKS IMPROVING YOUR DINNERS.

If you love the idea of family dinners, but find that having regular, meaningful interactions around the table is a challenge, you might need some tips to help you shake up your mealtime routine. Our free program, "Food, Fun and Conversation: 4 Weeks to Better Family Dinners" has helped numerous families improve their dinner table experiences. Throughout the course of the 4 weeks, you'll find the basics of setting a rewarding and fun family dinner routine broken down into manageable goals and steps, with tips and resources offered at every step of the way

Cabin Fever?

Four Free Things To Do In Tulsa In January!

12th Annual Health & Wellness Expo at the Health Zone: Saturday, January 16; 9 a.m. to 1 p.m.

Sample everything the Health Zone at Saint Francis has to offer. This free event will include fitness classes, cooking classes, free health screenings and wellness education with Warren Clinic physicians. Find more here.

Imagination Days at AHHA: Saturday, January 16; 1 to 5 p.m.

AHHA invites families to learn about the art of our time and experience it first-hand. Inspired by current AHHA exhibitions, this program fosters the development of life-long learning skills through gallery explorations, open-ended discussions, films, demonstrations and individual and collaborative hands--on art activities.

Funday Sunday at Gilcrease: Sunday, January 17; Noon to 4 p.m.

It's an afternoon of museum fun for the whole family. Visitors can enjoy various art-making stations in the museum, each offering different materials and themes as well as teaching artists to help guide and inspire. An art hunt is available to explore in the galleries, with a prize at the end. Families also can enjoy our interactive space, Kravis Discovery Center, exploring the extensive gardens and special featured activities.

Martin Luther King, Jr. Day in Tulsa: Monday, January 18

The city of Tulsa will commemorate MLK, Jr. Day with the annual MLK, Jr. parade. Also, drop by the Zarrow Art Center to enjoy fun art activities for the whole family. Find out more here. Take this opportunity to convey Dr. King's legacy and values to your children.

Calendar of Caring

January Focus: Keeping Healthy for Kids

from: http://kidshealth.org/kid/stay_healthy/fit/fit_kid.html

There's a lot of discussion these days about fit kids. People who care (parents, doctors, teachers, and others) want to know how to help kids be more fit.

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some steps only parents can take — such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge, too, when it comes to health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

1. Eat a Variety of Foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, are more pleasing the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables.

Here's one combination that might work for you:

at breakfast: $\frac{1}{2}$ cup (about 4 large) strawberries on your cereal

with lunch: 6 baby carrots

for a snack: an apple

with dinner: $\frac{1}{2}$ cup broccoli (about 2 big spears) and 1 cup of salad

2. Drink Water & Milk

When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. If you're older than 9 years old, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

2 cups (about half a liter) of low-fat or nonfat milk

1 slice cheddar cheese

$\frac{1}{2}$ cup (small container) of yogurt

You probably will want something other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.

3. Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and, over a period of time, can lead to unhealthy weight gain.

4. Limit Screen Time

What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school.

5. Be Active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

