***Cesar Chavez Green Oaks Academy Presents***

**Location: Room 1**

**8:30-9:00AM Mindfulness/Yoga**

**9:00-9:30AM Presenter/Guest Speaker**

***Always the 1st and 3rd Friday of the Month! Please bring comfortable clothing for our beginning yoga session ☺***

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| **Date** | **Presenter/Guest Speaker & Topic** |
| **9/02** | Presenter: Ms. Claudia Saggese, San Mateo County“The Five Critical Needs of Children” |
| **9/16** | Presenter, Ms. Claudia Saggese“San Mateo County Stigma Free Presentation” |
| **10/07** | Presenter: Ms. Mayra Diaz, San Mateo CountyNutrition Unit, Lesson #1 – Planning Healthy Meals and snacks |
| **10/21** | Presenter, Ms. Claudia Saggese, San Mateo County“Reconozca las Señales, Know the Signs” |
| **11/04** | Presenter: Ms. Mayra Diaz, San Mateo CountyNutrition Unit, Lesson #2 – Maintaining a healthy weight while eating on a budget |
| **11/18** | Guest Speaker: Consuelo Castillo Kickbusch, Family Leadership InstituteCafecito (La Posada) & Parent Survey |
| **12/02** | Presenter: Ms. Mayra Diaz, San Mateo CountyNutrition Unit, Lesson #3 – Whole grains and prevention/delay of chronic diseases |
| **12/16** | Presenter: Ms. Mayra Diaz, San Mateo CountyNutrition Unit, Lesson #4 – Gardening basics, eating sustainably |
| **1/20** | Guest Speaker: Sister T“Supporting the school to support your child” |
| **2/03** | Makerspace Session |
| **3/17** | Cafecito (CAASPP w/Mr. Whitebread) & Parent Survey |
| **4/07** | MakerSpace Session |
| **4/21** | Guest Speaker, Ms. Mirna Pacheco-Walker, CASSY Counselor“Emotional Abuse” |
| **5/05** | Guest Speaker, Ms. Mirna Pacheco-Walker, CASSY Counselor“Keeping Communication Open with Your Child” |
| **5/19** | Guest Speaker, Sister T“How to motivate your child and hold your child accountable” |
| **6/02** | Cafecito & Parent Survey |