

HEALTHY CITIES TUTORING

Reach a child. Touch a family. Build a community.

Tutor News

March 2019

Does Volunteering Improve Your Life?

In February, an independent report released by the Corporation for National and Community Service, or CNCS, the federal agency responsible for the nation's volunteer and service efforts, says people who volunteer, particularly those 55 and older, enjoy improved health and a sense of well-being.*

Our tutors have completed over 6,000 hours so far this year. The outcome of regular tutoring affects the students they work with in many areas:

1. The student has more confidence in the classroom
2. With more confidence, students participate more, which benefits other students
3. Students who have a sense of belonging are less likely to act out
4. The teacher is happy that the student is getting one-on-one attention
5. According to the article, the tutor is also better for it

Thank you dear tutors, we are lucky to have you!
The Healthy Cities Tutoring Team



[*Read the full article here.](#)

Workshop for Tutors and Parents:

Social Emotional Learning

Tuesday, April 9th, 2019

7:00 - 8:30pm

Arroyo/Central Middle School Library

Mark Your Calendar!

March 11: No school at San Carlos Charter Learning Center.

Mar 11-15: Conference week at Clifford, Hawes and Kennedy schools. Dismissal at 1:30pm. No tutoring.

Mar 18-22: Conference week at Charter. No tutoring unless arranged otherwise.

March 19: **RESCHEDULED to April 9th**
Workshop for Tutors & Parents: Supporting Social and Emotional Health

March 24: Redwood City schools neighborhood gathering to learn more about tutoring and the schools we serve

Apr 1-5: Spring Break - ALL Schools except Charter Learning Center

Apr 9: Workshop for Tutors & Parents: Supporting Social and Emotional Health

Apr 15-19: Spring Break for Charter Learning Center *only*

Apr 25: Last day for 2019 high school grads to turn in HCT scholarship application

May 27: Memorial Day holiday

May 28: Volunteer Recognition Reception where we honor you!
San Carlos Adult Community Center, 6pm-8pm

Thank you to our tutors for inspiring us at Perfect Pairings

Two of our "Perfect Pairs" spoke at Healthy Cities' 5th annual *Perfect Pairings* fundraising event on Friday, March 1, 2019 at Domenico Winery in San Carlos. Gregory Gee (tutor) and his student from Charter and Paula Ebejer-Moffitt (tutor) and her student from Arroyo shared their experiences. Everyone listened most attentively to the words of praise the students gave their beloved tutors. It was a fun night of delicious food and wine pairings to celebrate the perfect pairings of tutors and students.

The social/emotional aspect of tutoring is just as important as reading and practicing math facts.

Come learn about decompressing after a hard day, understanding stress and how to help your student manage it, coaching a student when they show reluctant learning behavior, clearing your mind so that it is at its optimum for your tutor session.

New Tutor Orientation

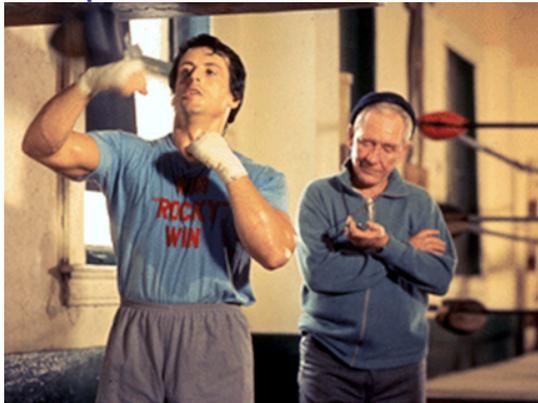
Tuesday, April 9th, 2019

6:15 - 7:00pm

Central Middle School Library

Just before the Social Emotional Learning workshop, we will have a short tutor orientation session. We welcome new & potential tutors to learn more about our program & how to become a tutor. Please join us if you have not been to one of our prior orientation sessions and bring a friend.

Hot Tip: You're the Coach!



While it may look like Mickey isn't doing anything here, he is doing a lot! He's:

- keeping time
- standing close to his charge
- watching everything Rocky is doing
- making sure Rocky stays on task

Does this sound familiar? We say the same things about our Healthy Cities tutors! You may not be in a boxing gym with your student, but you are just as vital to your student as Mickey was to Rocky.

March 11-15, 2019 Conference Week at Clifford, Hawes and Kennedy schools

All students will be dismissed at 1:30pm. Because of the compressed school day, all tutoring is canceled unless arranged otherwise.

March 18-22, 2019 Conference Week at San Carlos Charter Learning Center

Conference week will disrupt the school schedule this week. Tutoring is canceled unless arranged otherwise.



Thank you for your support and dedication to tutoring!



HEALTHY CITIES TUTORING

PERFECT PAIRINGS

*Benefit
Wine Pairing Dinner*

Scholarships for Our High Schoolers!



Healthy Cities Tutoring will award up to EIGHT (8) \$500 scholarships to graduating high school seniors who meet the following criteria:

1. Volunteered for two or more years as a Healthy Cities tutor.
2. Graduates in 2019 and plans to attend a 2 or 4 year college or trade school.

[Click here for complete details on the scholarship process.](#)

Completed applications are due *before* April 26, 2019.

Outdoor Education Dates

If you tutor a 5th or 7th grade student who participates in their school's out-of-town "Outdoor Education" this winter or spring, they will not be at school for tutoring during that time. Be sure to check with your 5th or 7th grader about these dates!

Clifford School 5th graders: Jones Gulch, April 22-26

Central Middle School 7th graders: Yosemite, May 5-10

Kennedy Middle School 7th graders: Grand Canyon, May 15-24

Want to tutor in Redwood City schools?

Come join us at a Redwood City neighborhood gathering where we will share information about tutoring and the schools we serve in Redwood City. **March 24, 2-4pm.** For your questions, email info@healthycities tutoring.org. Please invite a friend, or two, to join us and learn how rewarding it is to tutor a child.

Our Contact Information

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