



Grand Area Mentoring / (435) 260-9646

The Application of Effort



This Month in Mentoring

- **December 5, 12:30-1:30, HMK Room 410: Search Institute's Live Webinar on How to Build Relationships!** Join us in the Grand Area Mentoring office to learn more about the five strategies that can help you foster developmental relationships.
- **December 7, 4:30-5:30, HMK Room 141: WhyTry Training for Mentors.** Katlyn Keane will lead a workshop covering techniques and activities from the excellent WhyTry curriculum. (See box below.)
- **December 16-January 1: Winter Holiday.** No school, no mentoring.
- **January is National Mentoring Month!** Help us celebrate the mentors and mentees of Moab! Stay tuned for more.
- **Save the date! January 9th, 4:45-5:45, HMK Library: Trauma-Informed Mentoring Part One with Kelly Vagts.** Don't miss this crucial training. Find out how to respond and reach out to your mentee. (See box at right for more.)



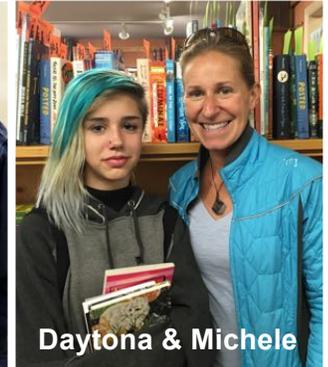
Angeles & Megan



Sylvia & Freya



Percy, Garion, & John



Daytona & Michele

Advanced Mentor Training:



December 7th
4:30-5:30pm

HMK Elementary School Room 141

As one of five mentors who attended the two-day WhyTry training this spring, Katlyn has combed through all the material to find the best stuff for mentoring & condensed it into an hour. Join us for an infusion of practical activity ideas! Good for mentoring and the classroom!



Advanced Mentor Training:

TRAUMA-INFORMED MENTORING (Part 1) w/ Kelly Vagts

January 9th
4:45-5:45pm

HMK Elementary Library

A Trauma Lens: Helping mentors understand and implement a trauma-informed approach with mentees and families.

1 in 4 children has experienced a traumatic event that affects their behavior, emotions, and ability to learn. For you as a mentor, this translates to students who exhibit defiant behavior, a lack of emotional regulation, self-harm (such as cutting/ burning), bullying, or other symptoms.

In this workshop you will learn what trauma is, how it affects children developmentally, why it is important for you as a mentor to have a trauma lens, and skills for you to help your mentee overcome hurdles.

Grand Area Mentoring

Mail:

Grand Area Mentoring
264 South 400 East
Moab, Utah 84532

Phone:

Office 435-259-1516
Dan 435-260-9646
Megan 435-260-9645

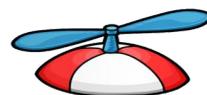
Internet:

grandareamentoring@gmail.com
www.grandmentoring.org



NEW Propeller Questions –

Fly into a meaningful conversation!



When a lot of other people have something, do you want to buy it as well? Why or why not?

Do you feel safe in your school? Why or why not?

What is the greatest challenge you have ever faced? How did you handle it?

Mentoring Idea of the Month #1: Make a (Healthy) Meal in a Mug!

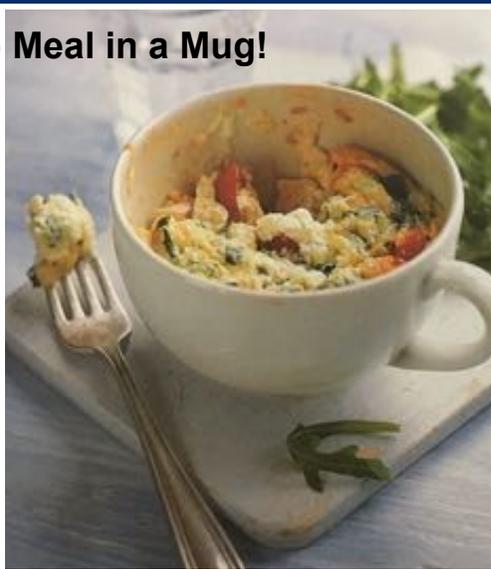
You need only a few ingredients, supplies, and a microwave (in the teacher's lounge) to make this delicious recipe. It could also be a great skill for your mentee to master for hungry moments at home.

Cheese, Basil, and Tomato Quiche

Ingredients

4 eggs
4 tablespoons milk
Salt and pepper
8 basil leaves
8 Cherry tomatoes, halved
4 Tablespoons chopped cheese
2 Tablespoon freshly grated Parmesan cheese

1. Break eggs into two medium microwavable mugs. Add half the milk, salt, pepper to each and beat thoroughly. Stir in basil, tomatoes, and cheese. Sprinkle with Parmesan over the top.
2. Microwave each mug separately on high for 2 minutes. Remove and allow to stand for 1 minute before serving.



Mentoring Idea of the Month #2: Go on a field trip!

Field trips with your mentee's class can present unique opportunities to spend extended periods of time with your mentee. Check in with your mentee about outings planned for his or her class. Ask if he or she would like you to join. If so, check in with the teacher to get additional details, such as: date, time, transportation, meals, and ideal supplies. Inform mentoring program staff if you plan to accompany your mentee on a field trip. Have fun!



Gift Policy Reminder

Thank you for following Grand Area Mentoring's no-gift policy.

1. Gift giving undermines mentoring. Mentoring is supposed to be about spending quality time together, not providing goods to children. Offering a present may set a precedent that weakens the crucial relationship when expectations for additional gifts are not met, or if parents begin to expect contributions in the future from other mentors or for entire families. Furthermore, students are aware of this policy. Gift giving sets a poor example.
2. Gift giving sets up bystanders for disappointment. If other children see their peers enjoying gifts from their mentors, they may wonder why their mentor will not provide gifts too. Grand Area Mentoring's first aim is to do no harm. Please help us achieve this by refraining from presents, with the single exception of a birthday gift valued at \$10 or less. (Please be discreet when giving it.)
3. Mentors cannot provide equivalent gifts to all children. Some volunteers may not have money to buy lavish gifts for their mentee (or many mentees).



Remember, there's no greater gift than your attention! ☺