

The Right Track

“The Mentor Experience” Training!

RESCHEDULED!

➔ **April 2, 4:30-5:30pm**

HMK Elementary School, Room 141

We almost always focus on the mentees and how mentoring impacts them. This time, we will focus on the mentors and explore the possibility that mentoring changes our brains. Additionally, we'll talk about the stress of being a mentor and ways to take care of ourselves and thrive in this role.

Please join us for this exciting new offering by Nan Marquardt, PhD, beloved advanced trainer for Grand Area Mentoring. Open to other youth care professionals!



This Month in Mentoring

- **April 2, 4:30-5:30, HMK: “The Mentor Experience” Training.** Nan Marquardt will discuss mentor benefits, challenges, and strategies. See above.
- **April 4, 4:30-5:30, HMK: How to Talk to Your Mentee About Food!** This nutrition workshop will feature Kelsey Huckle, certified nutrition therapist. See box at right for more!
- **April 4, 5:45-6:15: First tour of Moonflower Community Cooperative** with Kelsey.
- **April 9, 9-9:30: Second tour of Moonflower Community Cooperative** with Kelsey (if unable to make the 1st).
- **April 11/12: Mid-Term Conferences.** No mentoring, unless specially arranged
- **April 15-19: Spring Break.** No school. No mentoring.



Nutrition Training (and Moonflower Tour)

April 4, 4:30-5:30

HMK Elementary School, Room 141

(The classroom workshop will be followed promptly by a tour of Moonflower Community Cooperative 5:45-6:15)

This workshop will cover entertaining and beneficial nutrition topics, including but not limited to:

- The truth about fats and sugar
- The importance of eating balanced meals throughout the day (and suggestions)
- How to properly read labels/ingredient lists
- An interactive approach for a “grocery store tour”
- Techniques to make healthy food choices in the store.

Mentors will leave the training feeling confident in discussing fun snack ideas with their mentees, as well as encouraging them to make smart nutrition decisions.

See calendar for an additional Moonflower tour date!



Thanks to Moonflower, community-based mentors will receive \$25 in store credit to be used for purchasing ingredients for meals, snacks, and other food items.

Kelsey Huckle holds a Bachelor's degree in exercise physiology and a master's in athletic administration/physical education. She owns Huckleberry Healing (www.huckleberryhealing.com).

Grand Area Mentoring

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Mentoring Idea #2: Make a Calm Down Jar



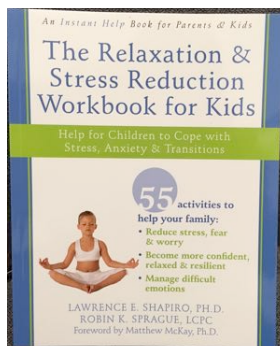
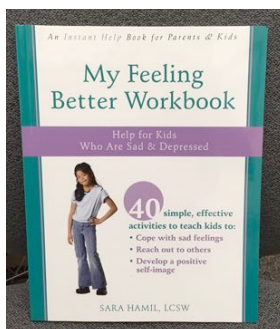
These provide healthy and effective ways for little ones to help soothe themselves, calm down, take deep breaths, and work through their emotions. The glitter suspends for about four and a half minutes, and it has the long-lasting swirls that are lovely to watch.

Items required:

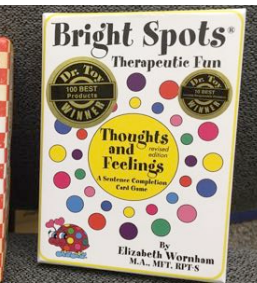
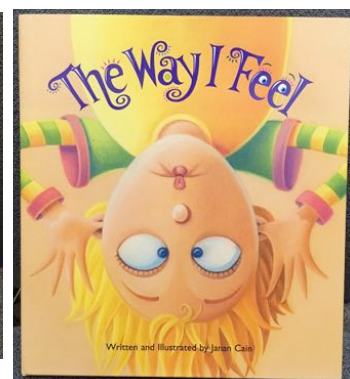
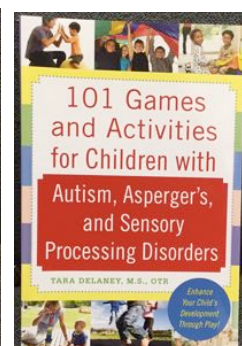
- Clean plastic bottle
- Hot water
- Mixing Bowl (preferably one with a pouring spout)
- Whisk
- Food coloring
- Fine glitter (A note about glitter: You can use fine glitter or *Make It Glitter Paint Additive*. *Make it Glitter* works best when blended with the hot water in the mixing bowl with a whisk. However, you can add fine glitter at any point and just shake it.)

Proportions: 1/3 corn syrup and 2/3 water, which is also combined with a small container of glitter glue (from the dollar store) and a bunch

Mentoring Idea of the Month #1: Use the new mentor library materials!



Grand Area Mentoring will provide several new resources for mentors to read and use. Titles include: *My Feeling Better Workbook*, *The Relaxation & Stress Reduction Workbook for Kids*, *101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders*, and more. Available in the small HMK mentor space. Thank you to Antje Rath for the suggestions!



of squeezes of *Make It Glitter*. Glitter can stick together at the top unless you use *Make It Glitter*.

Mix it: Combine corn syrup, hot water, glitter, and whisk together. When everything is blended, mix vigorously then pour right away into the water bottle. The last stir helps get the glitter to transfer to the water bottle instead of settling in the mixing bowl. Clean the residual glitter out with a paper towel before rinsing.

Leave the lid off until the water lowers to the room temperature. Once it has cooled, put the lid back on and secure it with hot glue or super glue.

