

# BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF  
THE SNOQUALMIE VALLEY COMMUNITY NETWORK



JUNE 2020



## Getting Grounded as School Starts

Grace. Patience. Deep breathes. These are words we've been hearing to describe how we might best handle the start of school. We know it will be a learning curve for everyone! As we move into this new season, the SVCN Team offers the following tips that can help keep you grounded.

- Strive to build a consistent routine.
- Be on the lookout for something to celebrate or be grateful for each day. Write it down. Read it later.
- Find time for centering activities that feed your soul (perhaps meditation, a book, a bike ride, or a hike).
- Set reminders throughout the day to stretch and to get a healthy snack.
- Model positive self-talk when things get frustrating, such as "This link is giving me a hard time. I need a break before I try again."
- Try out a mindfulness application on your cell phone. Smiling Mind is one of our favorites!
- Make time to connect with others.

When you make a practice out of any of the ideas above, you will feel better and see ripple effects into your work and family lives.

We wish you all a smooth (well, as smooth as possible) start to the school year!

The SVCN Team

### Get Inspired!

#### *In This Issue*

GETTING GROUNDED AS  
SCHOOL STARTS

KEY LEADERS SUMMIT  
RECAP

BE THE CHANGE

MEET KATHY HYLAND  
NEW PROGRAM  
COORDINATOR, YSM

BE A MENTOR!  
CALL FOR NEW  
MENTORS FOR THE  
2020-2021 SCHOOL  
YEAR

*Need more resources?*

[Click Here for information on How to Support Your Teens' Mental Health.](#)

[Click Here for information on How to Support Your Elementary Age Children's Mental Health.](#)



## *Thank you to all those that attended the Key Leaders Summit!*

We had one of our most successful and important Key Leaders Summits on August 10, with 158 participants, the highest ever to attend!

James Whitfield of Be Culture facilitated a discussion about racial equity through these guiding questions.

- What is racial equity and why would it matter in a place like Snoqualmie Valley?
- What are the ways we perpetuate racism without knowing it?
- How do our views about racial equity affect the ways we lead in the other areas of our lives?
- What can I do to make a difference at this historic moment?

Our next steps are that we have formed a Racial Equity Collaborative, which met for the first time on August 24, 2020. To sign up to receive updates about the collaborative, please email [lisa@svcn.info](mailto:lisa@svcn.info).



September 10, 6:30 -  
8:00 pm

[Click Here to Register](#)

For ages 13+  
A Virtual Event

### **Be the Change Session #5: Happiness is a Practice: Gratitude, Empathy & Connection**

Happiness has a very important role in our lives, and it can have a huge impact on the way we live our lives.

Although researchers have yet to pin down the definition or an agreed-upon formula or model for happiness, there's a lot we do know about this topic. For example, we know happiness is something that can be learned and that our happiness has a reciprocal relationship with our health.

**Featuring: Luis Ortega, Storytellers for Change**

In this session, we will dive into the science of happiness, what it actually is, and why it matters. Most importantly, we will practice happiness. Yes, happiness is a practice. It's an intentional choice to engage in specific activities that allow our minds to focus on what's good in our lives. This is why happiness has been found to support our mental health, increase our wellbeing, and strengthen our sense of connectedness and purpose. All key ingredients to live a productive and healthy life. In a moment in which the world feels so desperately in crisis, choosing to practice daily acts of happiness might just be what we need.



## Staff Highlight: Meet Kathy Hyland



Kathy Hyland is the Youth Success Mentoring Coordinator. Kathy has her BA from the University of Washington in Early Childhood and Family Services. She brings 21 years of experience working with children, their school employee families, the community and DCYF officials through her home daycare and preschool. Over the years, Kathy has volunteered for youth sports organizations coordinating volunteers and creating new programs. Kathy, and her family of four, have lived in the Upper Valley for 26 years. Her husband is a teacher and her two sons are grown and exploring life as adults. When not busy with work and her family, Kathy loves to create art out of old wood and enjoys working in her garden.

Please join us in welcoming Kathy to the Snoqualmie Valley Network team!



*Join our mentor team and become a mentor in 2020-2021!*

*As we return to school in the fall, kids will need mentors more than ever!*

*Email [BeAMentor@svcn.info](mailto:BeAMentor@svcn.info), and ask one of our awesome mentors about their experience.*

*Look for our mentor t-shirts in the community!*

