### NEWSLETTER NOVEMBER • DECEMBER 2020



#### 👷 🔹 PLANTING SEEDS FOR THE FUTURE 🛛 👷







Parents and children from Center 1 united forces to create beautiful turkeys out of recycled materials and showcase their Thanksgiving Spirit! Participants made turkeys with all sorts of ingenious materials such as yarn, feathers, cardboard, water bottles, forks, shoe boxes, and even acorns.

Contests like these not only allow parents to become involved but for the children's imagination to run wild and free.

The contest was judged by Curriculum Support Coach Dadou Joseph, Licensed Mental Health Professional Dr. Mary Leonce-James, and Family Services Coordinator Nancy Celine. Winners received baskets full of donated goods.

#### Special Thanks to:

Jeribeth De Perez for your PowerPoint presentation during the parent meeting.

Dadou, Dr. Mary and Nancy for being the judges in the contest.

Mrs. Cruz and Jeribeth for donating the goods to make the baskets and Melissa for organizing the event.







# ESDRA SOPON ROOM: 1

Made out of: Water jug Water bottles Forks Card board Paper Plastic bag

#### KEVIN GUTIERREZ ROOM 2

Made out of: Tissue paper Cardboard Newspaper Shoe Box

#### MAYERLY MARTINEZ ROOM: 3

Made out of: Cardboard Leaves Popsicle Sticks Forks Feathers Styrofoam ball

#### ELMER JUAREZ-CHUM ROOM 4

Made out of: Tissue paper Cardboard Newspaper Shoe Box

#### MELANIE SCHMIDT-LOPEZ ROOM: 5

Cardboard Feathers Felt Pipe cleaner

Community Partners in Action

For the past months, Truly Local Cares, MacEdwards, and Le Jardin have been working together to distribute Food Boxes to the local Homestead/Florid City residents. Donations are being provided by MAC Edwards produce in partnership with Truly Local Cares through the USDA Farmers to Families Food Box Program.

Parents and staff have been volunteering their time and working together to make every distribution a success. To date, over 2.000 food boxes and counting have been distributed to families!

Thanks to the help and the generosity of Truly Local, USDA Farmers to Families Food Box Program, and MAC Edwards families within our community and Centers can take home a box full of nutritious food.







# Community Partners in Action



Baptist Health South Florida

Thanks to the Emergency Department staff at Homestead Hospital, 70 of our neediest families were able to receive Thanksgiving goodie bags. More than twenty Baptist Health volunteers gathered in Center 2 to distribute the goodie bags and bring a dash of Thanksgiving spirit.

Each bag contained all of the ingredients necessary to prepare a Thanksgiving feast! Le Jardin families are grateful and proud to have partners who are dedicated to meeting the needs of the Community.



Parents and volunteers from HandsOn Miami came together to restore the Garden in Center 2. Thanks to the generosity of some local businesses, such as Little River Cooperative, we were able to give new life to our garden and plant a variety of fruit and vegetables.

In due time, the fruits and vegetables planted will be used for Health and Nutritional activities to help children develop healthier habits.





Community Partners in Action





The Florida Crunch is a one-day event organized by schools across the state to celebrate National Farm to School Month. It raises awareness of Florida-grown produce and healthy eating by highlighting one fruit or vegetable for students to learn about and sample in a taste test.

The event encourages schools to serve more Floridagrown produce in the cafeteria throughout the year.

Students in Center 1 had the opportunity to learn about locally grown Starfruits and were even able to get a taste of them!





We are thankful for all of the donations made by The Greater Miami Foundation and The Education Fund. Thanks to their generosity, we've been able to gather over \$5,000 in-kind for the Grantee program!

FOR EXCELLENCE IN MIAMI-DADE PUBLIC SCHOOLS

The supplies and books donated help support our mission to enhance bilingualism in our children.



Community Partners in Action



## Sacred Heart Woman's Club of Homestead

Thank you to the Sacred Heart Woman's Club of Homestead for their generous donation! They donated 30 Publix gift cards which many parents benefited from.

The Sacred Heart Woman's Club is a group of Catholic women in Homestead, Florida dedicated to serving the community and the church with time, resources, and open hearts.













Community Partners in Action

Every year, Le Jardin embarks on a mission to find sponsors who want to spread a little joy in the centers and classrooms. We make sure no classroom goes unsponsored and every child receives a gift.

Thank you to all of the Sponsors who helped us put a smile on every child's face by adopting a center or Classroom! Le Jardin's children and families are grateful for every toy donated.



**Center 2** St. Philips Episcopal School



**Center 4** Debbie and Sean O'Connor Zully Andino

Center 5B

Dr. Johanna Moorefield - Mission Hills Dentistry Erika and her friends (anonymous).

> **Center 6** Councilman Larry Roth Nayeli Hernandez

**Center 7** Latin American Motorcycle Association (LAMA) Miami 305 Chapter Bright Seasons







**Center 3 & Center 5A** AJ's Annual Toy Drive Councilwoman Jenifer Bailey



Center 5B Debbie Cherubini Paula Freer Tonantzi Montes Natalia's Shaved Ice (Natalia Castillo Madrigal) Rosie Hubbs Redding Irene Harkness Daisy Morales Karen Rodriquez Sandy Rouse, Mr. & Mrs. Chris Rouse and CAL Team





Mental Health During The Holidays

For many, the Holidays are the most wonderful time of the year but for others, it can bring mixed emotions and stress.

Feeling depressed or anxious is not unusual during the holiday season. Upcoming dinners, parties, and other family or friend gatherings may cause a great deal of stress. These feelings may be even worse for those who have experienced divorce, lost a loved one, are living far from family and friends, etc..

Here are some tips to "beat the holiday blues."

- 1. Keep your regular routine.
- 2. Think moderation.
- 3. Be realistic, and try not to expect the "ideal" holiday.
- 4. Stay connected.
- 5. Throw guilt out the window.
- 6. Don't be alone if you don't want to be.
- 7. Focus on today, not yesterday.
- 8. Just say no.
- 9. Ask for help.
- 10. Be good to yourself.

To read the full article, please log on to www.psychologytoday.com and search for the article "Life without Anxiety" by Linda Walter LCSW.

#### National Suicide Prevention Lifeline 800-273-8255