



MONTHLY NEWSLETTER

FOSTERING EQUITY, CULTURE, AND SAFETY & BELONGING.

BLACK HISTORY MONTH

Black History Month is an annually observed celebration of African American life, History, and culture. Founded by Dr. Carter G. Woodson in February 1926, what was Formerly known as *Negro History Week* became a month-long celebration that paves a way to promote, research, preserve, interpret, and disseminate information about Black life, History, and culture to the global community.

Have you wondered how to celebrate Black History Month? Here is a quick list of truly impactful ways to observe this time:

Explore Black history.

Explore your local community, reading books by Black authors, and visiting Black or African-American history museums.

Support Black-owned businesses.

By shopping at Black-owned businesses, you help create opportunities for underrepresented communities.

Watch films and documentaries created by Black filmmakers.

Discover diverse narratives that celebrate the rich experiences, cultures, and histories of the Black community.

Organize educational events.

Plan interactive history lessons, social activism projects, and other activities.

Commit to beyond February.

Make a strategic commitment to Black History Month, and don't limit your efforts to just February.

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LEVEL UP NEWS

Following Martin Luther King Jr. Day, Weaving Fala is back in full swing with our Level Up programs for the second semester of the school year.

In Level Up: Little Learners, we are continuing learning the fundamentals for young minds to prepare for the new beginnings of Kindergarten. All of our preschoolers are able to confidently count to 10 and are developing greater confidence around their ABC's. On top of those huge wins, every class the Little Learners are further strengthening their motor skills through cutting, gluing, drawing, and dancing!

In Level Up: Young World Travelers, we have continued our journey to the continent of Europe. In our itinerary, we are set to visit France, Italy, and Germany. Stay tuned to the Newsletter to read what activities we will enjoy while learning more about the culture of these countries.

In Level Up: Rising Leaders, we have transitioned from learning about the *Inner Worlds* of life and how life works inside our own heads and bodies, to the *Outer Worlds* of life. We are beginning this semester identifying what responsibilities we hold outside ourselves and what impact those responsibilities have in our lives.

At the root of all the Level Up programs, we as an organization strive to prepare these young humans to put their best foot forward through life, all while recognizing the beauty and importance of what individuality brings to our world.

UPCOMING EVENTS

- ✦ **BLACK HISTORY MONTH** (ALL MONTH)
- ✦ **GROUNDHOG'S DAY** (FEB. 2nd)
- ✦ **VALENTINE'S DAY** (FEB. 14th)
- ✦ **PRESIDENTS' DAY** (FEB 16th)



The Thrill of the Unknown

There's a practice this year that I have taken on for myself that is quite different from the ones in my past. In the last few years, I have come up with very thoughtful affirmations for myself to help keep my mind in the right headspace for when things get difficult.

"The only things I have full control over in my life are my thoughts, words, and actions in this present moment."

"There is no one in this life who can be here for me more than I can be here for myself."

"The one thing I know for certain is that I barely know anything at all."

"I am excited about all the unknown possibilities of what life may have in store for me."

All these phrases contributed to an attitude that I have adopted, naturally, going into 2026. Within all the frustrations, disappointments, and unknowns, I have come back to a common phrase I find myself saying frequently- from day to day.

"We'll see."

Through the affirmations I have used in the past, I have instilled this knowing within me. I can't control everything. I don't know everything. Most importantly, the most meaningful part of my life is the part I am living right now. It is easy to get lost in the anxieties of the past and the fears of the future. But what does it serve, other than a distraction, when the most important part of my life is this exact moment?

Saying "We'll see" is an act of acknowledgement, faith, and mindfulness.

Acknowledging what I want while simultaneously recognizing that I only can control what I can control. Giving faith that what is meant to happen will happen. Staying mindful that at the end of it all, this present moment is the most important.

I have spent too much of my life being fearful of the unpredictable. Among all other things, "We'll see" is my first step of taking my power back. It is not that I don't care. It's not that I don't believe. It's that I know with my full being that there are lessons I am meant to learn, people I am meant to meet, and experiences I am meant to have beyond my imagination. I am no longer going to let my stubbornness to hold the agenda that I have made for my future keep me distracted from the path I am meant to be on- I barely know anything at all and I surely do not know the future.

This idea used to terrify me. The unknowns that are always looming around the corner- the next hour, next day, next week, next year. Until my final day the unknowns will always be there. They used to taunt me.

However, now I know where my power lies. My heart is not set on a certain outcome, but is not shaken by the possibility that things could go terribly wrong- they have before and I made it through. Right now, I am going to do my best in this moment. One day, *we'll see*. And then, I will continue doing the same.

OUR SPONSORS

We are honored to highlight our sponsors: The Collins Foundation, Linn County Health Services and The Heatherington Foundation. Their sponsorship and partnership supports us to make confident strides towards continually fulfilling our mission for Lebanon as a grass-root nonprofit.

