



MONTHLY NEWSLETTER

MARCH 2025

Launching: Level Up

After long hours of discussing, planning, and replanning, Weaving Fala will be officially launching the remaining Level Up programs in the beginning of April. Weaving Fala's goal is to create a space of relevant higher learning for children to prepare them for upcoming stages of their life.

Upcoming Events



★ **LEVEL UP PROGRAMS**
BEGIN: APRIL 2ND

★ **LEVEL UP:
GROWTH EXPEDITIONS**
APRIL 5TH & 9TH

Level Up: Little Learnings works with pre-school aged children to expose them to the skills and knowledge to help them be better prepared to for starting school. This program has been running since January this year.

Level Up: Young World Travelers is a program that teaches middle-school aged students about different cultures near and far from home through story-telling, crafts, and food, in order to nourish a stronger understanding and appreciation diversity.

Level Up: Rising Leaders is a safe space to empowers middle school students by building confidence, self-advocacy, leadership skills, and through thoughtful conversations and engaging activities.

Level Up: Leaders in Motion shares a similar structure to rising leaders with an emphasis of community engagement and real life practice.



You only get what you give...

With how many times I have been described as a “ray of sunshine” or similar sentiments, many would be surprised with capacity I have had for anger. However, every time I would lash out at someone, I would feel great regret and shame. Even when my anger was completely valid, I’d wish I had managed my emotions better. I like being a kind and loving person and was never proud of myself when I allowed other people to affect that part of me.

Through consistent reflection, deep thought and taking accountability, I learned a valuable lesson for myself that helps get me through hard and emotional interpersonal situations.

Whenever I am feeling triggered by someone, I remember “you only get what you give”. This means you won’t be able to freely accept the things you want in life without being willing to freely give them away.

For example, you are having a heated conversation with a friend and you both seem pretty set in your stance. You’re frustrated that they don’t even seem to understand where you’re coming from. Instead of continuing to try to prove yourself right or your friend wrong, take a moment to give to your friend what you want from them- understanding. Take time to try and wrap your head around their reasoning the best you can. You can tell them you may not agree but you can understand why they feel that way. When I make this effort for others, the effort almost always is reflected back to me by the other person. When it isn’t, it’s a strong indication that we just don’t align and I need to be accepting.

CULTURE DAY:

On March 1st, 2025, Weaving Fala hosted our first ever Culture Day. This day was devoted to learning and celebrating the of many island groups around the world. Each child that attended received their own sarong- a well known staple of Pacific Islander culture. We gathered in groups to discuss the cultures and had fun participating in related activities. We ended things over a meal of Chef Jean-Luc’s incredible chicken and rice. From the smiles to engaging conversations- the first ever culture day was deemed a success.

MUGS MERCH

Throughout the third month of operation under new ownership- the shelves at mugs have been slowly filling up with fun merchandise for purchase. Like you may already be used to, you can find variety of stickers, bandanas, water bottles and personal coffee cups for sale around the shelves. You will also find Salakaia’s Threadz Sarong’s as well as locally sourced and handmade earrings. The money made from selling these items go right back into the Weaving Fala initiative of fostering community and giving back to the children.