

THE DINNER TABLE PROJECT

2018

NOVEMBER

Conversation Starters

Did you have a happy day or a sad day at school?

What and/or who made you laugh today?

Who did you sit by during lunch?

If we could only have one holiday – which one would you pick?

What is your favorite thing about the holidays?

Dinner Table Game

I'm Thankful from A to Z

The youngest person at the table starts by naming one thing they are thankful for that begins with the letter A. The person to their left will continue with the letter B and so on. See if you can make it to Z!

Character Word of the Month

Responsibility

Being responsible means you do the things you are expected to do and accept the consequences (results) of your actions.

Doing chores helps children learn about what they need to do to care for themselves, a home and a family. When children contribute to family life, it helps them feel competent and responsible.

November 15th is National Parental Involvement Day

Research shows that children are more likely to succeed academically and are less likely to engage in violent behavior if their families are involved in their education. Another study found that parental involvement is more important to student success, at every grade level, than family income or education. Go get involved in your child's education, meet their teacher, meet the other parent volunteers, meet the principal, and volunteer at their school!

FUN
FOOD
FACT

Eating an apple is a healthy and effective alternative to drinking coffee. The sugar in apples is one reason why they have similar effects to caffeine and vitamins from apples, specifically the skin, are released slowly throughout the body, making you feel more awake.



The Dinner
Table Project

FOUR RIVERS
REGIONAL
PREVENTION
CENTER

Find us on Instagram
@TheDinnerTableProject

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4 Ingredient Chicken Pasta Casserole



What You'll Need:

- 2 cups pre-cooked chicken
- 1 jar marinara sauce
- 4 cups any type cooked pasta, drained
- 1.5 cups shredded mozzarella cheese

Directions: Preheat oven to 350 degrees. Spray a 9 x 9 baking dish with nonstick spray. Combine pre-cooked pasta, chicken, and marinara sauce. Pour into prepared baking dish. Top with the shredded mozzarella. Bake, uncovered, 15-20 minutes, or until bubbly.

MADD TIE ONE ON FOR SAFETY CAMPAIGN



Some of the most dangerous days of the year on the road are between Thanksgiving and New Year's Day. Last year, 891 people were killed in drunk driving crashes in the United States. That is why every holiday season from November 1st through December 31st MADD asks you to display a red ribbon in a visible location to remind others to always designate a non-drinking driver. Started in 1986, Tie One On For Safety® is MADD's longest running and most visible public awareness project. The name comes from the phrase "tie one on," which is slang for drinking alcohol. But MADD uses the phrase to remind everyone that drinking and driving don't mix.

Youth Thrive

Social Connections

Having healthy, sustained relationships with people, institutions, the community and a force greater than oneself promotes a sense of trust, belonging and feelings that s/he matters.

TIP: Get the whole family involved at your local UK Extension office! The University of Kentucky Cooperative Extension Service offers four areas of programming: Farms, Gardens & Environment, Nutrition, Family & Homes; 4-H Youth Development, and Community & Economic Development. There are plenty of ways every family member can get involved at your local extension office by taking sewing or cooking classes, joining a bike group, or bee keeping club!

They also host various one-time events such as Pinterest (DIY) classes and book/reading nights!

Find your local office at: <http://extension.ca.uky.edu/county>

By providing youth with various opportunities to make strong social connections- together, we can help Youth Thrive!

Great American Smokeout

November 15, 2018

American Cancer Society

www.cancer.org

International Survivors of Suicide Loss Day

November 17, 2018

American Foundation for Suicide Prevention

Find an event near you:

<https://afsp.org/find-support/ive-lost-someone/survivor-day/find-a-survivor-day-event/>



We want to hear how YOU are using The Dinner Table Project!

Send stories, pictures, and ideas to spowell@4rbh.org with 'The Dinner Table Project' in the subject line and you might be featured in a future newsletter, on Instagram, or on the new website!