

19th Annual WHAT IS A NURTURING FAMILY?



ESSAY CONTEST 2010

TEACHER'S GUIDELINES & INSTRUCTIONS

WHAT: 19th Annual *WHAT IS A NURTURING FAMILY?* Essay Contest
As a class project, each student completes an essay on ONE of following topics:

- AN IDEAL NURTURING FAMILY
- HOW I THINK A NURTURING FAMILY SHOULD BE
- WHY MY FAMILY IS A NURTURING FAMILY

WHO: Students living in Oneida or Herkimer Counties, including:
All Elementary Schools (Grades 4, 5, 6)
All Junior High Schools (Grades 7, 8, 9)
All Senior High Schools (Grades 10, 11, 12)

ONE WINNER in each of the **three** grade categories will receive a **\$100 Savings Bond**, a **Nurturing T-Shirt** and a **First Place Certificate** to be presented at an awards ceremony on **May 8, 2009** at Sangertown Square Mall. Selected '*Honorable Mention*' essays will also receive awards.

WHEN: All entries must be submitted by **MARCH 29, 2010** to:

WHAT IS A NURTURING FAMILY?
FAMILY NURTURING CENTER of CNY
209 ELIZABETH ST. PAUL BLDG. 4th FL.
UTICA, NY 13501

TEACHER INSTRUCTIONS:

- On the **BACK** of each essay, **PLEASE PRINT:**
- The student's **full name, school and grade** - **PRINTED** by the teacher **ALSO**
 - List of **participating students ONLY**
 - The **teacher's name and contact number** - to call if your student is a winner **AND** the total number of essays submitted in your packet

Teachers: Please submit **All Completed Essays** as each class will receive a **GROUP "Certificate of Appreciation"**

WHY: The **FAMILY NURTURING CENTER OF CENTRAL NEW YORK, INC.** sponsors the Essay Contest as part of our annual *Family Of The Year Celebration*. Our goal is to promote community awareness of the importance of nurturing skills in families, and in all relationships. The conclusion of the Celebration involves one family selected from nominations throughout the community, being honored as ***FAMILY OF THE YEAR – 2010*** at the Celebration Dinner in June.

WHERE: **ALL entries** will be displayed at Sangertown Square Mall on **May 7 & 8, 2010**. (unless specified otherwise, i.e.: **‘Do Not Display’** on the back of the essay).

A special awards ceremony will take place on **Saturday, May 8th at 2:00 PM**, **ALL teachers, principals, students and their families are invited.**

GUIDELINES

Please introduce the concept of nurturing to students (definition, examples of nurturing relationships, discussion on nurturing attitudes in families, community, etc.). Ask students what they think a nurturing family is like. A suggested list of considerations may include:

- Spends quality time together (leisure, work, study, etc.)
- Encourages communication and is willing to listen.
- Expresses empathy by understanding each other’s feelings and needs.
- Provides affection and nurturing touch.
- Provides structure through appropriate discipline and democratic family rules.
- Values alternatives to physical punishments, threats, and intimidation (i.e. time-out, loss of privilege, grounding, etc.)
- Encourages getting needs met through positive role modeling.
- Encourages participation in problem solving and decision making.
- Teaches responsibility by providing logical consequences for inappropriate behavior.
- Provides opportunities to make choices, to empower family members to be responsible. make decisions, and to become independent.
- Shows respect for each other’s thoughts and feelings.
- Builds positive self image through praise and encouragement.

You may add any other ideas you have to this list to enhance your presentation to your students. This list is **only** meant as a guide for discussion of what nurturing is, and how nurturing helps children to develop in a safe, secure and healthy environment.

Thank you for your anticipated participation in this year’s event, and for your continued support of our mission to build more nurturing families in our communities.

If you have any questions, please contact **Kathy** at our office at **738-9773**.

Best Wishes to you and your students
From everyone at the **Family Nurturing Center of CNY, Inc.**