

Dear Saddle Rock Families,

Last year, Saddle Rock launched Family Connect Night as an opportunity for families to make some room in their busy weekday schedules to participate in enjoyable activities together, playing games, prepping and enjoying meals together, watching movies or going on strolls. It was a concept that was brought to the Shared Decision Making Committee to address the social and emotional wellness of our students and their families.

On Wednesday, September 28th, Saddle Rock will be kicking off this monthly event! On these nights, homework will not be assigned and tests will not be scheduled for the next day. This event will take place on, or close to, the last Wednesday of each month. Please feel free to share and upload your photos to: <https://forms.gle/j9xx7NKKpYeNcXJJ8>

The dates for Family Connect Night will be as follows:

September 28, 2022
October 26, 2022
November 16, 2022
December 21, 2022
January 25, 2023
February 15, 2023
March 29, 2023
April 26, 2023
May 31, 2023
June 14, 2023

For your convenience, we have provided you with a list of some activities you could try. They include:

- Cook or bake together
- Family movie night
- Create an obstacle course
- Play board games
- Build a fort
- Visit the public library
- Make slime
- Do a puzzle
- Take a bike ride
- Go on a walk
- Have a dance party
- Play a sport
- Get crafty

Please know that these are only suggested activities. Feel free to choose your own way to connect on these evenings. We hope that these nights do exactly what we intend them to do!

Warm regards,

The Saddle Rock Shared Decision Making Committee