



# Concrete Resource Coalition

February 2025

## Family Dance!



Emma shows her granddaughter how to use a skip-it at the family dance on February 13th.



On February 13th, the Concrete Resource Coalition and Concrete Elementary PTO partnered to provide family friendly activities for all ages at the PTO's Masquerade Ball! We loved seeing all the families together having fun.

Pictured below: CRC coordinator, Stephanie, with Cherokee, Jayden and Ellen working together to move forward as one in a "hamster wheel" challenge.



Pictured above is Alec with his son Liam enjoying the balance boards at the February 13th school dance.

Pictured top left, Jayden, Lincoln, Clayton and Odin enjoy building with Lego blocks.

Pictured left, Cherokee Pritchard, a Varsity and Volunteerism member, earns volunteer hours by leading families in a scavenger hunt and awarding prizes for finding all the images.

## Youth Leadership Opportunities



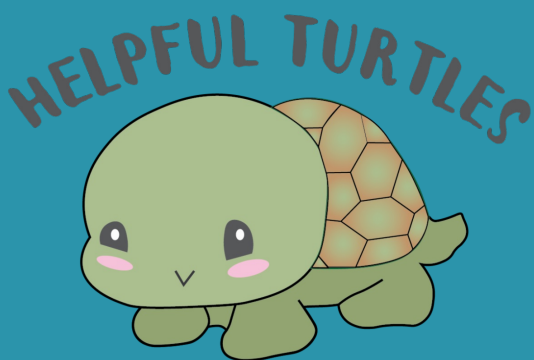
The Concrete Prevention Posse (CPP) met on February 3rd to plan their first big event on Friday, April 11th. CPP members want to do a flashlight egg hunt for teens at Silo Park. Concrete Town Council approved the event application at the February 24th council meeting.

Concrete Prevention Posse members also signed their CANS (community assessment of neighborhood stores) letters. Those letters were then sent to local businesses. The CPP is scheduled to revisit stores in April. CPP members talked about upcoming leadership opportunities. Including Youth Got This Summit on April 18th and Spring Youth Forum on May 6th.

Lastly the group talked about Teens in the Driver Seat surveys going out to students February 5th and their next steps with data.



Concrete Prevention Posse members play a game with pennies. The goal is to challenge others to try and make their penny fall from their chin but not yours. For example spin around 5 times or do 5 jumping jacks. David Houser was our winner!

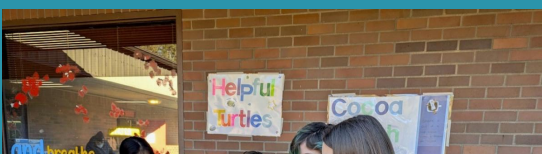


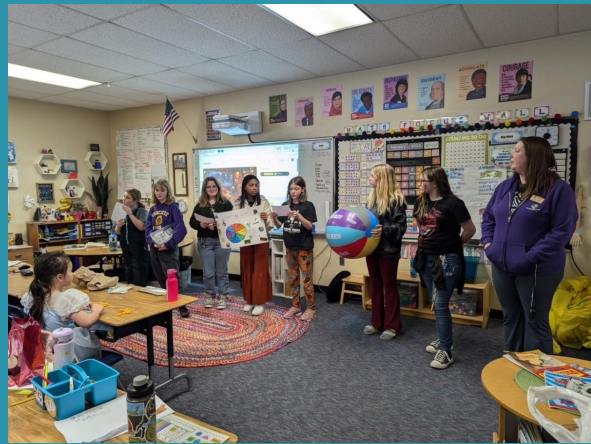
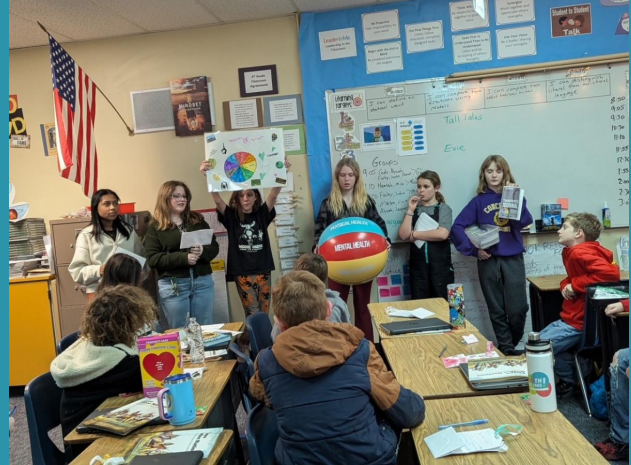
Introducing our newest youth prevention club, the Helpful Turtles!

The turtles have been meeting since October, and they finally have a name and the cutest logo designed by club members. Why turtles? "It's the name the group liked best," shared advisor Tabitha Walter.

The turtles are dedicated to fostering a positive school climate at Concrete Elementary. In January, they gave out hot cocoa to all 200+ students. In February, they asked students to write nice things about each other during recess on slips of paper. The slips were then placed on a Kindness Wall for all to see!

Great work, Helpful Turtles; our school is a kinder place because of you!





Paisley does a school wide announcement on the intercom reminding students to complete their thankfulness journals entries for the day.

Sources of Strength members gave over two dozen classroom presentations to K-12 grade classrooms, asking them to participate in a 21-day thankfulness journal challenge. Over 200 students from K-12th grade accepted the challenge! Way to go, Sources of Strength members.

Does your student want to get involved?  
Contact Steve or Tabitha to sign up!  
slondino@concrete.k12.wa.us  
twalter@concrete.k12.wa.us

Learn more about sources [here](#)

## Parenting Resources

The Concrete Resource Coalition is dedicated to providing additional support for parents. As part of our efforts, we are sharing monthly tips here and in the Smore Newsletter offered by the Concrete School District. We also invite you to send us photos of your family sharing a meal or doing a fun activity together. Your photos will be included in our next newsletter, serving as a reminder of the importance of family engagement in our community.



### One of the Most Important Tips for Raising children - Practice Unconditional Love

Dealing with teenagers has its ups and downs. But loving and accepting our kids through good times and bad is essential. Our early relationships play a huge part in how we form attachments, both as kids and adults. Multiple studies have revealed the positive effects of unconditional love, as well as the negative results when children do not receive it. Here are some of the evidence-based benefits of loving attachment between parents and child.

- Better brain health: Children who receive unconditional love from their parents have better health and better brain development. A 2012 study found that children with affectionate mothers have a larger hippocampus, the part of the brain that controls memory and learning capabilities.





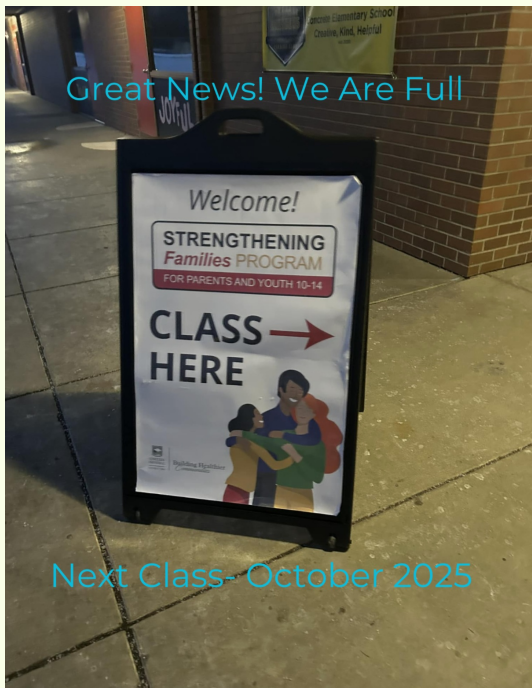
Our parenting handbooks have arrived! You can grab your free copy at the following locations

- Concrete SeaMar
- East County Resource Center
- Concrete Boys and Girls Club
- Upper Skagit Library
- Mount Baker Presbyterian Church
- Concrete Elementary and Highschool (Steve or Tabitha)

learning capabilities.

- Higher stress resilience: Loving parent-child relationships allow teens to build better stress resilience—the ability to bounce back from hard things. A study at UCLA found adults who experienced a lack of affection in childhood were more stressed and had greater disease risk. However, researchers also found that parental warmth and affection protect children against the harmful biological impact of childhood stress.
- Stronger bonds: Yet another study on parent-child relationships found that mothers who were less controlling when playing with their young children had stronger bonds with their kids. Consequently, researchers theorized that the children of less controlling mothers felt more accepted and loved—leading to better relationships.

Brought to you by <https://www.newportacademy.com>



### Strengthening Families is full!

We have 26 amazing community members engaged in our program every Tuesday night. Seeing Concrete Elementary Library full of families talking, laughing, and building bonds has been nothing short of inspiring.

We have had a few families reach out about our next class. We are looking at October 2025, but if we have five families that want to get started earlier, we can try for a summer start date. If your family is interested or you know someone who is, please have them sign up on our interest form so we can connect for the next program.

Thank you all for getting the word out and helping us rebuild our family programs.

[Sign up here](#)



### Online Safety Trainings

Lisa Honold is back for two more sessions based on the survey results from community members. Our next session is tonight! Please sign up and join us. If you can't make it, we will record the sessions to share with the community. We will have the 2/27 session playing on repeat during parent-teacher conferences on March 13th and 14th in the school board room.

[Sign up here](#)



Lisa at our first community education night on November 20th.

### Virtual Parent Sessions

[Register here](#)



**Thursday February 27th from 6:30-7:30pm**

**Digital Guard Rails: Making sense of safety settings.**

Learn about parental controls and safety settings built inside of Instagram, Snapchat, TikTok, YouTube, Xbox, Steam, Discord and Roblox.

**Tuesday March 18th from 4:00-5:00pm**

**Setting Healthy Boundaries on Screens & Handling Common**

**Pushback.** Learn about the importance of protecting your child's digital reputation, discuss setting up healthy boundaries and practice what to say when your child resists your boundaries, with comments like "Don't you trust me?" or "My phone is private. You can't look at it."

**Zoom link:** [https://us02web.zoom.us/join/register/M-wD\\_Fe7RnqniqNIXjQzA](https://us02web.zoom.us/join/register/M-wD_Fe7RnqniqNIXjQzA)

The Center for Online Safety has a mission: To keep children and teens safe online. Our programs teach parents how to manage screen time and help kids develop a healthy relationship with technology. Visit [CenterForOnlineSafety.com](http://CenterForOnlineSafety.com) for more details.



# Coalition Programs and Events

Find Your Adventure!



2024

HIGHLIGHTS



510 attendees

39 Resource & Activity Booths



2,000+ resources given out!

food, vaccines, life jackets, backpacks, Kona Ice, flyers, stickers, brochures, and crafts.



95% of parents surveyed learned about a new resource

See you next year! July, 17 2025

## Concrete Youth Activity Day 2025

Planning Meetings began on January 15th. We will continue to meet on the 3rd Wednesdays at 2 pm on Zoom. If you want to attend a planning meeting please let CRC coordinator, Stephanie Morgareidge know to get the Zoom link.

We are currently looking for the following:

- A live band for July 17th
- A family friendly performer, bonus points if the performance is interactive. Example, hula hoops, drumming, juggling, etc.
- Petting Zoo



## Youth Recognition Night

Save the date, our 2025 youth recognition night is Tuesday, May 13th.

Last year we recognized over 50 young people doing amazing work in our community. If you want to be part of planning this great event we meet on the 2nd Thursdays at 10am on Zoom. email [Stephanie.Morgareidge@UnitedGeneral.org](mailto:Stephanie.Morgareidge@UnitedGeneral.org) for the link.

## New Media Campaign

The Concrete Resource Coalition is launching a new campaign from the Department of Health called **Under the Influence...of You**. This campaign is for adults reminding them that they play a big role in how our teens perceive the risks of cannabis use. More information to follow in the March newsletter.

Want to learn more?

Visit [Start Talking Now](#)

ASK WHO, WHAT, WHERE, AND WHEN. TEENS ARE LESS LIKELY TO USE MARIJUANA WHEN YOU SHOW THAT YOU CARE.

TEENS ARE UNDER THE INFLUENCE...OF YOU.  
LEARN MORE AT [STARTTALKINGNOW.ORG](http://STARTTALKINGNOW.ORG)

# Coalition Meetings



Our next meeting is March 20th from 3:30 to 4:30 on Zoom and in-person. We meet in person at the Concrete Farm to School Portable directly behind Concrete Elementary's gym.

- Review coalition assessment tool data
- Guest Speakers Robert and Alexis from community wildfire resilience
- Updates from CPP and Helpful Turtles
- Online Safety- Next Steps

## Past Coalition Meeting Minutes

[November 2024 MM](#)

[December 2024 MM](#)

[January 2025 MM](#)

## Partner - Community Events and News

### United General District 304 - Impact Report

Did you see the impact report? Without United General District 304, the Concrete Resource Coalition wouldn't have a fiscal sponsor and organizational support to keep the coalition well organized. Many community members received it in the mail the last week of December, and this is what I heard from two of them.

"The United General District 304 report is really good! I saw lots of people in the pictures I know"

"Good work on the impact report, I had no idea United General did so much"



[Read the Impact Report here](#)

## Past Newsletters

[January 2024](#)

[February 2024](#)

[Spring 2024](#)

[June 2024](#)

[September 2024](#)

[October 2024](#)

[November 2024](#)

[December 2024](#)

[January 2025](#)

Check out our new website - [Concrete Resource Coalition](#)

Stephanie Morgareidge  
Concrete Resource Coalition Coordinator  
Phone: (360) 854-7159



Keep in Touch!





[Send A Message](#)



Learn more about Coalition programs by clicking the links below

[PAX Good Behavior Game](#)

[Life Skills](#)

[Under the influence of  
you campaign](#)

[Strengthening Families](#)

*Our Mission Statement*

*The Concrete Resource Coalition will develop and implement ways to respectfully meet the needs of youth, families & individuals through collaboration, networking & building community relationships.*

Fiscal Sponsor

Funding provided by:



Building Healthier  
*Communities*



United General District 304 | 2031 Hospital Drive | SEDRO WOOLLEY, WA 98284 US

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