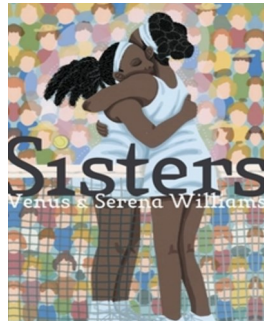


The Mayor's Book Club is pleased to present our Book-of-the-Month for February:



Sisters

By Jeanette Winter

It's Fun and Easy!

Sisters: Venus & Serena Williams by Jeanette Winter is a wonderful story of Venus and Serena Williams. They faced adversity and challenges, but they overcame them to become some of the greatest tennis players of all time.

Tip #1 – Sisters: Venus & Serena Williams is an excellent beginning reader book. The story has short sentences on each page, which is perfect to practice reading out loud or together.

Tip #2 – The book has dialogue between the sisters, family, and characters. It can be great to practice their statements and questions. It can also be fun to give the characters voices to hear them come to life across the pages.

Tip #3 – The illustrations show Venus and Serena overcoming challenges, hard days, and difficult times. The illustrations also show a close family, their bond as sisters, and their triumphs as winners. Be sure to see the details on each page.

Cocoon of Concentration

Venus and Serena wrapped themselves in a “cocoon of concentration” in order to focus on the game and block out distractions. Their success is a triumph of loving support and hard-earned skills prevailing over economic and social challenges.

- Create a distraction-free environment
- Take power naps & breaks
- Fix a daily routine and follow it
- Divide big task into smaller sub-tasks
- Practice deep breathing
- Play focus games



Children often find it difficult to concentrate on the task in hand for more than a few minutes. However, having good concentration helps them study, do homework or complete difficult tasks with ease. Here are a few tips you can use with your child to help with the “cocoon of concentration.”



Sponsored By:
Hampton Healthy Families Partnership, Inc.



Did You Know?

Sisters: Venus & Serena Helps Children Understand Concentration.

Some children may have trouble sustaining their attention to a given task. It makes learning hard, and also impacts everyday life. But there are ways to help your child cut through distractions and get things done. Jigsaw puzzles, matching games and board games are a great way to develop attention, concentration and thinking skills. Talk about your child's strengths, not just challenges. When kids understand what they're good at, it builds confidence and helps them stay motivated when things get tough.



Venus and Serena won many awards.
How many trophies do you see? Count then color the trophies.



COMMUNITY RESOURCES

Special Olympics Basketball

Athletes will have the opportunity to participate in the game of basketball, learning the game and competition

February 3, 2024
2:00 PM - 4:00 PM
Northampton Community Center
1435-A Todds Lane
(757) 251-2826
Cost: Free

Cake & Tea

We teach them how to bake. Then we all eat the cake!
Participants will be instructed on how to bake a cake. Afterwards the cake will be served with tea as participants partake in character-building lessons that address goal-setting, leadership, and bullying.











February 14, 2024
3:00 PM - 5:00 PM
North Phoebus Community Center
249 West Chamberlin Avenue
(757) 275-6734
Cost: Free

Visit the City of Hampton's Website for additional family fun activities.

Name : _____ Date : _____

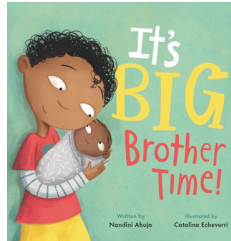
Find and circle the words hidden in the puzzle.
The words have been placed horizontally or vertically.

T	U	E	H	P	M	P	B	Q	Q	N
V	S	C	B	D	M	T	A	S	R	S
O	O	R	A	F	E	L	S	S	R	I
L	L	I	D	F	G	L	K	Y	E	N
L	T	C	M	Y	E	A	E	R	C	N
E	Q	K	I	W	U	B	T	I	C	E
Y	Z	E	N	B	U	E	B	D	O	T
B	V	T	T	N	A	S	A	W	S	L
A	C	V	O	F	K	A	L	P	Z	H
L	Y	W	N	E	V	B	L	C	X	W
L	W	Z	Z	J	V	T	T	U	C	Q

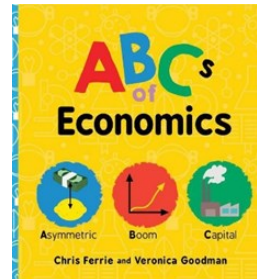










 • TENNIS • BASEBALL • VOLLEYBALL
 • CRICKET • SOCCER
 • BADMINTON • BASKETBALL

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BOOK PICKS



It's Big Brother Time!
by Nandini Ahuja



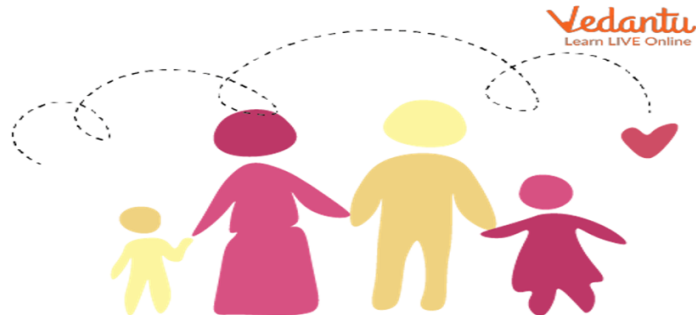
ABCs of Economics
by Chris Ferrie

ALL
of your
PROBLEMS
have
SOLUTIONS



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Family Means Everything
By Kelly Roper
Poetry Corner



Family members
Are the people who
Make life worth living.
In good times and bad,
Love them first and last because
Your family means everything.

Thanks to the Langley Civic Leaders Association, Air Force Association—Langley Chapter, and Exchange Club of Wythe for their sponsorships.