



## *A Note From Our Director*

Happy February! We are already a week into the 2nd month of a New Year and back with our monthly newsletter with all things Adult and Continuing Education!

The last few months have been quite the rollercoaster filled with highs, lows, and some in between moments. I welcomed my sixth, yes that's right, 6th grandchild on November 7th, just one day after my birthday. Her name is Capri, and she is the sweetest babygirl. I had a full house while celebrating Christmas and the New Year, which was the best kind of chaos. My anxiety peaked as Inauguration Day came and went. Now here we are in February, which is also Black History Month. I am going to do my best to shift my focus on the impact that Black lives have had in the world and continue to change the narrative around the purpose of this month. Black History is American History and our contributions, blood, sweat, and tears are woven into the fabric of this country. No change in curriculum, dismantling of DEI or banning of books can change that. As difficult as it may be to face the reality of some of the pain Black people endured, it is important that we know the truth and honor their sacrifices for us to be here.



Last Black History month, I encouraged you all to engage in conversations, watch movies where we are celebrated, listen to music or a podcast that uplifted Black Love and Black Joy which is sometimes forgotten in the struggle that is always shared. This year, I want to remind you that as much as we are hopeful, the struggle is REAL! I want to remind you that Ruby Bridges is only 70 years old and that segregation only became outlawed 61 years ago and that it became legal for Black people to vote only 60 years ago. Let us not forget this real and recent history.

" The suffering of our ancestors must not be forgotten, and their resilience must be honored. The impact of some of these horrors are still with us today. The history is heavy, and the truth is deeply unsettling. But acknowledging it is an act of resistance- one that honors strength and survival. The

endured unimaginable suffering, yet their spirit was never broken. They fought, they loved, they build, and because of them, we are here today."

Wherever you are on your journey, I hope you can pause, take a closer look at the history, and never let it be erased.

In solidarity,  
Dr, Diane D. Clare-Kearney

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## Weekly Poll

What is your favorite way to practice self care?

Cozied up with a Book 📖

Spa and Salon Day 🛁

Night Out with Friends 🌃

Solo Binge Watch 🍿 📺

📅 Voting available from February 7th until March 1st

👁️ Votes are anonymous and results are private

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## This or That

Valentine's Day Edition of This or That with Dr. Kearney...

This or that with Dr. Kearney





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## *Black History Month*

### **Start your Black History Month Here**

Celebrate Black history and future through this daily newsletter series in February. This is great for students, workplaces, and passionate leaders. [Subscribe Here](#)

Each Day in February, you'll receive on email with

- An untold or under appreciated story of an inspiring Black figure in the U.S.
- Discussion questions to drive conversation and learning with your colleagues, students, friends, and family.
- Action steps to carry their work into tomorrow-whether it's donating to an organization, getting involved in your community, or more.

[View a Sample Email Here!](#)

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### **Black History Month For the Kids**

#### **Questions to Ask Your Child**

1. What makes someone a hero? Who are some Black heroes that you have learned about?
2. When looking at art created by Black illustrators, designers, and painters, ask your child: What stands out to you first and why? What Black history story does this art tell you about or remind you of? Do the people look happy, sad, anxious? Why?
3. Who are the Black heroes who have broken barriers in history and today?
4. What is a role model? What Black role models helped to make the world a better place? How can you be a role model at school or in your neighborhood?
5. How have Black people have helped our country (or your community)

[Teach your child more about Black History Month here!](#)

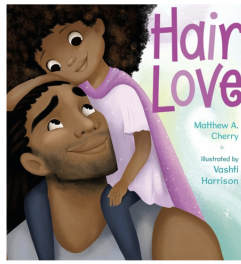
### **Children's Books with Strong Black Characters**

All children need exposure to diverse books, including the full spectrum of Black characters and their experiences. Explore these stories featuring strong Black characters that exude bravery, confidence, and curiosity.



## Sulwe

Lupita Nyong'o



## Hair Love

Matthew A. Cherry



## My Rainy Day RocketShip

Markette Sheppard

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## Current Events

### MPS March Madness 3-on-3 Staff Basketball Tournament

Who will take home the trophy this year?! Manchester Adult & Continuing Education invites all staff to show off their skills (or cheer in the stands!) for the 2nd Annual MPS March Madness 3-on-3 Staff Basketball Tournament held on Friday, April 4, 2025 at 4pm in the MHS Main Gym! **All** players will receive official MPS March Madness Merchandise and the winning team members will each receive a \$50 Amazon gift card, [BLENDi Pro+ Blender](#), and swag bag. Please see the [MPS March Madness Flyer](#) for the official [entry form](#), rules, and regulations. **Submissions are due by 3/7**. Any questions can be directed to [Teighlor Clare-Kearney](#).





**2ND ANNUAL**

Manchester  
Adult and Continuing Education

MANCHESTER PUBLIC SCHOOLS

**MARCH MADNESS**

STAFF **3-ON-3**

**BASKETBALL TOURNAMENT**

FRIDAY  
APRIL  
**4**

**4PM**  
MHS MAIN GYM

**\$50**  
amazon  
gift card  
and  
**SWAG** Bag  
with BLENDI

SCAN ME

Scan or Click Here  
for Official Entry  
Form and Rules

per winning  
team member

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### Another Round of CAACE Winners!

We are thrilled to congratulate Tracy Gallivan for being awarded Support Staff of the Year and Peg Scanlon for being awarded Educator of the Year by the Connecticut Association for Adult and Continuing Education!

This recognition is a true testament to the incredible work they both do and the positive impact they have on everyone around them. We hope they each take a moment to truly bask in this well-deserved recognition. We're so lucky to have you on our team!

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*Continuing Education*



**Intermediate  
Spanish**



**Saturdays  
9:00-11:00am**

3/1/25 - 4/5/25

**\$69**

*Virtual*



# America's Cowboy Country



**July 22-29, 2025**

Land and Air

**\$3999**

*Flight from BDL*



# Iceland's Magical Northern Lights

*Manchester*  
Adult and Continuing Education



**Oct 18-24, 2025**

Land and Air

**\$4199**

*Flight from Boston*

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## *Department of Race and Equity*

### **Learning & Liberation Lab: Parker's Pedagogy Tips**

"Reimagining Education to the Extent of Actualization" presented by Ryan Parker: Please [RSVP in the flyer HERE.](#)

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### **Additional Resources For Black History Month and Beyond**

The Department of Race and Equity is pleased to share [Volume 6 of Community & Culture Flipbook](#). This edition of the publication includes content on some of the observances and celebrations for the month of February.

In addition, feel free to [CLICK HERE](#) to access ideas for daily recognitions of Black history within the classroom setting. (Be sure to preview all materials to ensure that they best meet the needs of your community.)

You also have [THIS](#) more expansive resource to help support you and your community as you engage in recognizing and celebrating Black History Month! Within the more expansive resource,



you will find additional suggestions and a guiding outline on ways in which you can frame out your celebrations of Black history over the course of the month coupled with a plethora of resources!

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## MA&CE Mindfulness

### 20 Sentences I Wish I'd Read Sooner In Life

Written by Colby Kultgen

1. **Action** is the antidote to anxiety.
2. You get **4,000 weeks** if you're lucky—stop waiting.
3. Notice the people who bring out your **favorite version of yourself**.
4. You teach people **how to treat you** by what you tolerate.
5. Growth happens when you do things you feel **unqualified to do**.
6. “The cave you **fear to enter** holds the treasure you seek.”
7. If you don't schedule your priorities, **someone else will**.
8. **The most dangerous addiction** is the approval of other people.
9. Burnout happens when you **treat rest as a reward** rather than a right.
10. You'll **never regret** investing in your health, learning, or relationships.
11. Normalize not **having an opinion** on things you aren't informed on.
12. The only person who's going to **magically show up** to save you—is you.
13. Your habits are the **silent architects** of your life.
14. **Discipline** is choosing what you want most over what you want now.
15. The people who matter won't leave you for **having boundaries**.
16. Your worth isn't tied to your **productivity**.
17. **Reach out to people** just because they crossed your mind.
18. Not everything requires **your reaction**—silence is a response, too.
19. **Action creates motivation**—not the other way around.
20. “You can literally **change your life** any day—you can wake up tomorrow and decide that you want something different.”

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## Small Business Spotlight

**Want your small business featured in our newsletter?**

Fill out the form below



# Support Local!

Do you own or operate small business? Does your family? We want to hear all about it and support you! Please fill out this form so a member of our team can contact you to be featured in our newsletter!

[Sign in to Google](#) to save your progress. [Learn more](#)

\* Indicates required question

Email \*

Your email

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## Tap in to your Niche

Interested in teaching a continuing education course? Fill out the form below!

# Manchester Adult & Continuing Education Course Proposal - Summer/Fall

Here at Manchester Adult & Continuing Education, we recognize that teachers are the most valuable asset to our organization. In this spirit, we support teachers in their professional growth while giving them the opportunity to flex their creativity by designing their own courses. We cannot wait to see what you have to offer! Please note that these proposals are being considered for our **2025 Summer/Fall Catalog**. These classes will run in the evenings Monday through Thursday. We do make exceptions for Saturday classes if it deems fit. **These classes will be offered between May 19, 2025 and October 31, 2025.** Covid has opened the door to run virtual classes but we do have the audience and clientele that may prefer to be in person. Your proposal will be reviewed and we will contact you if your course is chosen for the upcoming catalog. **Please submit this form by March 17, 2025.** Contact me with any

# 2025



Your New Year Starts Here.

**WINTER / SPRING**  
2024 - 2025



*Keep up with us*

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[ADULT EDUCATION REGISTRATION FORM](#)



**Teighlor Clare-Kearney**

Teighlor is using Smore to create beautiful newsletters