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Joyful News E-Newsletter

Almost Summer 2026

Children, Our Most Precious Resource

Inside this Issue:

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- "Cafeteria Victories" by Sarah Diaz, owner
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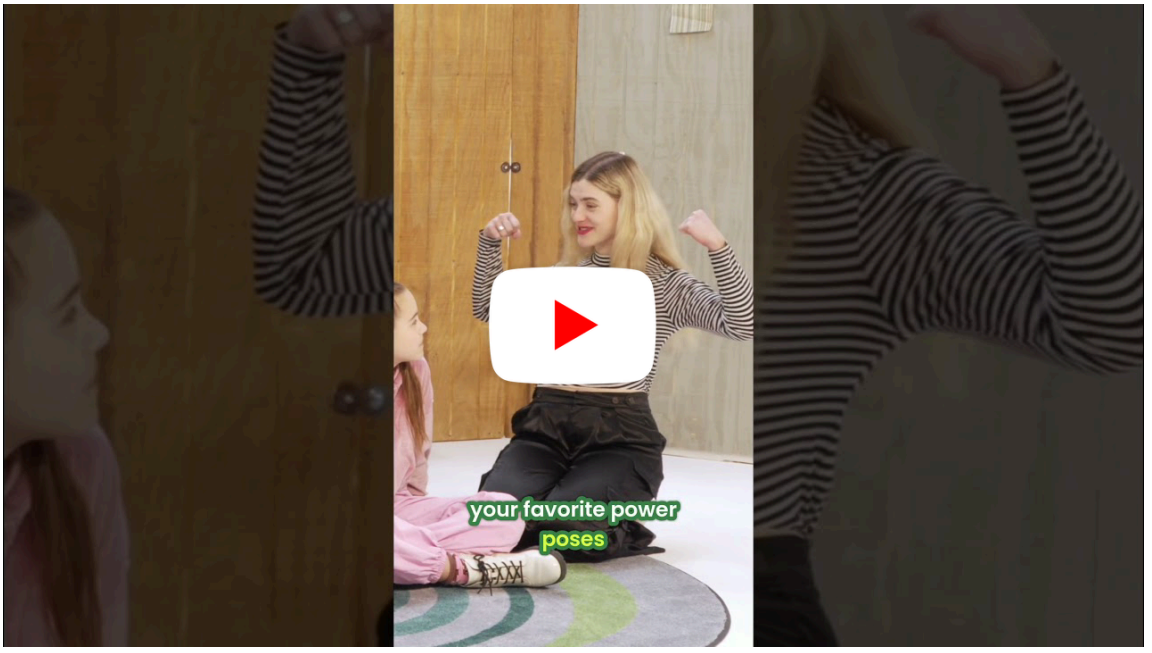
- Joyful Parenting Ed Program
- In the Joy Blog, "Every Parent a Homeschooling Parent!"

Take Our Short Survey Please? Chance to Win Joy Circles Gang Subscription or $50 Amazon Gift Card! CLICK HERE

JOY CIRCLES® GANG



Get *The Joy Circles Gang* on Roku, in Google Play and in the Apple Store Now! Scan for Free Premiere Video

What is ***The Joy Circles Gang?*** A program that brings preteens and parents together to build their relationships and a positive mindset, one that might proudly say, "Uh, yeah, that's my Mom!" In a group or school setting, it's a catalyst for positive skill building, where tweens ages 9-13 relate to the live actors and the scenarios in the episodes. Discussion questions accompany each episode, fostering rich exchange and engagement.

"Ideally, this video series is designed to be viewed with a parent or other adult," explains Barbara Thomason, creator of the series. "There are curated discussion questions associated with each episode, and some episodes have additional resources available for download."

Public, private schools, and homeschoolers will find the videos an easy way to launch rich discussions about values, communication skills, leadership, and personal development. Take a peek at episodes 1,2 or 13 offered exclusively in this e-newsletter, that addresses social media safety. See the **CATALOG HERE**.

START A FREE TRIAL!

Victory in Our Cafeterias

by Sarah Diaz

Nearly thirty million American students eat school lunches each day, according to the School Nutrition Association. The **USDA** estimates that 30-40% of our food supply is wasted, despite programs like Offer versus Serve (OVS), which permits students to decline up to two food components at lunch or one item at breakfast.
We have prioritized academics over quality mealtime and convenience over sustainability. Some of our students face food insecurity while at the same time throwing away food that they don't have time to eat. I was a witness to this.
READ COMPLETE ARTICLE

ABOUT CAFETERIA VICTORIES FOUNDER, SARAH DIAZ
Sarah Diaz is an educator and sustainability advocate with a master's degree in Middle Grades Education and twenty-four years of classroom experience. She has taught in diverse school settings and worked closely with students, cafeteria teams, and administrators, giving her a ground-level view of how school systems function.

In 2023, Sarah Diaz assumed the role of Program Specialist for the San Diego Unified School District's Love Food, Not Waste initiative, where she supported schools in reducing cafeteria waste and elevating student leadership in sustainability efforts.

Recognizing the need for a more comprehensive, student-centered approach, she founded Cafeteria Victories, which designs and delivers programs that develop student leaders, fosters a culture of sustainability from a young age, and helps schools and districts turn their cafeterias into hubs of climate action.

Send Us More Info -Click Here

DefenderShield®

If you or your organization have not read up-to-date findings on EMF (electromagnetic frequency) impacts on young children, it might be worthwhile to read recent reports and begin budgeting for protection for your children. The proliferation of wifi and wireless towers throughout our communities creates hazards for developing bodies, the result which we are just beginning to understand. Families and schools may want to consider some of the reputable companies providing equipment to protect growing bodies, especially eyes and brains, from these dangers. Click on the QR code below to reach DefenderShield, a company our organization supports and believes in.

SELECT RESEARCH LINKS:

Environmental Health Trust - *https://ehtrust.org/in-historic-decision-federal-court-finds-fcc-failed-to-explain-why-it-ignored-scientific-evidence-showing-harm-from-wireless-radiation/*

Environmental Health Trust -https://ehtrust.org/health-effects-wireless-in-schools

Firstenberg, A, (2022). *The Firstenberg Brief on Electrosmog*, World Council for Health, Policy Briefs - World Council for Health

Joyful Parenting Program

Parenting tweens and teens escalated to a new, more challenging dimension when smartphones emerged on the scene in 2007, followed later by social media networks. There's no putting the genie back in the bottle....or is there?

"Joyful Parenting" is a contemporary self-paced online parenting education

program designed for parents whose children are entering the preteen years. These are the parents who are starting to wonder about what to do about restrictions on screen time, when to allow access to smartphones and social media, and parents who may already be seeing behaviors that look more like teen-age behavior, e.g. rebellion, retreating, cliques, and bullying.
The program includes the added benefit of monthly online forums with other parents of preteens, where common issues can be raised and discussed openly, yet in a safe space.

This program is now available for registrations.

Note: School counselors and social workers may want to consider this program for busy households to bring skills and strategies to families of preteens. This is not counseling, but rather peer discussion and facilitator coaching with professional oversight. The first two units can be taken on a trial basis before committing to the entire course. The fee to have a full year's access to the course and the monthly forums is $189.
View at https://joy-circles.com/course/joyful-parenting/

Read The Joy Blog!

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