National Council on Educating Black Children

Helping Parents Help Children Make ~

Good Choices

Parent Newsletter

December 2010

What is Kwanzaa?

Kwanzaa *(Swahili for "fresh fruits")* is celebrated in the African American community each December 26th through January 1st. The celebration is modeled on an African harvest festival and was created by Dr. Maulana Karenga, Ph.D., to introduce seven guiding principles for building and restoring healthy and nurturing families and strong and supportive communities throughout the year. **Each day**, the family comes together to discuss one of the guiding principles. NCEBC promotes the principles of Kwanzaa and community empowerment for people of all ethnicities throughout the year and we encourage you to learn more about Kwanzaa's principles and practices.

The Seven Principles of the Nguzo Saba

***Umoja (Unity)*:** We must be and work together in our families and communities for the good of all.

Kujichagulia (Self-Determination)*:* We must build our lives in our own images and interests and take that achievement upon ourselves. Self-determination is the essence of freedom.

Ujima (Collective Work and Responsibility)*:* We must work together and accept collective responsibility for the common good of the family and community.

Ujamaa (Cooperative Economics)*:* We must make and share wealth in our families and communities.

***Nia (Purpose)*: We must review our purpose for living and our expectations from life including our desires and hopes**.

Kuumba (Creativity)*:* We must build and develop our creative potential so that we can achieve higher levels of living and a greater appreciation of life.

Imani (Faith)*:* We must believe in ourselves as individuals and as members of our community and in our right and ability to control our own destiny.

Reference:
www.officialkwanzaawebsite.org
http://ncebc.org/programs/parent-university-curriculum/ (Kwanzaa Poster)

Giving Back

Winter months and holiday seasons are always marked with ample opportunity to "give back" to our communities. Check with your local:

- Churches
- Salvation Army
- Fraternities and Sororities *(even if you aren't a member)*
- School or community programs
- Hospitals and Nursing Homes
- Other places where your time and talent may be put to good use.

Our Wish for You

The NCEBC would like to wish all of our stakeholders, especially the Parents who have embraced our *Good Choices Campaign* and the children attending our Augustus F. Hawkins Literacy Centers across the country, a joyful and safe holiday season. Together, we have accomplished a great deal in 2010 and with your continued support and participation, the best is yet to come. Happy Holidays!

Learn more ways to help your children make good choices and succeed. Contact NCEBC at (317) 283-9081 to be connected with your Community Action Team or ask about the National Parent University Curriculum Initiative.

The National Council on Educating Black Children supports the Indianapolis Community Crime Prevention Program in partnership with Marion County Health and Hospitals Legacy House and its Reclaiming the Village program