



MARCH

2021 Newsletter

Early Education Curriculum

Infants: This month, we will begin an individualized curriculum for all students under 12 months. Teachers will send you a copy of your child's plan, and we encourage you to try the activities at home with your little one.

Toddlers: Children will continue working on language and cognitive objectives. Toddlers will also focus on storybooks with added puppets and dramatizations. Each class will create a storybook, including children's illustrations.

Preschool: The Red Sox classroom will begin a Tree Study. Celtic and K1 (Patriots & Bruins) classrooms will begin World of Color Unit 4.

Family Engagement

March 2nd: Read across America Day. Contact your child's teacher if you would like to read to your child's classroom via Zoom!

March 5th All toddler classrooms will make lemonade.

March 3rd Crazy Hat Day! Wear your crazy hat.

March 10th Crazy Hair Day!

March 17th Wear green today!

March 19th Infants and Toddlers try something new! Bring a photo on Monday to share during circle time

March 24th Silly socks day! Wear your silliest socks to school

March 31st Wacky Wednesday! Wear mix-matched clothes

March 26th To celebrate Literacy Month, we invite families to write a poem or a story with your child. Bring it to school to share with their friends and dress your child in any attire related to their favorite book.

March is Literacy Month, National Nutrition Month and the beginning of Spring. Birds are migrating, seeds will begin to grow, and weather will begin to change. Children will explore and learn about each of these nature activities, exploring the world around them as it changes from winter to spring.

School Age

The School Age Program is excited to partner with the Roxbury Branch Library for virtual stories and crafts every Tuesday at 3:30 pm. Children have enjoyed virtual stories, short films, poetry, and crafts.

Reminders

Please fill out your child's [health screening form](#) **every morning** and make sure your child(ren) have extra face masks and a warm blanket. We will go outside every day, so please bring your child dressed for the weather. Please **label everything**.

Birthday Celebrations: Due to allergies and recommendations from our Licenser and Health Department, NO outside foods (cakes, etc.) are allowed. Please speak to Ellis before birthday celebrations.

March 8th: International Women's Day

March 14th: Daylight Savings. Clocks are turned forward

March 20th: First Day of Spring

Closures

Ellis will be **closed on March 19th** for Professional Development

March Celebrations

3/2 Penn, 1 year old

3/2 Kaleb, 2 years old

3/3 Ms. Shamika

3/6 London G., 4 years old

3/6 Ms. Jennifer Daniels, 4 years at Ellis

3/6 Nawal, 5 years old

3/6 Elijah, 3 years old

3/7 Ms. Maryan

3/8 Arckel, 5 years old

3/12 Caden, 6 years old

3/12 Montana, 1 year old

3/14 Michael M., 5 years old

3/17 Paul, 1 year old

3/21 Leandre, 12 years old

3/21 Ms. Jeannie, 9 years at Ellis

3/24 Juliette, 3 years old

3/25 Ms. Akja, 2 years at Ellis

3/26 Cameron, 2 years old

3/27 Lucas, 1 year old

3/28 Theodore, 1 year old

3/29 Khloe, 2 years old

3/30 Emilia, 2 years old

3/31 Ms. Jamaila

Family Resources

- [Families First Power of Parenting \(POP\) Series](#)
- [School Finder | Boston School Finder](#)
- [UPK Focus on K1 Curriculum](#)

Welcome, New Staff!



Juleann Gomes is a substitute teacher who will join the Caterpillars while Ms. Ajka is on maternity leave.



Kate Thomas is an AmeriCorps volunteer in the upper level School Age program. Kate is from St. Paul, Minnesota. In high school, Kate played volleyball and undertook an exchange year in Germany and speaks German fluently. Kate graduated high school in the spring of 2020 and will attend Carleton College this fall.

Saturday Zoom Playdates

10 am, March 6th Infants
10 am, March 13th Toddlers
10am, March 20th Preschool

Zoom links are in your ProCare calendar.

Caregiver Circle

The **Caregiver Circle** group meets every month with Emily O'Brien and Jessie Elston to celebrate family successes, troubleshoot challenges, and explore all aspects of the parenting experience in a welcoming and non-judgmental space. Our next meeting will **Thursday March 4th from 8:15-9:15 p.m. on Zoom**. To RSVP, please contact [Emily O'Brien](#)

Social Emotional Skills Groups

Ellis is offering the opportunity for preschool children to participate in a small group with Social Worker, Emily O'Brien, LCSW. This weekly social emotional skills group follows an 8-week curriculum focused on teaching children a variety of skills to improve their ability to establish healthy relationships with peers, positive ways to express their emotions, assist them in understanding their emotions, and help develop strong self-confidence. Information will be delivered in a fun and welcoming manner with books, games, art and projects. Weekly notes will be sent home, sharing what was discussed during group and the activities that took place. Currently in the Patriots classroom, the skills group will cycle through all preschool classrooms.

Countdown to Kindergarten

BPS K2 Registration: Priority registration for the Connector

Registration for Boston Public Schools is open for K2 (Kindergarten) students through April 8, 2021. Only UPK families who register for K2 before April 8 will be eligible for the UPK Connector. Visit [Discover BPS](#) to learn more about their K2 options, and book an appointment with a BPS Welcome Center [here](#) or call 617-635-9010 and register with one of the registration specialists.

- [BPS Pre-Registration](#)
- [Make an appointment to register your child in BPS](#)
- K2 first round registration begins **February 8- April 5**

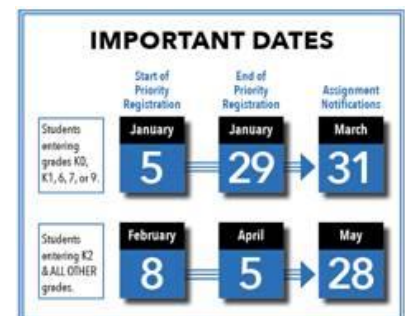
BPS Age Requirements

- Your child must be 5 by September 1, 2021 to register for **K2** kindergarten
- Your child must be 4 by September 1, 2021 to register for **K1** kindergarten
- Your child must be 3 by September 1, 2021 to register for **K0** kindergarten

K1 and K0 seats are NOT guaranteed, so First Round Registration is your best chance!

Intro to Special Education Workshop on Saturday, March 6th at 10am

BPS Special Education Related Services will present this workshop to parents and caregivers about the basics of special education, flow charts, child development, and the referral process. [Zoom link](#), Meeting ID: 867 7371 9893, Passcode: 3s9UJ1





ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY

1 Set an intention to live with awareness and kindness

TUESDAY

2 Notice five things that are beautiful in the world outside

WEDNESDAY

3 Start today by appreciating your body and that you're alive

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

FRIDAY

5 Take three calm breaths at regular intervals during your day

SATURDAY

6 Bring to mind people you care about and send love to them

SUNDAY

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life



"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together