



Feature Teacher **Meet Our New Principa** Ms. Nikki

Hello! My name is Nikki Gallahue. I live in Whitman with my husband John and dog Fozzie. I am so excited to be a part of the Star Preschools team! Working with children has always been a passion of mine, as I have babysat and taught gymnastics since I was 14 years old. I graduated from Sacred Heart High School in Kingston in 2009 and continued my education at Curry College in Milton. I studied Early Childhood Education and Integrated Liberal Studies at Curry and worked at the campus childcare center. After graduating in 2013, I attended the University of Massachusetts Boston, and received my Master of Education in Educational Administration, graduating in 2018. I am licensed to teach Pre-K through Grade 6 and have spent time teaching early childhood and Title One in the private and public schools. Although I enjoyed my work in the school systems, I knew I eventually wanted to get back to my roots of childcare. I am Infant & Toddler Certified and have led my own classroom in each of those age groups! I obtained my Director I and II Certification through the state, and have been an assistant director at a childcare center before embarking on my journey at Starboard! My favorite thing about working with children is watching them grow and hit milestones. I value my role in their education and strive to provide a safe and nurturing environment for them. I consider myself lucky to be able to build relationships with all different types of families, and acknowledge that finding a school where you can trust that your children are safe and cared for is so important. I can't wait to meet you!

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Nurse Terry's Tips: Wellness Exams Are So Important

Spring is here and it's time for new beginnings! Let's start off by making sure every child is up to date with their Annual Wellness Exams. It is so important for your child's health to have a Wellness Exam every year. This is not just for immunizations, but to also catch any early on-set health problems that may occur. Also, please note: if your child is four, they must be screened for vision and hearing problems. It is required by State Licensing that we have a copy of your child's Wellness Exam and shot records on file and updated yearly, audits can be done at any time as well. Your child's file is considered incomplete until this information is received.

With those beautiful flowers come pesky creatures: bees, wasps, yellow jackets, hornets, and fire ants. Here are some tips to keep your child safe from insect stings:

- Check for nests in play areas, for instance, old tree stumps, around rotting wood, in holes in the ground, auto tires, and around trash cans.
- Don't allow children who are allergic to insects play outside alone when stinging insects are active. Even a dead insect can sting if a child steps on it or picks it up.
 - Wear shoes. Avoid sandals or going barefoot.
- When eating outdoors, avoid foods such as tuna, peanut butter and jelly sandwiches, and water-melon. Sweetened drinks, frozen sweet treats, and ice cream also attract insects.
- ☼ If an insect is near, DO NOT SWAT at it or RUN. These actions can trigger an attack. Walk away slowly. If you DISTURB A NEST and the insects swarm around you, curl up as tightly as you can, face down and cover your head with your arms which reduces exposed skin.

Pre-K Graduation

It is hard to believe the end of the school year is only two months away! Cap and gowns have been ordered and we will be sending Graduation Information packets soon. More details about the ceremony will be coming in May! Tentatively graduation has been set In addition, we will be sending home a "Program Withdrawal/Change in Schedule" notice. We are hopeful that many of our Pre-K students will be staying to attend our Summer Program. Please feel free to stop by the office if you have any questions.

Water Bottles

Please be sure to bring a

LABELED water bottle in with your child daily. With the summer quickly approaching we want to make sure the children are staying hydrated.

Spring Fling

Next week is our Annual Spring Fling
Party on Thursday, April 8th. Every child
is asked to bring in 12 goodie filled eggs
for the egg hunt. The BUNNY will be
visiting along with many other party festivities including party snack, craft and have
an egg hunt on their playground. Sign-ups
have been posted in the foyer:-)

Summertime = Sunscreen Time!

Getting Hot, Hot, Hot!

We will start to apply Sunscreen beginning Monday, June 8th. Sunscreen is provided for Toddler through Pre-K children.

A consent form will be attached to the foyer doors, in order to give your child's teacher permission to apply

sunscreen. Sunscreen will ONLY be applied in the afternoons, so please be sure to apply sunscreen in the morning prior to attending school.

CURRICULUM CORNER

Gross Motor Skills

Last month our main focus was Fine Motor; this month we want to focus on Gross Motor Skills! Gross Motor is so important for developing strength, balance and coordination in a child's large muscles. It helps with confidence and promotes daily physical exercise and a healthy lifestyle as



well. Below is a list of fun activities you can introduce to your child at home:

- *Throw, catch or kick a ball with your child.
- *Have run races or play chase/tag together.
- *Challenge your child to move like various animals (bear walk, crab walk, slither like a snake, t-rex walk, hop like a frog)
- *Provide your child with a bike or scooter to practice balance and coordination.
- *Make frequent visits to your local park. Encourage your child to climb, challenge them to
- "skip" on the monkey bars, and teach them how to use their arms and legs to go higher on the swings.
- *Play movement songs or yoga videos your child can watch and learn from.
- *Enroll your child into individual or team sports such as soccer, t-ball, flag football, dance, gymnastics, swimming or martial arts.
- *Create an obstacle course using hoola-hoops to jump in, cones to run around and tunnels to climb through.





114 Industrial Park Rd Plymouth, MA 02360

Phone: 774-234-7827 Email: Nicole.g@ starboardacademy.com



Important Dates for April

Friday, April 2nd:

OPEN on Good Friday

Thursday, April 8th:

Spring Fling Party Monday-Friday, April 26th & 30th

Parent/Teacher Conferences

Looking Forward to May

Monday, May 3rd—Friday, May 7th:

Teacher Appreciation Week

Friday, May 7th:

Mother's Day Tea Party

Friday, May 28th:

Pre-K Gradations

Friday, June 4th:

We are CLOSED IN OBSERVANCE OF MEMORIAL DAY









