



NOVEMBER | 2021

## Teacher of the month: Ms. MaryJo

Ms. MaryJo joined Starboard Academy as one of our PreK teachers in August of 2021! We are so thrilled to have Ms. MaryJo as part of our stellar Starboard Team! Ms. MaryJo has had many years of experience teaching Prek and has even taught PreK in different states! Ms. MaryJo works alongside Ms. Kristen in Pre-K 2. She has been a great addition to our staff and has implemented wonderful curriculum which includes focusing on handwriting and phonics, and has built so many positive relationships with her students! She can always be found around the building with a cheerful attitude and smile behind her mask! Ms. Maryjo, we want to thank you for your commitment to Starboard Academy and we are so grateful to have you on our TEAM! Your hard work and extensive knowledge of early education is greatly appreciated and does not go unnoticed! Congratulations, Ms. MaryJo on being our teacher of the month, it is well deserved!



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## Star Spotlight: MEET THE O'KEEFE FAMILY

We are beyond appreciative of the loyalty and longevity your family has made to the Starboard Academy Family! We have thoroughly enjoyed watching Addison grow throughout our program over the past couple of months. Your child is truly a SHINING star! Thank you for allowing us the privilege of caring for Addie and being part of your families' educational journey. Watching Addie grow reminds us every day why we love what we do!



## FUN FACTS ABOUT THE O'KEEFE FAMILY:

Thank you so much for this honor! We cant say enough good things about Starboard! From the moment we walked in for Addie's tour it felt like home. The teachers go above and beyond to make every day special for the kids. When we pick Addie up in the afternoon every teacher still has a smile on their face, it shows how much they truly love their jobs.



- What activities does your family enjoy? We love going for walks at the canal or downtown Plymouth, we also enjoy spending time with our families and friends.
- What is your family's favorite meal? We all love pizza or tortellini!
- What is your favorite school Memory? Our favorite memory was the first art project Addie came home with. She had colored a fish cut out from a paper plate and at 13 months old the smile on her face when she showed us could light up a room.
- Does your family have a favorite vacation spot? Unfortunately due to COVID travel has been limited but we do enjoy the weekend trips on the Cape! We are looking forward to bringing Addie to Stowe,VT soon as that is a family favorite.

# Friendly Reminders



Hello Families,

Happy November! November always is a great time to remember what we are thankful for. I am so thankful for all of you and your wonderful children who make my days so much brighter! I am also thankful for the wonderful staff and teachers at Starboard Academy that go above and beyond for our children! As the weather gets colder and the leaves fall, I hope we can all take the time to enjoy the beauty of the change of seasons! Below are some important reminders for the new month:

- Please remember to sanitize your hands when entering the building and be wearing a mask. 
- Cold season is upon us! If your child is not feeling well and experiencing multiple symptoms, we ask that you be cautious and considerate when sending your child to school. If you are not sure if your child is too sick to come to school, please speak with leadership before bringing them in.
- Please do not leave your car running in the parking lot at pick up and drop off and be sure to park in an outlined spot.
- At pick up time, it is getting darker outside, please drive slowly in the parking lot.
- As the weather changes, please make sure your child has weather appropriate changes of clothes. 

If you have any questions please do not hesitate to reach out!

Make every day bright,

*Ms. Nikki*



# Friendly Reminders



## Parent/Teacher Conferences

If you would like to schedule a conference to meet with your child's teacher, please stop by the front desk or email a member of Leadership about availability. We will be personally reaching out to individual families if we feel like a conference is needed.

## Turkey Food Drive

This Thanksgiving Season, Star Preschools has teamed up with Hands of Hope in Harwich for our Annual Turkey Drive to help those in need! Everyone knows a turkey needs feathers, so starting Monday, November 8th through Friday, November 19th will have a "Mr. Turkey" hanging on our Bulletin Board in our school. Families will have the opportunity to either bring canned goods (cranberry sauce, baked beans, canned green beans, canned sweet potatoes, turkey gravy), stuffing or macaroni and cheese or may buy a feather, to put their name on, in amounts of \$1, \$5, \$10 and \$20. As Mr. Turkey feathers out, local families in need will have full bellies this Thanksgiving! For every \$20.00 raised, a full Thanksgiving turkey meal will be provided to a family in need. So let the feathering begin!

Gobble, Gobble!

## Annual Thanksgiving Feast



Our Annual Thanksgiving Feast will be on Thursday, November 18th! The children are encouraged to dress-up as a Pilgrim or Native American.

## Pumpkin Pie Day

On Tuesday, November 16th and Wednesday, November 17th, the children will be making homemade pumpkin pies with their class! Sign-up sheets will be posted in the main entry at the drop off table with specific dates for your child's class and recipe items needed. Supplies will need to be brought by Friday, November 12th.



# Friendly Reminders



## Kid Kreations Fundraising

During this week, you will be receiving your child's Kids Kreations sample art in his or her cubby! The children did a fabulous job creating some fun handprint art. This is our biggest fundraiser of the year with all the proceeds going towards "Teacher Appreciation Week". These Kids Kreations artwork can be put onto bags, beach towels, aprons, canvas and so much more plus make great gifts for family and friends, and the holidays are quickly approaching! Please remember, all orders must be in by Friday, November 12th.

## Thankful For You- Shared Snack

A little baggie is being sent home for you to fill with your favorite treat so it can be brought back and shared with your friends to eat. Please return your baggie filled with a share snack on or before Friday, November 12th. No Candy Please! REMEMBER We Are a NUT FREE FACILITY! This is a great way to teach our little ones the true meaning of Thanksgiving and the importance of sharing with friends!

## Add To Our Kindness Turkey

For the month of November, we will be focusing on kindness! In the main entry, we will have a pre-cut turkey hanging on the bulletin board, and pre-cut feathers available for the children to write something kind about their teacher(s) and/or their friends. We want them to be able to recognize those special traits that make us kind, caring and thoughtful friends.

### Easy ways to teach/model kindness:

\*Model KIND behavior; lead by example

\*Point out to your children how their behavior can and does affect others

\*Point out and boast about your child's KIND behavior, help them recognize all the positivity that comes from showing someone kindness.

## Food Order Shortages

As some of you are aware, many suppliers are dealing with shortages and delays with items. Sadly, the company that we order our food from is no different. We've had to supplement some of our menu items lately, but please know that the quality and freshness will not change! We will continue to make sure that each child has a healthy and nutritious meal/snack!



## Conscious Discipline: Supporting Children's Emotional Development

Understanding and identifying how we are feeling as humans is an essential skill, but this does not mean that it comes easy. Learning to express what we're feeling or needing requires practice and intentionality. Using Conscious Discipline will help to provide Strategies to support our child's social and emotional development along with how to respond to our children's emotions or tantrums. The focal point of this curriculum is that it all starts with us.

If we want a child to calm down and cooperate during a tantrum, then we must make sure we are calm first. Here are some breathing strategies you can practice and teach your children too:

- The S.T.A.R. – Smile, Take a deep breath And Relax
- The Drain– Hands in front, fist tight, and let it all go!
- The Balloon- Breathe in your nose and let it out your mouth
- The Pretzel – Cross your arms, pull your arms up. Cross your feet. Put your tongue on top of your mouth (this one is a little more complex, may be easier to teach older kids)

### Identify

Once you have stopped to take a deep breathe, it is time to help identify the emotions your child may be feeling and offer empathy. What are they trying to say?

- Watch their facial expression and body language and then describe their feelings to them. Take your best guess as to what they may be trying to express: "I see that your face is going like this (insert what you observe), and your arms are going like this (insert what you observe). Your body is telling me I feel so (insert emotion)".
- Next, decide what your child needs based on their temperament. Do they need to be left alone for a little bit or do they need to be hugged?

If you go the hug route, don't say anything at first, but just keep breathing. You want to let them know that you are a safe place for them. A Conscious Discipline mantra you can share with your kids is: You are safe, you can handle this, I've got you.

### Offer a choice

Having a tantrum (especially for older kids) shouldn't mean they can get out of something. If a tantrum was triggered by not wanting to put on a pair of pants for example, you can give them a choice. Do you want to put on the pants in your room or in the living room?

### Ask

Finally, remember that your kids are still learning and developing. Tantrums can often can come as a response to a need that is not being met. Think about your child, what can trigger them to become upset? A good question to ask is are they tired, hungry, bored, hurt, did something change in their routine?

In this time when all of our routines have changed, it is important to establish a new routine or new normal for you and your kids! If you can, come up with a daily schedule. Remember that you don't have to be too strict, give yourself as well as your kids grace if you have to stray from the plan one day.

Children are resilient and very adaptable, but do best when they have a consistent routine. We hope these tips will help you and your little ones.

Remember, "Love is the best motivator for learning and growth. Love is more powerful than fear..."

\*Adapted from Dr. Becky A. Bailey's Conscious Discipline Curriculum

# November = Thankful Month



## THANKFUL FOR YOU!

This month we want to thank all of the families at Starboard Academy for their support, patience and assistance this wonderful school year:

We would like to take this opportunity to thank all of our Starboard families for their support and choosing Starboard Academy for your child's education. We are truly thankful and appreciative to all of our families who have entrusted us to care for your most precious children. We pride ourselves in offering an atmosphere where children feel like they are loved as well as being cared for by our dedicated educators. Our classrooms are bright and colorful with challenging activities for all. We are very proud of our curriculum that includes all the basics but really blossoms with our guest visitors such as in house activities, Music classes, Home Economics projects and so much more. So this month of November, we want to THANK all of our Spectacular Starboard Families!

# Important Dates



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HARVEST	1 TURKEY DRIVE STARTS! 	2	3	4	5 KIDS KREATIONS ORDERS DUE  HARVEST PARTY! 	
VETERAN'S DAY / KINDNESS	8	9	10	11 CLOSED 	12	
FIRST THANKSGIVING	15	16 MAKE PUMPKIN PIE! 	17 MAKE PUMPKIN PIE! 	18 THANKSGIVING FEAST DRESS AS A PILGRIM OR INDIAN 	19 KIDS SHARED SNACK & LAST DAY OF TURKEY DRIVE! 	
HOLIDAY TRADITIONS	22	23	24	25 CLOSED 	26 CLOSED 	
HANUKKAH / HOLIDAY TRADITIONS	29 TOY DRIVE STARTS 	30	1 WEAR BLUE TO CELEBRATE HANUKKAH! 	2	3	

## Mark Your Calendars!

We have so much to be thankful for this month! Be sure to mark your calendars with these important dates for November!

- MONDAY, NOVEMBER 1ST: TURKEY DRIVE STARTS & MUSIC CLASS! 
- FRIDAY, NOVEMBER 5TH: KIDS KREATION ORDERS ARE DUE & HARVEST PARTY MAKE UP DATE!
- THURSDAY, NOVEMBER 11TH: CLOSED FOR VETERANS DAY 
- NOVEMBER 16TH & 17TH: BAKE PUMPKIN PIES 
- THURSDAY, NOVEMBER 18TH: THANKSGIVING FEAST— DRESS LIKE A PILGRIM OR INDIAN
- FRIDAY, NOVEMBER 19TH: SHARED SNACK DAY / LAST DAY OF TURKEY DRIVE
- NOVEMBER 25TH & 26TH: CLOSED FOR THANKSGIVING / BLACK FRIDAY 
- MONDAY, NOVEMBER 29TH: TOYS FOR TOTS TOY DRIVE STARTS

If you have any questions about upcoming events, please don't hesitate to reach out to a member of Leadership!

# Picture Corner

