

JANUARY | 2023



Teacher of the month: Ms. Amanda

Ms. Amanda is one of Starboard Academy's wonderful Preschool Teachers! She works in our Preschool 1 classroom alongside Ms. Nina. We are so thrilled to have Ms. Amanda as part of our stellar Starboard Team since opening! Ms. Amanda is so sweet and is great at arts and crafts! Ms. Amanda has a younger siblings who she is very close with and helps take care of when not at Starboard! Some more of Ms. Amanda's wonderful attributes are that she is nurturing, caring, and always eager to help. Ms. Amanda, we want to thank you for your commitment to Starboard Academy and we are so grateful to have you on our TEAM! Your dedication to the field of early education is deeply valued and appreciated. Congratulations, Ms. Amanda on being our teacher of the month, it is well deserved



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STAR SPOTLIGHT: MEET MS. AMANDA:

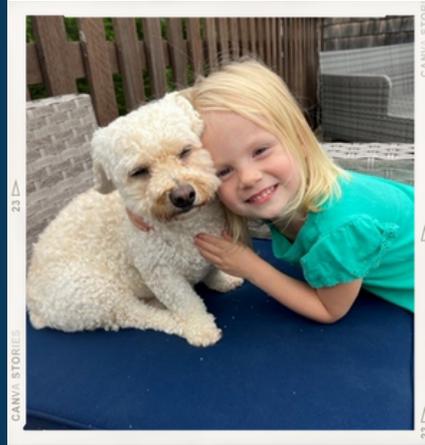
- **Family:** I have a brother, Augie, 27, a sister, Amy, 20, and a younger brother Anthony, 14. I live with my siblings and mom.
- **Activities:** I've always been artsy. As a child it was crayons and glitter glue. Now it's graphite and colored pencils; though if I am at work, it is markers and paint that I am covered in. Aside from drawing, I enjoy Pilates and walking my dog.
- **Favorite Food:** One of my favorite foods is tortellinis. Not the store bought kind found in the freezer section or those served at a restaurant smothered in jarred Alfredo or tomato sauce, but those that are made by hand. My mother mixes the dough and together we use her grandfather's pasta crank to roll out the dough. We stuff each little piece into shape. Once hardened in the freezer my mother boils them in a secret recipe broth. No, I will not share them with you.
- **Favorite School Memory:** Recess: Right after lunch in elementary school was the only true time anyone was excited to be in line. Running out the doors, getting static burns from going down the hot plastic slide, and swinging as high as you can on the swing set before jumping off and getting your shoes full of sand; those care-free moments where you're just a kid, free and invincible, those are my favorite school memories.
- **Extracurriculars:** In middle school I participated in an art club. In college I lead the human services club, running fundraisers to help the community, causes such as filling knapsacks with necessities for the local homeless, and raising money to donate to a women's support group.
- Vacation spot: anywhere warm with a beach
- **Pets:** I have a yellow lab who is 5 named Chance who is a crazy and lazy love bug and also a very moody green conure who is about 1 named Tiko.
- **Favorite Story:** There are so many great stories out there. One of my childhood favorites includes the collection of Winnie the Pooh stories by Alan Alexander Milne.



Family Of The Month



We are beyond appreciative of the loyalty and longevity your family has made to the Starboard Academy Family! We have thoroughly enjoyed watching Summer and Henry grow throughout our program over the past couple of years. Your children are truly SHINING stars! Thank you for allowing us the privilege of caring for Henry and Summer and being part of your families' educational journey. Watching your children grow reminds us every day why we love what we do! Below are some fun "Getting to Know You" questions about The Sees Family!



STAR SPOTLIGHT: MEET THE SEES FAMILY



- **What activities does your family enjoy?** In the summertime we love to be at the beach or outside enjoying the warm weather in our garden. We also love our long family walks around the neighborhood with our dog, Jasper!
- **What is your family's favorite meal?** We are big fans of fresh fruits and vegetables in our house! Summer and Henry love pasta & meatballs, broccoli and of course cheese!
- **What is your favorite school Memory?** Summer loved grandparents day when her Nanni visited and got to eat huge cookies! We also love sharing the holiday season with Starboard as well as the open house and the binder of activities and crafts at the end of the year. Our kids LOVE to look back at the art they did over the course of the year!
- **Are there any extracurricular activities your children participate in?** Summer takes pre-ballet on Wednesdays after school and Henry proudly cheers her on.
- **Does your family have a favorite vacation spot?** Our favorite vacation spot is down the cape visiting Grandpa Greg or on the Vineyard visiting Nanni and Papa
- **Do you have any pets?** We have one loveable old-man-dog, Jasper! He is a Maltese Yorkie mix. He is 11.5 years old!

HAPPY NEW YEAR!



Happy 2023 Starboard Families!

The craziness of the winter holiday season is closing out, new goals and resolutions are being set for this new year, and Starboard Academy cannot wait to have an amazing end to the school year. Reflecting back on 2022, I have so many great memories with you all and especially our staff. 2022 was a huge year of growth for Starboard as we welcomed new families and staff. I am so excited to see where 2023 takes us! We have lots of learning to do and fun to be had! Below are some important reminders for January:

- Please label all of children's clothing and outerwear. Be sure to have weather appropriate changes of clothes in your child's cubby.
- A Jacket, Hat, and Gloves should be labeled and brought every day as we are still going outside twice a day!
- Please let us know if your child is feeling under the weather. If you are unsure whether to bring them in, please call the school and leadership would be happy to point you in the right direction! If experiencing multiple symptoms, we may require a doctor's note to return to school.
- We will be hosting a STEAM Night on January 25th for our Preschool and PreK families! Invitations coming soon!
- **We will be closed on Martin Luther King Jr Day, Monday January 16th**
- **We will be closed Monday, February 6th for in-service day.**
- Tax info will be available via Kangarootime this month.

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

Make every day bright.

Ms. Nikki



FRIENDLY REMINDERS



THANK YOU FOR YOUR GENEROSITY:



A special thanks to our supportive Families who helped make the holidays a lot BRIGHTER for needy children in the Plymouth area for our Holiday Wishes donations! We are beyond grateful for your overwhelming generosity. We continue to be astonished by the substantial amount of toys and clothing donated this year. The Child and Family Services, Families For Families Program gives support to children in need and in foster care to help bring them Joy for the holidays:-)

HOLIDAY CLASSROOM DECORATING CONTEST!

If you've entered our school in the last month, you've seen just how hard our teachers and students have been working on their holiday art! After much deliberation and back and forth, we have determined the winners of our 2022 Holiday Classroom Decorating Contest:

- ★ MOST GAUDY- EARLY PRESCHOOL CLASSROOM
- ★ MOST KID FRIENDLY-PREK II CLASSROOM
- ★ MOST MULTICULTURAL-TODDLER II CLASSROOM

Thank you to the teachers and kiddos for all your hard work in making the school look beautiful for the holidays! Each teacher winner received a personalized YETI!

2022 TAX RECEIPTS

Your 2022 tuition receipts will be available through Kangarootime this month. If you need assistance with accessing the tax documents, please let a member of Leadership know and we can walk you through accessing them on an internet browser.





Teaching Children How to Follow Directions (Adapted by an article by Fran Rubio-Katz)

Teaching children how to follow directions can be a frustrating endeavor because we rarely break directions into a simple step-by-step process. Often, we rattle off directions to our children and expect them to immediately get with the program.

In education, teachers are taught how to scaffold lessons to ensure student success. Scaffolding is a process where teachers break down information into digestible chunks. They model how to think about information, or they demonstrate how to solve a problem. Then, teachers support students through the process. Teachers are available to reteach parts of the lesson as needed, positive correction is provided, and questions are encouraged. As students demonstrate mastery, the teacher pulls back accordingly, and the students become independent problem-solvers of similar problems.

SCAFFOLDING IN PARENTING

As parents, we are our children's first and foremost teachers. When you tell your children, "Clean your rooms," and they look at you like you just handed them a science fair packet the day before Winter Break, it means you need to scaffold! Scaffolding our instructions ensures our children's success and contributes to the harmony of our homes.

Here's how it works using M.A.P.: M STANDS FOR MODEL

Modeling means you demonstrate WHAT TO DO and HOW TO DO it. A helpful Scaffolding Technique to support modeling is called "Think Aloud." You literally think OUT LOUD, modeling how to think about, handle or problem-solve a process or situation.





A STANDS FOR ADD PICTURES

As Stephen Covey often said, "Begin with the end in mind." Show your children a picture of what their rooms look like when YOU consider it clean. A helpful Scaffolding Technique to support Adding Pictures is to always show your children the outcome or product before they do it. You could say, "When your room matches this picture, then you will know you are done." Pictures of the concrete process, or a Graphic Organizer, are an additional resource for younger children or children with extra or different needs. List the steps and add a visual cue per step. Use clip art or pictures. Post the visual aid at your child's eye level to ensure it is "readable" to your child so they don't feel embarrassed or controlled. Older children who need additional support often prefer a checklist. There are a number of apps designed for this purpose, or you can make a good ole' fashioned checklist and teach your child to check off as each task as it is done!

P STANDS FOR PRACTICE

Let's get this out of the way: Practice does NOT make perfect, but consistent practice sure does make progress! Guide your child through each step of the modeled process with a picture posted nearby of the finished product or a "readable" step by step guide. Make it "readable" by adding pictures and posting it at your child's eye-level.

For younger children use transition and sequencing words like, "FIRST, you put your dirty clothes in the hamper. What does your picture schedule say is NEXT?" Or, "You put your stuffed animals on your bed. What did you do BEFORE that?" Referring to the picture schedule when you ask these questions teaches your child that the picture schedule is a helpful resource.

For older children, ask specific, guiding and open-ended questions and PAUSE! Open-ended questions cannot be answered with a yes or no and steer clear of asking, "Why?" Pausing allows the child to reflect, think and problem-solve, all of which exercise Executive Functioning Skills! Helpful open-ended questions may sound like, "It looks like you are in the middle of sorting through those Pokémon cards. What do you think is the best way to store your cards?" Or, "I notice you have a couple of extra volleyball practices this week. What is your plan for having a clean uniform for each practice?"

REMEMBER TO DIFFERENTIATE

Every good teacher knows we must differentiate instruction to provide the most effective learning experiences possible. Our children may learn at varied paces, require more or less support and require information be taught in different ways. Differentiating our instruction as parents means we deliver our lessons, even on how to clean up a room, in a way that will reach our children. It may take a few shots, especially if we have a pattern resistant child... the ones we say march to their own beat!

No matter who your child is, it is your job to try and be consistent, structured and encouraging. Mistakes will happen. Use each one as an opportunity to learn. Most of all, have FUN because some day your children will be living in their own clean homes and you may find yourself longing for a little mess.



Why are we still wearing Masks? All EEC licensed or approved programs must require face masks to be worn by adults at all times, unless outside. This includes educators, staff entering the program space, parents or guardians during drop-off and pick-up, facilities maintenance professionals performing upkeep and maintenance duties, and any adults providing services to children in the program space (e.g., 1-1 aides or in-person service providers). (Policy mandated by EEC on 9/7/21). We LOVE having the families enter our school and will continue to do so as long as all safety measures are in effect including the wearing of masks and as long as the COVID rates remain low.

COLDS VS. FLU

Colds, flus and other respiratory illnesses are more common in colder months. People are indoors more often, allowing viruses to pass more easily from one person to another. And the cold, dry air may weaken resistance.

If you're coughing and sneezing this winter, how do you know if you have a cold or something more serious? Do you need antibiotics? Are you contagious?

COMMON COLD:

What is it? Your nose and throat are infected. Also, maybe your ears.

How did I get it? Somebody coughed or sneezed near you, or you touched a contaminated surface, like a doorknob. More than 200 viruses can cause colds. The most common is the rhinovirus.

How I feel: Yucky. You probably have a runny nose, scratchy throat, low-grade fever, fatigue, chills and aches. And you probably are sneezing and coughing.

What should I do? You probably know that there's no cure for the common cold. Decongestants, cough drops and antihistamines can help with symptoms. Rest and liquids may speed your recovery.

How long will it last? A few days to several weeks.

When can I go back to work? Most people are contagious for about a week, starting the day before they have symptoms. If you feel well enough to continue working, or if you go back within a day or two, wash your hands frequently and avoid close contact with others until you're done coughing and sneezing.

How common is it? Very. Of all illnesses, common colds are blamed for the most days off work or school and the most visits to health care providers.

See a doctor if: Symptoms linger beyond a few days or get worse, or if new symptoms develop.



FLU:



What is it? Your respiratory tract (mouth, nose, throat and lungs) is infected.

How did I get it? You got the flu from airborne droplets sneezed or coughed, or by touching contaminated surfaces. Flu viruses keep evolving, which is why flu shots, which are updated every year, are never fully effective.

How I feel: Terrible. You're exhausted, you have a fever, your body aches, you're sneezing and coughing, your throat is sore and you have a headache. You also might vomit or have diarrhea.

What should I do? Relieve symptoms with rest, fluids and medicines. In severe cases, antiviral medications like Tamiflu or Relenza may be prescribed to reduce the flu's duration, severity and risk of complications. Antiviral medications usually have to be started within 48 hours of symptom onset to be helpful.

How long will it last? The worst of it — fever and aches — should be over in three to five days. The coughing and general tiredness can linger two weeks or more.

When can I go back to work? Wait at least five days after onset of symptoms and 24 hours after your fever breaks.

How common is it? Every year, between 5 and 20 percent of Americans get the flu, sending many to the hospital with severe complications.

See a doctor if: Symptoms get worse, you have new symptoms, or if you have a condition or situation that makes you vulnerable to flu complications.





Key Facts About Influenza (Flu)

What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.



*It's important to note that not everyone with flu will have a fever.

From The CDC:

What is the difference between Influenza (Flu) and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019, and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu. However, as more people become fully vaccinated against COVID-19, the spread of the virus that causes COVID-19 should slow down. More information is available about COVID-19 vaccines and how well they work.

Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms and people can be contagious for longer. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu, COVID-19, and other respiratory illnesses are similar, the difference between them cannot be made based on symptoms alone. Testing is needed to tell what the illness is and to confirm a diagnosis. People can be infected with both flu and the virus that causes COVID-19 at the same time and have symptoms of both influenza and COVID-19.

IMPORTANT DATES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WINTER/SNOW	2  CLOSED	3	4 Create A Winter Wonderland By Wearing WHITE or BLUE!	5	6	
POLAR ANIMALS	9	10	11	12 Dress Up Like Your Favorite Polar Animal! 	13	
MLK/ DIVERSITY	16  CLOSED	17	18 	19	20	
LUNAR NEW YEAR	23 Wear RED For Lunar New Year! 	24	25 STEAM Night 	26	27	
100TH DAY / GROUNDHOG DAY	30	31	1	2 	3	



MARK YOUR CALENDARS!



Be sure to mark your calendars with these important dates in January!

- TUESDAY, JANUARY 2ND— CLOSED
- WEDNESDAY, JANUARY 4TH: WEAR **BLUE** OR **WHITE**
- THURSDAY, JANUARY 12TH: DRESS LIKE YOUR FAVORITE POLAR ANIMAL 
- MONDAY, JANUARY 16TH: CLOSED FOR MLK DAY 
- WEDNESDAY, JANUARY 18TH: MUSIC CLASS 
- MONDAY, JANUARY 23RD: WEAR **RED** FOR LUNAR NEW YEAR 
- WEDNESDAY, JANUARY 25TH: STEAM NIGHT (PRESCHOOL & PRE-K)

IF YOU HAVE ANY QUESTIONS ABOUT UPCOMING EVENTS, PLEASE DON'T HESITATE TO REACH OUT TO A MEMBER OF LEADERSHIP!

PICTURE CORNER



Starboard Academy

JAN. 2023
LET'S CONNECT

