

MARCH | 2023

## Teacher of the month: Ms. Kelley

This month, we are honoring Ms. Kelley in our Pre K B Classroom. Ms. Kelley joined the Little Stars staff this fall and has easily warmed all of our hearts of children, families along with the staff! Ms. Kelley just recently completed her MTEs (Massachusetts Tests for Educator Licensure) and passed!! We are so very proud of Ms. Kelley's professional accomplishments and her dedication to the education field! Each day, Ms. Kelley provides a warm and loving environment for her Pre K children with many challenging activities to prepare her kiddos for Kindergarten in the fall. When you enter into Ms. Kelley's Pre K classroom, you will find the children cooperatively working together, playing in the learning centers and learning each and every day. We cannot say enough about how wonderful Ms. Kelley is and how much we appreciate her coming aboard at Little Stars! Ms. Kelley, thank you so much for your continued hard work and dedication to Little Stars! We truly appreciate all the various ways you help this program be successful and feel very fortunate to have you on our TEAM! Congratulations, Ms. Kelley, for receiving Teacher of the Month, it is well deserved! We are so proud of YOU!



## What's Inside This Issue:

- ★ Star Spotlight- Pg. 1
- ★ Hello March- Pg. 2
- ★ Reminders- Pg. 3 & 4
- ★ Curriculum - Pg. 5 & 6
- ★ Wellness - Pg. 7
- ★ Important Dates- Pg. 8
- ★ Picture Corner- Pg. 9

## STAR SPOTLIGHT: MEET MS. KELLEY

- My favorite activity is going to different nature trails throughout Massachusetts and walking my dog.
- My favorite meal is any kind of Thai food but especially spicy crazy noodles with tofu.
- My favorite school memory at Little Stars is when "Elsa" visited and sang to all the kids.
- My hobbies are reading, gardening and trying out new teas at local cafés.
- My dream vacation spot recently has been Lake Como, Italy.
- My Favorite book is Song of Achilles by Madeline Miller.
- My favorite movie is Train to Busan.



# Family Of The Month

## Meet The McMahon Family

Our Lucky Family of the Month for March goes to the McMahon Family. Meet Clint, Renee and Lola...they have been in the Little Stars Family since the Fall of 2020. Lola started in our Preschool Classroom and is now in our Pre K Classroom with Ms. Kelley as her Pre K teacher!! If you do not know Lola, she is such a sweetheart who is so very thoughtful and considerate of all of her classmates and teachers alike! She was so sweet and made sure to get Dunkin Donuts for all of her teachers! Lola is truly a SHINING star!! We are beyond appreciative of the loyalty and longevity the McMahon family has made to the Star Family!

Renee and Clint, thank you for becoming a part of extended family and finding joy at Little Stars! We appreciate all of your support and continued trust with Lola's care and education.

Congratulations, McMahon Family!



## STAR SPOTLIGHT: MEET THE MCMAHON FAMILY!

- *What activities does your family enjoy? We enjoy traveling together as a family and spending time with loved ones at "Camp McMahon" in Hartland, Maine. We love any time outdoors and Lola hopes to one day hunt with her Dad. We frequently do mom and me visits to the beach to collect sea glass and enjoy the sunsets. Lola loves to swim and can be found by an ocean, lake or poolside.*
- *What is your family's favorite meal? Our most recent favorite meal was Peking duck!*
- *What is your favorite school Memory? One of our all time favorite school memories was watching the children perform in the Brown Bear, Brown Bear play last year! Lola loves all of the fun activities that go on in the summer and throughout the school year, she has especially loved the music and dance classes!*
- *Are there any extracurricular activities your child participates in? Lola did gymnastics last year and is currently participating in a hip hop dance class!*
- *Does your family have a favorite vacation spot? Our favorite vacation spot so far has been visiting Isla Mujeres, Mexico and we hope to return again in the future.*
- *Do you have any pets? We have a pet cat Stevie, beta fish, and chickens.*



# HELLO MARCH



Hello Little Star Families!

As February was filled with some really, really cold days and some warm days, let's welcome March with hopeful thoughts of Springtime! It's been a fairly mild winter, but I know that all of us at Little Stars and the children are ready to get back outside to play! Just a couple of reminders as we march into March...

-Be sure to check the monthly calendar for special events, activities, and holidays/school closures. We have fun filled activities, Free Dress Days and guest visitors each and every week planned for your child(ren). Also, we post reminders on the front door! Also, I send a weekly email at the end of each week detailing the next week's events....please read the email to know what is happening school wide as well as in your child's class.

-Please be sure to have your child(ren) come to school in seasonal appropriate clothing. With the warmer weather, we will attempt to get outside two times a day. Outdoor time is beneficial to all as it helps strengthen gross motor skills, provides physical exercise and enables the children to participate in both small and large group activities with their classmates.

-Label everything....sweaters, coats, clothing, diapers, water bottles, everything. Every Friday, we have quite a collection set out in the classrooms of items that have been left behind. PLEASE make sure everything has your child's name or initials on it.

-Please be sure to hang your child's coat and/or backpack under their own cubbie box. It's great for the children to be able to identify where their own belongings are located in the classroom.

-Check your child's cubbie to make sure that you have a least one set of extra clothing. We do not have extra clothing at school.

-Every child from Toddlers to Pre K should have their own water bottle. We also ask that the water bottles ONLY have water in them. And of course, make sure that the water bottles are labeled with the child's name. We want to be sure to keep the kiddos hydrated!

-Remember safety in the parking lot. Please be sure that only adults open the door in and out of the building so that your child is with you at all times. We need to also remember to drive slowly through the parking lot.

-Tax Season is upon us. To download YTD documents for childcare expenses, check out the computer version of Kangarootime. Easy step by step directions:

1. Log into the web version of Kangarootime (<https://k1.kangarootime.com/parents/login>)
2. Select Billing
3. Select Statement
4. Update Start and End Dates
5. Select Report (Statement PDF will provide a line item breakdown, Summary PDF will provide a high-level overview)

Warm Regards,

Ms. Marybeth



# FRIENDLY REMINDERS



## SPRING PICTURES!



Spring Photos will take place on Wednesday and Thursday, March 8th and March 9th! The specific date for each class is TBD; there will be an email with more details as the dates approach. Spring Photos are FREE DRESS, so we cannot wait to see everyone dressed to impress! Start Practicing those picture day SMILES!

## PICTURE DAY TIPS:

Texture - Try to incorporate layers: T-shirts with button downs, hats, scarves, leggings with skirts, necklaces, etc.

Think "Neutral" - Have the kids wear neutral tones with a splash of bright colors.

For Siblings - Choose various shades of the same color. The children do not need to match perfectly.

## HAPPY BIRTHDAY DR. SEUSS!

Who doesn't LOVE Dr. Seuss Books?? To encourage the love of reading and books, we are having a celebration for Dr. Seuss' birthday by having a week of fun theme dress days! Please make sure to check out our calendar daily from February 27th through March 3rd so your little ones can participate in the dress up fun!

Monday, 2/27:

Wear your Favorite Hat Day...just like in The Cat in the Hat

Tuesday, 2/28:

Silly Sock Day...find your silliest socks just like Fox in Socks

Wednesday, 3/1:

Backwards/Inside Out Day...just like Wacky Wednesday!!

Thursday, 3/2:

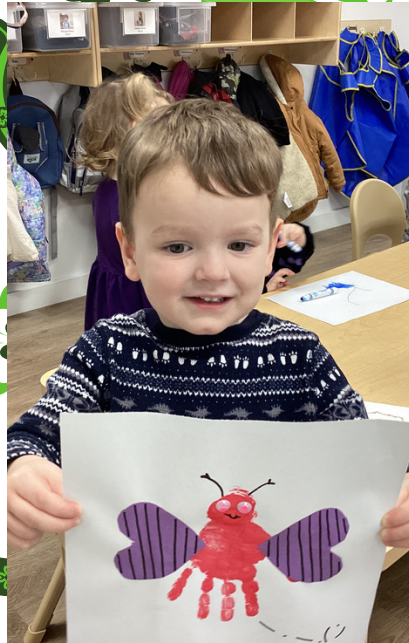
Collegiate Shirt Day...dream BIG just like in Oh, The Places You'll GO!

Friday, 3/3:

Dress as your Favorite Dr. Seuss Character Day...there are so many great ones from all of the books! Who can be the BEST DRESSED Dr. Seuss Character??!



# FRIENDLY REMINDERS



## PARENT SURVEYS:

Last month, Little Stars recently sent out paperless surveys. All families had received a weblink to complete our Annual Parent Surveys. We had asked our families to please be as honest and detailed with your feedback regarding our program. Little Stars appreciates every family in our program, we wouldn't be able to do this without you and your child(ren)! We appreciate all your input as we continually strive to improve our program! Thank you to our Little Stars Family for your continued support of our special school!



## SPRING FLING!



Last month according to Punxsctawney Phil, we were in store for 6 more weeks of winter, however now, Spring is almost here! Our teachers and students are excited to start spending more time in the sunshine before the hot SUMMER arrives! To celebrate this enjoyable season, our Annual SPRING FLING will be a party to remember! Our celebration will be held the morning of Thursday, April 6th. Sign-Up Sheets will be posted on the classroom doors, prior to this event. Please take a moment to see if there is anything you can bring to help make this celebration spectacular! All students are asked to bring 12 goodie-filled eggs for their classroom. The children will be going on an egg hunt on the playground! They will be working very hard to create the perfect egg hunt bag, so no outside baskets are needed. The Adorable Spring Bunny, will be making a special appearance as well!! Little Stars looks forward to celebrating this fun-filled event with each and every one of you!



## CURRICULUM CORNER:

Throughout our Curriculum, all ages focus on a S.T.E.A.M. activity the incorporates Science, Technology, Engineering, Art and Mathematics into a week long activity done cooperatively or individually. In January, the Preschool and Pre K children became "Little and Big Scientists" during our S.T.E.A.M. Night exploring the Ocean. It was such a fun night for all that we wanted to share Three Lucky Leprechaun S.T.E.A.M. activities with all of you:

St. Patrick's Day Fluffy Slime...the lucky leprechaun is sharing his homemade fluffy slime.

### Ingredients:

- 3 cups of Shaving Cream
- Green Food Coloring
- 1/2 cup of Elmer's Glue (Must be PVA Glue)
- Gold Glitter or Confetti
- 1/2 teaspoon of Baking Soda
- 1 tablespoon of Saline Solution
- Bowl, spoon, measuring cups and spoons

### How to make Fluffy Slime:

1. Measure 3 cups of Shaving Cream into a bowl.
2. Add drops of Green Food Coloring to the Shaving Cream. Add a few drops at a time until desired color.
3. Add  $\frac{1}{2}$  cup of Elmer's Glue to the Shaving Cream and gently mix in.
4. Add Glitter or Confetti to the mix.
5. Add  $\frac{1}{2}$  teaspoon of Baking Soda to the mix.
6. Add 1 tablespoon of Saline Solution to the mix and start whipping.
7. Once mixture is thoroughly whipped, begin to knead the slime in your hands. Add some saline solution to your hands to prevent sticking.

### Create a Leprechaun Trap:

Have your child use his/her engineering skills are needed to build a leprechaun trap because the local leprechaun has been causing all kinds of problems. The Leprechaun Trap can be made from recyclables, paper towel tubes, paper and so much more! Since leprechauns don't like to be seen, the trap will have to be able to be triggered when he's not looking!



## LEPRECHAUN GOLD HUNT!

Going on a Leprechaun Gold Hunt...we going to find some GOLD!!

### Ingredients:

- Black pots for Gold
- Gold Coins
- Gold Glitter
- 4 tablespoons of Baking Soda
- 2/3 cup of water
- 1/2 cup of Vinegar
- Green Food Coloring
- Small Spray Bottle

### How to Find the Gold Coins...

1. In the Black Pot, add a few Gold Coins and Gold Glitter.
2. Add 4 tablespoons of Baking Soda and 2/3 cup of Water to the Black Pot. Put aside.
3. Make Magic Leprechaun Spritz by pouring 1/2 cup of Vinegar in a spray bottle then add a couple of drops of Green Food Coloring. Shake to mix together. Spray the Black Pot with the Magic Leprechaun Spritz to reveal your Pot of Gold! Were you Lucky??



## March Is National Nutrition Month

As your child begins to explore solid foods, they will learn about making healthy choices. This period of investigation offers a great opportunity to talk with your child about nutrition. Try new foods together but do not force or punish them into doing so and get your child involved in making healthier meal and snack choices.

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions (watch added sugars)

### Food to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in soup, bread, and frozen meals—and choose the foods with lower numbers.
  - Drink water instead of sugary drinks.
- \*Try [choosemyplate.gov](http://choosemyplate.gov) for ideas and recipes or kid friendly recipes at [allrecipes.com](http://allrecipes.com)



## NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Serving sizes updated

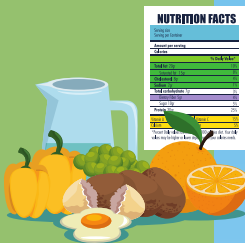
Calories: larger type

Updated daily values

Actual amounts declared

New footnote

New: added sugars  
Change in nutrients required





# IMPORTANT DATES



Little Stars  
LEARNING CENTER  
South Dennis

## MARCH





Star Preschools Core Theme:  
Our Love of Literacy

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DR. SEUSS WEEK / OPPOSITES	27 Wear Your Favorite Hat! 	28 Wear Silly Socks! 	1 Backwards Day/ Inside Out 	2 Collegiate Shirt Day 	3 Favorite Dr. Seuss Character! 	Dr. Seuss Week! 
NURSEY RHYMES	6	7 Dress As Your Fa- vorite Nursery Rhyme Character 	8  SPRING PICTURE DAYS	9  SPRING PICTURE DAYS	10	
ST. PATRICK'S DAY	13	14	15	16	17 Wear GREEN 	
LEO LIONNI / POND	20	21 	22	23	24	LEO LIONNI 
ERIC CARLE / BUGS	27	28	29 Dress As Your Favorite Bug! 	30	31	

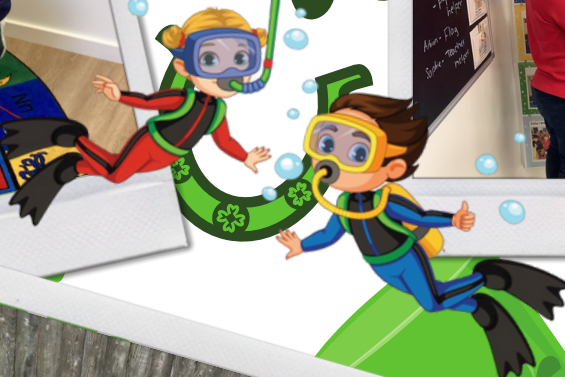
## MARK YOUR CALENDARS!

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

- FEBRUARY 27TH—MARCH 3RD: DR. SEUSS WEEK! 
- TUESDAY, MARCH 7TH: DRESS AS YOUR FAVORITE NURSERY RHYME CHARACTER
- WEDNESDAY, MARCH 8TH & THURSDAY, MARCH 9TH: SPRING PICTURES 
- FRIDAY, MARCH 17TH: WEAR GREEN FOR ST. PATRICK'S DAY PARTY! 
- TUESDAY, MARCH 21ST: MUSIC CLASS 
- WEDNESDAY, MARCH 29TH: DRESS LIKE YOUR FAVORITE BUG

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

# PICTURE CORNER



MARCH  
LET'S CONNECT



  
**Little Stars**  
LEARNING CENTER