

MARCH | 2023

Teacher of the month: Ms. Sam

Ms. Sam is one of Starboard Academy's Infant teachers! You can find Ms. Liz in our infant classroom working alongside Ms. Hailey and Ms. Aryanna caring for our babies! We are so thrilled to have had Ms. Sam as part of our stellar Starboard Team for a little over 2 years. Ms. Sam is so nurturing and caring and isn't afraid to get silly with the children! Ms. Sam enjoys spending her spare time with her boyfriend and family!

Ms. Sam, 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. Sam on being our teacher of the month, it is well deserved!



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STAR SPOTLIGHT: FUN FACTS ABOUT MS. SAM

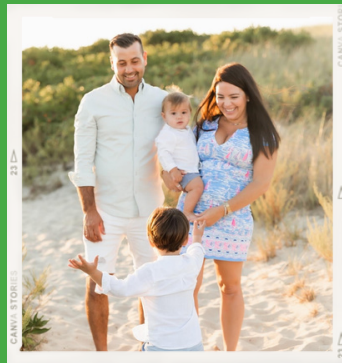
1. I love to hike, snowboard, cook and play outside with my two nephews!
2. I love chicken piccata, or anything with a yummy lemon garlic sauce.
3. My favorite memory from school is getting to go to the public library job site to work on their lights in the children's room. It was great to make the place brighter and more fun!
4. I go snowboarding in Vermont every weekend in the winter with my boyfriend and friends!
5. My favorite local vacation spot is Vermont in all the seasons. There is so much to do no matter the weather and it is so beautiful! My favorite far away vacation is Bermuda for the warm weather and beautiful clear beaches.
6. I have an Australian Shepard named Lexie and a Guinea Pig named Moose!
- 7 My favorite children's book is "Is your mama a llama?" By Deborah Guarino. It is so fun to read and can be adapted to entertain so many age groups!



Family Of The Month

Meet The Ferreira Family

Ferreira Family, we are beyond appreciative of the loyalty and longevity your family has made to the Starboard Academy Family! We have thoroughly enjoyed watching Ben and Nick grow throughout our program over the past few years. Your children are truly SHINING stars! Thank you for allowing us the privilege of caring for Nick and Ben 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 your family.



STAR SPOTLIGHT: MEET THE FERREIRA FAMILY!

- What activities does your family enjoy doing? There are so many activities we enjoy as a family... exploring museums and parks in different cities & states. We love the summer! Swimming in the ocean, pool, walks, playing sports outside. The boys also enjoy theater and we've been to a few shows including cocomelon and paw patrol live, and Disney on ice.
- What is your family's favorite meal? favorite meal has to be pizza and French fries! With a side of apple juice, of course. We're Brazillian and my husband loves to grill, so we have the famous "churrasco", grilled steak which the boys love. I am yet to cook like Miss Liz, and have the boys actually eat their veggies at home.
- What's your favorite school memory? A favorite school memory is tough. They're all so special. I love all the crafts and holidays. But I was very happy my father attended grandparents day, Nick was thrilled to show him the classrooms and outdoor playground.
- Are there any extracurricular activities your children participate in? Nick loves his soccer with Seacoast United. His little brother is eager to start!
- What's your favorite vacation spot? Our favorite vacation spot is anywhere sunny! We love going to Disney and Miami.
- Does your family have any pets? We have a little Morkie dog, and his name is Teddy. Teddy will be turning 10 this year.





HELLO MARCH



Hello Starboard Families!

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

- Spring Picture Day is March 6th and 7th. We will be sending out a schedule ASAP. Your child does NOT need to be in uniform for pictures.
- Be sure to check the monthly calendar for special events, activities, and holidays/school closures. We have fun filled activities, Free Dress Days every week planned for your child(ren). Dr. Seuss's birthday is this month!!!!
- We ask that families label all clothing items with your child's name. The teachers remind the children to place their clothing in their cubbies, but sometimes items get misplaced. If clothing is labeled, it makes identification much easier!
- Please be sure to have your child(ren) come to school in seasonal appropriate clothing. With the warmer weather, we will make every 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.
- Every child needs a yearly physical, infants occur more often, so if you have not uploaded your child's physical or provided administration with a paper copy, please do so ASAP. Administration will be sending out emails if any documentation is missing from your child's file.

Happy (almost) Spring,

Ms. Nikki



FRIENDLY REMINDERS



TAX SEASON:

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)

SPRING PICTURES!



Spring Photos will take place on Monday and Tuesday March 6th and 7th! 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! Spring Photo 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!

In honor of Dr. Seuss' birthday, we are celebrating with a week of themed dress up days during the week of February 27-March 3rd! Join us as we relish in Dr. Seuss' fun and quirky story-telling style, by embarking on a fun-filled week of themed dress creativity:

Monday - Wear a Hat
(Cat in the Hat)

Tuesday - Wear Crazy Socks
(Fox in Socks)

Wednesday - Inside-out/Backwards
(Wacky Wednesday)

Thursday - Collegiate Shirt Day
(Oh the Places You'll Go!)

Friday - Dress as your favorite
Dr. Seuss Character



FRIENDLY REMINDERS



PARENT SURVEYS:

Last month, Starboard Academy 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. Starboard 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 Starboard Families for your continued support of our special school!



SPRING FLING!



Last month according to Punxsutawney 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!! Starboard Academy looks forward to celebrating this fun-filled event with each and every one of you!



CURRICULUM CORNER:

Last month, the Preschool and Pre K children became "Little and Big Scientists" during our S.T.E.A.M. Night traveling into SPACE while creating Galaxy Slime and Moon Sand! It was such a fun night for all that we wanted to share some 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 ½ cup of Elmer's Glue to the Shaving Cream and gently mix in.
- 4.Add Glitter or Confetti to the mix.
- 5.Add ½ 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.





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 for ideas and recipes or kid friendly recipes at allrecipes.com



NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

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

Serving sizes
updated

Calories:
larger type

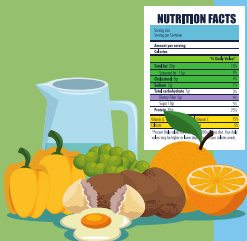
Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required







IMPORTANT DATES

<div>  <h2>MARCH</h2> <p>Star Preschools Core Theme: Our Love of Literacy</p> <p>2023</p> </div>						
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! 	
NURSEY RHYMES	6  SPRING PICTURE DAYS	7 	8	9 Dress As Your Favorite Nursery Rhyme Character 	10	
ST. PATRICK'S DAY	13	14	15	16	17 Wear GREEN 	
LEO LIONNI / POND	20	21	22 	23	24	
ERIC CARLE / BUGS	27	28	29 Dress As Your Favorite Bug! 	30	31	

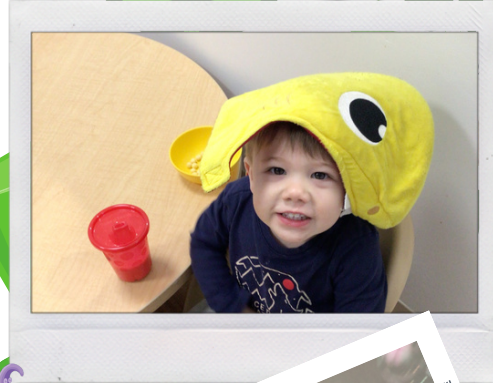
MARK YOUR CALENDARS!

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

- FEBRUARY 27TH—MARCH 3RD: DR. SEUSS WEEK! 
- MONDAY, MARCH 6TH & TUESDAY, MARCH 7TH: SPRING PICTURES 
- THURSDAY, MARCH 9TH: DRESS AS YOUR FAVORITE NURSERY RHYME CHARACTER 
- FRIDAY, MARCH 17TH: WEAR GREEN FOR ST. PATRICK'S DAY PARTY!
- WEDNESDAY, MARCH 22ND: MUSIC CLASS 
- WEDNESDAY, MARCH 29TH: DRESS AS 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



Starboard
Academy