

Preschool Family Newsletter

April 2023

Greetings, SOMSD Preschool Families!

Important Kindergarten Transition Information:

Rising Kindergarten Families, please refer to the FAQ's excerpt below:

When will rising Kindergarten families be notified of their Kindergarten placement?

SOMSD III TIMELINE: 2023 - 24 SY

- Week of April 24th - 1st Round Kindergarten placement letters to be sent to families.
- July 2023 - ONGOING - Placement letters will continue to be sent out to families for students placed based on III (K, 1, 2, 6, & 7)

How is Kindergarten placement determined?

Please reference the District's Intentional Integration Initiative (III) Frequently Asked Questions guide:

<https://sites.google.com/somds.k12.nj.us/somdsintegration/faqs>

How is the expansion expected to impact registration for 2023-2024 for CURRENT students?

As final registration plans for the following school year are completed, current three-year-old student assignments will not change, and re-registration is not required. Four-year-old students will roll over into Kindergarten, and re-registration is not required. A family relocating within the District will be required to document the new residence.



Classroom Corner

At the end of this month, your children will be introduced to the Camping Theme. Children will explore this theme and learn about a variety of concepts centered on nature. They will learn about the different types of camping gear, how to be safe, and share and discuss the kinds of food and activities people engage in when camping. Children will explore by reading stories, building props, participating in virtual field trip activities, and sharing their personal experiences.



Managing Children's Emotions

As the school year progresses, the preschool department would like to remind families of the importance of children understanding the impact of emotional literacy. Managing Children's emotions are the building block for guiding children in how to self-regulate. Understanding children's emotions and giving them the tools to help them understand their emotions is one of the first steps in building emotional literacy. Emotional literacy is the language and meaning behind the emotion itself. For example, "Mark is happy. He is happy because he is going to the park to play with his friends. Happiness is the language. (We want children to be able to identify the type of emotion that they are displaying. He is going to the park to play with his friends is the reason/meaning behind his happiness.) We also want children to be able to understand why they are feeling the way they do.) Included below is an article that will help provide some suggestions for helping children and families understand emotional literacy. [Managing Children's Emotions](#)

[Calm Down Strategies](#)

Home/School Connection

Below are some suggestions to help you engage your child in emotional literacy activities at home.

[Name that Feeling Activity](#)

[Story Cubes Activity](#)

Please follow the directions on the sheet. After you and your child have completed the story, talk to your child about how they felt when engaged in the activity. Families can also talk with their children about how they or the character felt in the story they created.

Family Resources & Community Events

Maplewood Community Fridge- Open 24/7- at 1926 Springfield Ave, Maplewood- The fridge is in a bright blue shed in the Indiana Street parking lot. "Take what you need and leave some for your neighbors in need." The fridge is stocked with fresh produce and other food items. If you are able, please donate to the community fridge.

South Orange Maplewood and Local Food Pantries

The link below includes a list of food pantries in the South Orange Maplewood area and beyond.

[South Orange and local food pantries](#) [Maplewood area Food Pantries](#)

American Red Cross Donations

Please click the link below to find the latest disaster relief information and to donate to Disaster Victims.

[Red Cross Donations](#)

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

1-800-985-5990 or visit <https://www.samhsa.gov/find-help/disaster-distress-helpline>

FAMILY HELPLINE 1-800-THE-KIDS (843-5437) 24 hours a day - 7 days a week. If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.

NJ Children's System of Care- (Perform Care) If you are involved in an immediate life-threatening emergency or serious behavioral health problem, please dial 911. 1-877- 652- 7624 available 24 hours a day, seven days a week. For a complete list of resources, please click the link below to find support that best meets your needs.

[Behavioral Health Resources](#)

Community Information and Resources- Support of Families and Caregivers (Perform Care)

Find community resources and supports tailored to your specific needs.
1-877-652-7624 Available 24 hours a day, 7 days a week.

[Family Support Resources](#)

NATIONAL SUICIDE PREVENTION LIFELINE- 1800-273-8255 or 988

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org/>

NJ Mental Health Cares

The NJ Mental Health Care's Help Line staff offers telephone counseling, information and referral, and assistance in helping to get the behavioral health services needed by you or a loved one. For assistance or more information, please call our toll-free, confidential number: 866-202-HELP (4357) (TTY 877-294-4356)

[NJ Mental Health Cares](#)

PM Pediatrics Behavioral Health

PM Behavioral Health is a robust teletherapy program for assessing and treating mental health issues.

At PM Pediatric Care, we believe in the health of the whole child or young adult—from physical to emotional to behavioral and every space in between. We recognize that there is an increase in mental health needs for children and young adults ages 5 and up, and we are here to support patients and families.

PM Behavioral Health offers a wide range of services, including teletherapy for issues such as anxiety, depression, grief, and trauma, [medication management](#) when indicated, nutrition, [parent coaching](#), and [sleep consulting](#). Our focus goes beyond mental health needs and emphasizes the overall wellness of the patient and family.

For Behavioral Health questions and information, please visit our [Behavioral Health Therapy page](#), fill out [this form](#), or call 516-738-5600.

Family Support Organization of Essex County

The Family Support Organization of Essex County provides families with support services, resources, and advocacy services to help meet their individual needs. They also offer monthly workshops and weekly support groups to aid families. The goal is to empower families to take control of their lives by building on their strengths and supporting them as needed. FSCEC is located at 60 Evergreen Place, Suite 410, East Orange, NJ (973) 395-1441

[Family Support Organization](#)

The Arc of New Jersey Family Institute/ Family Support/ Facebook Support Groups

The Arc of New Jersey is a non-profit organization with divisions throughout the state. They provide various services and resources to the community, supporting many different needs. [The Family Institute](#) is dedicated to providing timely information, advocacy, support, and training to family members that have a loved one with an intellectual and developmental disability.

If you are looking for a support group, The Arc of NJ has a detailed list of **Support Groups** that cater to the needs of special needs families. Please click the link to view the list. [Facebook Support Groups](#)

Jewish Family Support

The Jewish Family Service of MetroWest New Jersey has been helping families and people of all ages and backgrounds manage life's challenges since 1861. We serve our diverse community on a nondiscriminatory basis in Essex, Morris, Sussex, and North Union counties. Jewish Family Support Services offer counseling, support groups, and special needs support, to name a few. For more information and a detailed list of services, please call 973-765-9050 or visit their website.

[Jewish Family Support of Metrowest](#)

Summer Camps-

For a complete list of **Local Summer Camps** and **Summer Camps** beyond our local area, please click the link below.

[SOMA Summer Camp Info](#)

[NJ Kids Camps Info](#)

[Big Book of Camps 2023](#)

Art After Dark: FORSA 10 Tropical Nights

April 1st

Newark Museum

7:00-11:00

Celebrating 10 Years of Marcy DePina's FORSA Media Group

[Art After Dark Info](#)

Sensory Celebration

April 1st

In recognition of Autism Awareness Month, this event invites you to explore the Van Vleck gardens using your senses as your guide. Activity stations throughout the gardens are self-paced and optional and focus on using our senses to discover nature through art, movement, literature, and exploration walks. Meet and greet animals from *Eyes of the Wild*, an exotic animal rescue, and learn about the incredible senses these animals have to help them survive. Enjoy movement sessions with Laura Marchese taking inspiration from the surrounding beauty of the gardens. This outdoor family program is an inclusive event, open to people of all ages and abilities, and will be held entirely outdoors. In case of inclement weather, the rain date is April 15th.

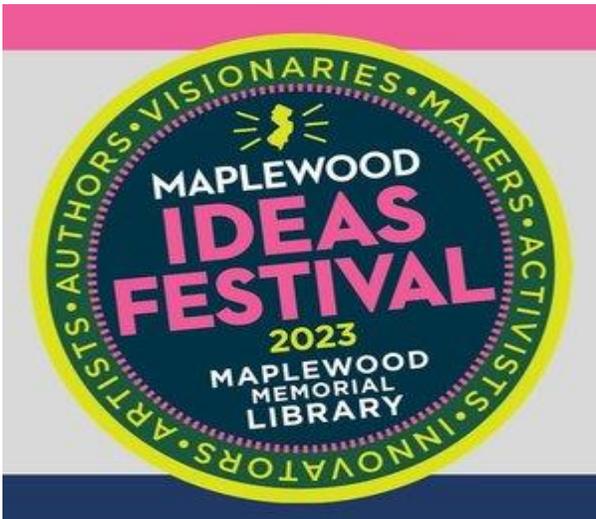
[Sensory Celebration Info](#)

Family program at the Montclair Art Museum

MAM welcomes families to explore our galleries, learn with us in educational programs, and make connections to art and the community.

For more information, click the link below.

[MAM Family Programs Info](#)



Maplewood Ideas Festival
April 17-29

Maplewood Library's Ideas Festival celebrates the talent and creativity of our community. Now celebrating its 9th year, the Festival will run from April 17th to 29, and all events will be in person. All programs are free and open to the public.

For more information, please click the link below.

[Maplewood Library's Ideas Festival](#)

SOPAC Events

Please click on the link for a list of events at the South Orange Performing Arts Center.

<https://www.sopacnow.org/events/>

Montclair Foundation

Van Vleck House and Garden

Outdoor Adventures Family Program Celebrate the Earth

April 22nd

10:00-12:00

Join us in the gardens as you and your family explore and learn about the outdoor world through crafts, scavenger hunts, activity sheets, and displays. Each program will focus on a specific theme, and our Van Vleck Education team will guide your family through this interactive learning experience. Registration is required and includes everything you need to participate in the program. Designed for children ages 4 -11, but all are welcome. Masks are required for our indoor programs.

For more information, please click the link [Outdoor Adventures Family Program](#)



Special Needs Resource Fair for Families
 April 23rd

Toms River Macaroni Kid's will host our first Special Needs Resource Fair for Families in the community. We will have local businesses in attendance that offer ABA services, speech, activities, and more. This is a great opportunity to meet professionals in our area that offer services that will best suit your family's needs.



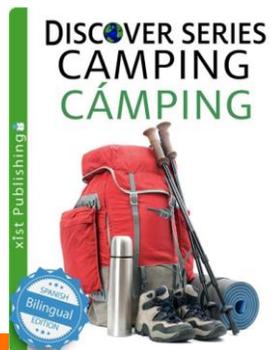
Songs, Movement, and Mindfulness:

[Hello, How Are You?](#) [Go With Yoyo: Positive Thinking Dance](#) [Yogapalooza: Princess Relaxation](#)

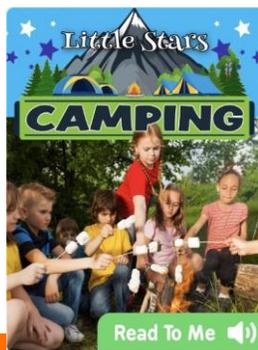
Books



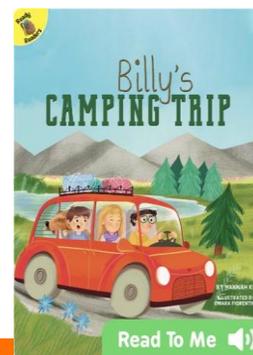
[Meep and Clank](#)



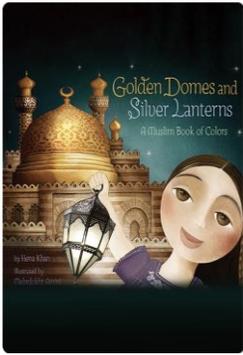
[Camping](#)



[Camping](#)



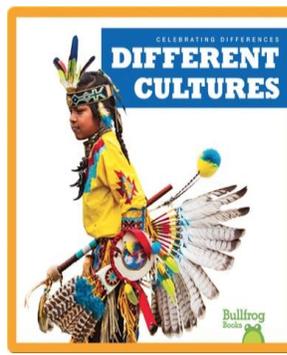
[Billy's Camping Trip](#)



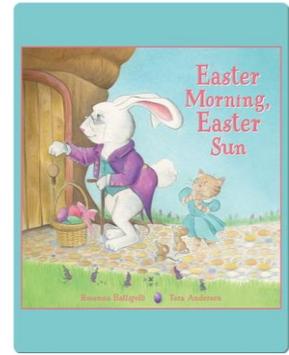
[Golden Domes](#)



[My Friend Has Autism](#)



[Different Cultures](#)



[Easter Morning, Easter Sun](#)



[Passover is Coming!](#)

The South Orange Maplewood Preschool Department recognizes The Week of the Young Child, Autism Awareness Month, Diversity Month, Easter, Passover, and Ramadan. We wish you a wonderful Spring Break and cherished moments with family and friends as you celebrate with the people you love.

Best Wishes,
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**AUTISM
AWARENESS
MONTH**

