

Preschool Family Newsletter

February 2023

Greetings, SOMSD Preschool Families!

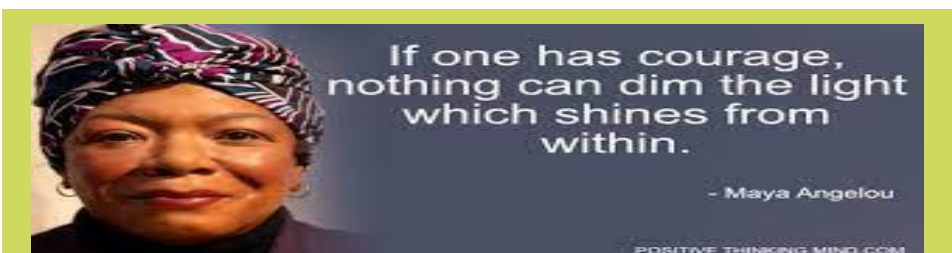
February is Black History Month. In honor of Black History Month, the Preschool Family Newsletter has a variety of events and activities that showcase the beauty of African American Culture and provide opportunities to teach and inform. In addition, families will find information about the African American Heritage Museum, Arts of Global Africa, The Harlem Globetrotters, the Annual Black History Celebration, and a guided house tour in Montclair, NJ. Please feel free to explore these events with your family. Enjoy!

This month the preschoolers will end the Restaurant Theme and begin the Hospital Theme. Your children will explore concepts such as learning how to ask for help and whom to go to if they are hurt. Your children will also learn that a hospital is a place in the community that helps people when they are sick. Your child will learn about the roles and actions connected to the theme and how to think critically to help solve problems. Your children will engage in prop building and be encouraged to share their personal experiences. The students will learn about different medical facilities and explore things they may see and hear in a hospital or Doctor's office. Your children will learn about Doctors, Nurses, Dentists, and other medical professionals.



Classroom Corner

The students in our program have been engaged in exploring the Restaurant Theme. Your children made props and participated in learning about various restaurants and foods. The students had open discussions about their favorite foods and learned about the different roles and actions connected to the theme. The students also identified story-related problems and explored math concepts such as counting, adding, and matching numbers. The next theme your child will explore will be the Hospital theme.



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.

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](#)

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.

Behavioral Health and Resources for Families

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](#)

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](#)



Now offering mental health teletherapy for children & young adults in your community

PM Behavioral Health is a robust teletherapy program for children and young adults, designed to meet your family's needs.

Brought to you by PM Pediatric Care, our specially trained Licensed Therapists, Child Psychologists, Certified Sleep Coaches and Pediatricians trained in medication management will meet your child's mental health needs with the same high level of evidence-based care you'd find in our urgent care offices across the country.

We look forward to serving your family & community.

Although we don't currently take insurance, you can submit a claim to your insurance provider for reimbursement; the process is simple and we can help. Families tell us they pay an average of just \$40 per visit after submitting a claim! When you meet with our team, provide us with your insurance information so we can help determine what your costs per session will be.

[Book now](#)

[PM Pediatric Teletherapy](#) [PM Pediatric New Patient Assessment](#)

Patient Reimbursement

Although we don't currently accept insurance for Behavioral Health services, you can submit a claim to your insurance company using out of network benefits or to your HSA account. The process is simple and we can help. Families report they pay an average of just \$40 per visit after submitting a claim.

[Learn more](#)

[PM Pediatric INS info](#)

Our Behavioral Health services are available in your state for children and young adults, ages 5-26. We help diagnose & treat:

- Anxiety
- Depression
- ADD/ADHD
- OCD
- PTSD (Post-traumatic Stress Disorder)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorders
- School Avoidance
- Family Issues

Our personalized treatment services include:

- Therapy sessions
- Medication management
- Collaborative review with schools to improve educational goals
- Parent coaching
- Sleep coaching
- Group therapy

If you need guidance navigating your family's mental health needs, our pediatric professionals are here to help.

[Learn more](#)

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](#)



Family Tech Talk Workshop

The Family Tech Talk Workshop hosted by PTO Today was on January 25, 2023. Topics of discussion included internet safety, screen time limits for children, and other important subject matter related to technology. The link to the workshop recording will be shared at a later date.

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](#)

Give Kids a Smile 2023

IS YOUR CHILD IN NEED OF DENTAL CARE?

Give Kids A Smile is designed to offer dental care to children who otherwise do not see a dentist. Dental services and event dates may vary by location.

SCHEDULE AN APPOINTMENT FOR YOUR CHILD TODAY

[Give Kids a Smile 2023 Info](#)



African American Heritage Museum

The only African American Heritage Museum in NJ is documenting the African American experience of the 20th Century. More than 11,000 treasures are showcased on a rotating basis, updated every 30 days. Open Tues-Fri 10 am-4 pm, Sat by appointment. The Museum also provides a collection of Atlantic County soldiers' memorabilia from World War I to present at the All Wars Memorial Building in Atlantic City.

Location 1

Noyes Arts Garage (First Level of the Wave Garage)
2200 Fairmount Avenue
Atlantic City, NJ 08401

Location 2

Dr. Martin Luther King Jr. Center
661 Jackson Road
Newtonville, NJ 08346

For more information, please go to their website below.

<https://www.aahmsnj.org/>

Arts of Global Africa Exhibit

The Newark Museum of Art
49 Washington Street
Newark, NJ 07102

The works on view highlight the continent's diversity of materials, ideas, and forms and integrate historical and contemporary art. Changing installations include examples of masks, figural sculpture, textiles, pottery, jewelry, furniture, photography, video, and paintings.

[Newark Museum tickets](#) [Africa Exhibit](#)

Chinatown Lunar New Year Parade and Festival

February 11, 2023

[Chinatown Lunar New Year Festival](#)

The Harlem Globetrotters

February 16, 2023

Prudential Center

The World-Famous Harlem Globetrotters are bringing the 2023 World Tour - Presented by Jersey Mike's, a basketball event like no other, to the Prudential Center in Newark, NJ, on February 16, 2023. Don't miss an exhibition filled with ankle-breaking moves, jaw-dropping swag, rim-rattling dunks, and more thrills from this fully modernized show.

[Harlem Globetrotters ticket Info](#)

15th Annual Black History Month Celebration
February 16, 2023
6:30-8:00
Free
The Schomburg Center
515 Malcolm X Boulevard, New York, NY 10037
[Harlem Chamber Players info](#)

Guided House Tour: Eyewitness to Black History
February 19, 2023
12:00-3:00

Crane House and Historic YMCA
110 Orange Road, Montclair, NJ, 07042
Explore 200 years of Black history in Montclair and New Jersey through rare first-hand accounts and primary and secondary source documents at the Crane House & Historic YWCA. Artifacts include a bill of sale for an enslaved person in the household, an 1800s newspaper, an 1840s New York Knickerbocker magazine, census data, personal letters, oral histories, and mid-century Jet and Ebony magazines. These artifacts provide a springboard for discussing race both in the past and present.

[Guided House Tour: Eyewitness to Black History info](#)

SOPAC Event Center
For a complete list of SOPAC events, please visit their website below.
<https://www.sopacnow.org/events/>

Newark Museum of Art
Enjoy a day of fun activities for the whole family at the Newark Museum of Art

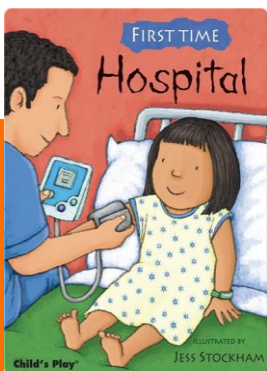
February Family Saturdays	February Family Sundays
Newark Museum of Art	Newark Museum of Art
Saturday, February 11, 10 am- 5 pm	Sunday, February 5, 10 am- 5 pm
Saturday, February 18, 10 am- 5 pm	Sunday, February 12, 10 am- 5 pm
Saturday, February 25, 10 am- 5 pm	Sunday, February 19, 10 am- 5 pm

[Newark Museum of Art Info](#) [Newark Museum of Art Info](#)

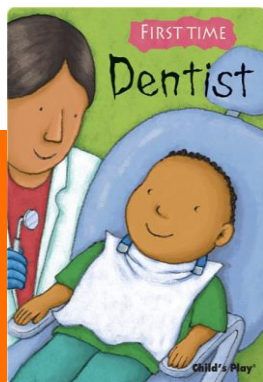
Songs, Movement, and Mindfulness
[Kindness Song](#) [Run, Jump and Shout](#) [The Pinocchio](#) [Bee Breathing with YoYo](#)

[Reading at Home Tip Sheet](#) [Questions to Ask Children When Reading Stories](#)

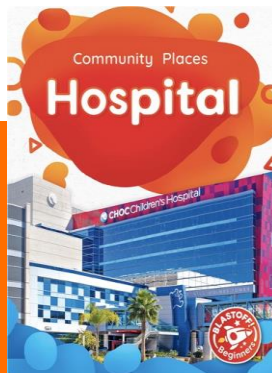
Books



[First Time: Hospital](#)



[First Time: Dentist](#)



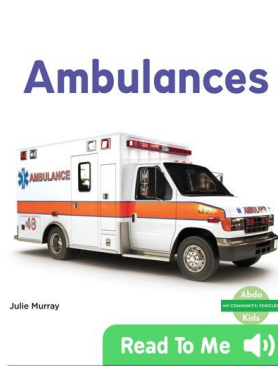
[Hospital](#)



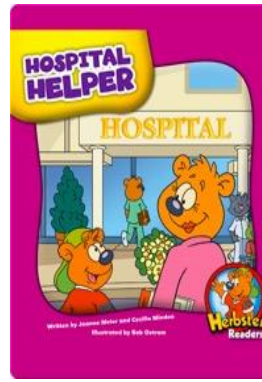
[I Want To Be A Doctor](#)



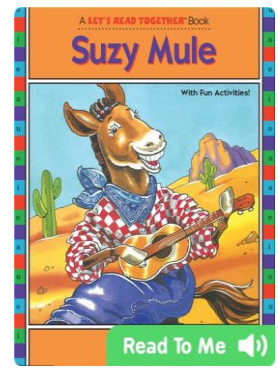
I Want To Be A Nurse



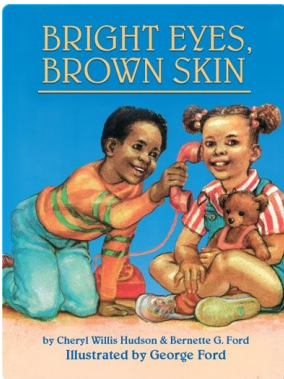
Ambulances



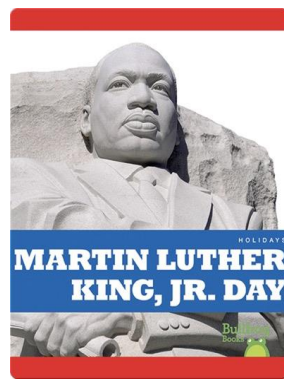
Hospital Helper



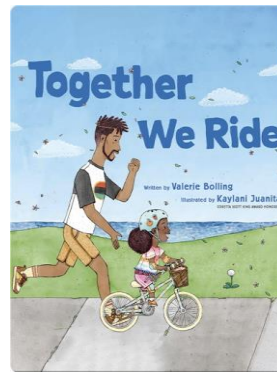
Suzy Mule



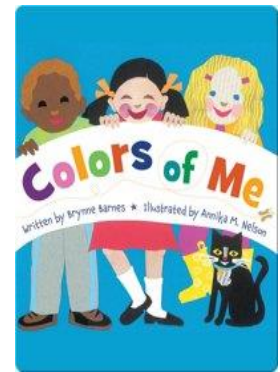
Bright Eyes Brown Skin



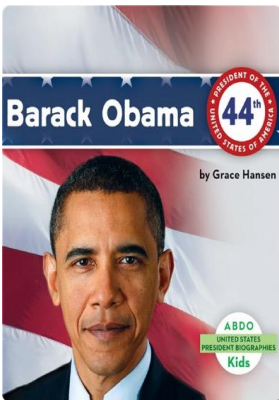
MLK Day



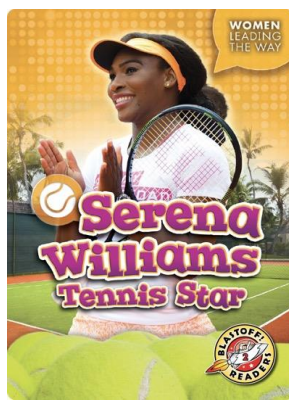
Together We Ride



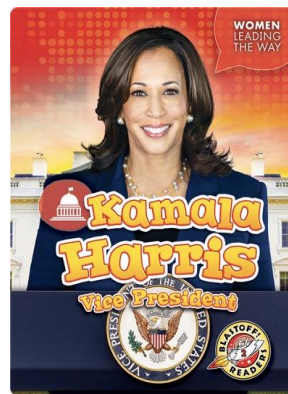
Colors of Me



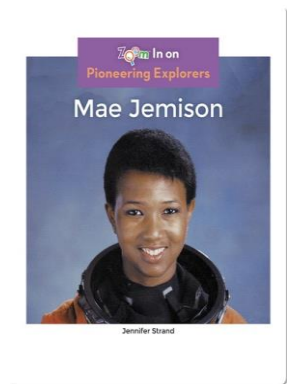
Barack Obama



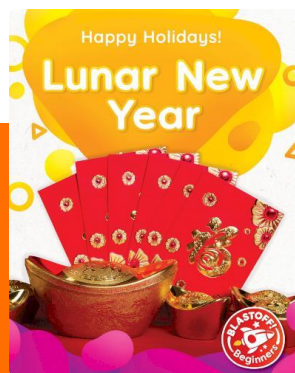
Serena Williams



Kamala Harris



Mae Jemison



Lunar New Year

The South Orange Maplewood Preschool Department recognizes Black History Month, the Lunar New Year, Presidents Day, and Valentine's Day. How ever you celebrate, we wish you and your families a safe and happy holiday filled with love, kindness, and positive thoughts.

Warmly,

Ms. Lane (CPIS)

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