

Preschool Family Newsletter

January 2023

Greetings, SOMSD Preschool Families!

Happy New Year! We hope everyone had a wonderful New Year and a restful Winter Break filled with happy memories. The next theme your child will explore will be the Restaurant theme. Children will expand their prior knowledge, share ideas, work cooperatively, and engage in pretend play activities shaped around real-world experiences. The Restaurant theme will explore concepts such as ordering take-out, cooking fun recipes at home, writing a menu, engaging in conversations, counting, measuring, exchanging money, and so much more. Your children will also work to build their writing skills and expand their problem-solving abilities. The learning areas/centers may have items and props from restaurants, such as a cash register, pretend money, clothes, menus, pretend food, plates, and utensils. The areas within the theme may consist of a Diner, a Chinese Restaurant, a Fancy Restaurant, a Mexican Restaurant, an Ice Cream Shop, and Pizzeria.

Home School Connection:

Engaging in Make-Believe play activities at home can help to deepen your child's knowledge and experiences at school. For example, a fun way to pretend play at home is to encourage your child to make props. Families can look for everyday items to use, like paper towel rolls, boxes, paper, and other items to use to create fun and engaging props that support Make-Believe play.

[The Importance of Pretend Play](#) [Imaginative Play Ideas for Kids](#)



Classroom Corner

The students in our program completed the Grocery Theme before Winter Break. They were able to share their personal experiences and combine those experiences to gain new information about the theme. The next theme that your child will explore will be the Restaurant Theme. Your child will apply the knowledge that they learned from the Family and Grocery Theme to explore new concepts associated with this theme. Your children will engage in prop building and learn how to expand their thinking skills, as well as learn how to work with others to solve problems and make connections.

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](#)



Tell Me How To Teach My Child Workshop

NJPSA will host this Family Workshop on January 10, 2023. Families will need to register for this event. The registration info is included in the flyer below.

[Tell Me How To My Child Workshop Flyer](#)

Save The Date- Tech Talk Family Workshop

The Family Tech Talk Workshop hosted by PTO Today on January 25, 2023, will discuss internet safety, screen time limits for children, and other important subject matter related to technology. The link to the workshop is forthcoming.

[Save The Date: Family Tech Talk Workshop Flyer](#)

Lydia Johnson Dance School

973-307-3237

<https://www.lydiajohnsondanceschool.com/>

The Lydia Johnson Dance School offers a variety of dance classes for children, young adults, and adults. For more information, please call or visit their website.

Disney on Ice: Into the Magic

January 12-16, 2023

Prudential Center

Discover why no dream is too big at [Disney On Ice: Into The Magic](#) when your favorite Disney stories come to life through world-class ice skating and transform the ice into a story scape celebrating bravery, love, and adventure

Kids N' Family Series The Heart and Soul of Magic

February 11, 2023

SOPAC

Free

Breathtaking, mind-blowing, and astonishing are just a few words that describe The Heart & Soul of Magic. This show features two world-class magicians, Ran'D Shine and Jamahl Keyes, in a unique production that weaves a tapestry of psychological illusions, comedy, and music to create an immersive, amazing experience that will keep you at the edge of your seat.

[The Heart and Soul of Magic](#)

Skating on the Square

NOVEMBER 19, 2022 - FEBRUARY 26, 2023

Skating Rink

Hulfish Street

Princeton, NJ

Free

Open skate is from November 19 - February 26, 2023. Hours are 4 - 7 pm Thursday and Friday; and 12 - 3 pm and 4 - 7 pm Saturday and Sunday. In addition, there are special holiday hours on December 24, Dec. 26-31, January 1, January 16, and February 20. They are closed on Thanksgiving and Christmas Day. The cost is \$10 per person in cash or \$12 plus fees if paying by credit card. Tickets are sold at the door only. No reservations are needed. Bring your own skates or rent skates for free.

[Skating on the Square Info](#)

Songs, Movement, and Mindfulness

[Super Simple Songs: This is the Way](#) [Zen Sessions for Kids: Our Bodies](#)

[The Banana Pants Song](#)

Here is a fun SEL activity you can do with your kids!



Simply print and



have them cut.



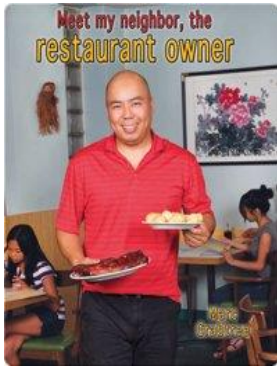
Kids can practice mixing and muddling different feelings!

Feel free to help younger kids, especially with smaller parts like eyebrows or fingers.

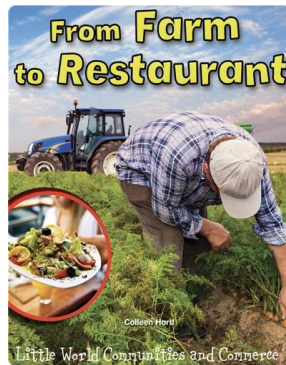
- If children are feeling *strong emotions*, it's a great opportunity to address and talk to them using Causal Talk in the Emotional Experience (CTEE).
- Say: "I noticed you stopped cutting. Are you feeling frustrated because that piece is so small? Do you need help, or do you want to take a minute to calm down?"

[HemmyShemmyCutout.pdf](#)

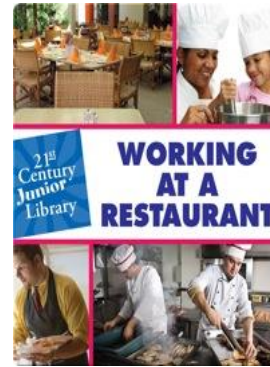
Books



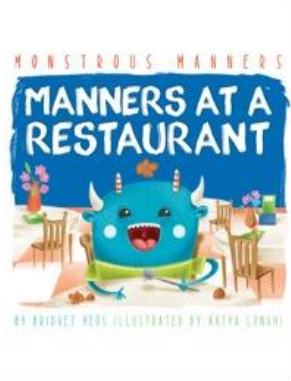
[Meet my neighbor, the restaurant owner](#)



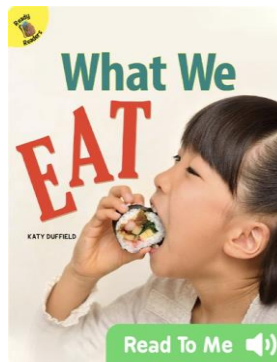
[From Farm to Restaurant](#)



[Working At A Restaurant](#)



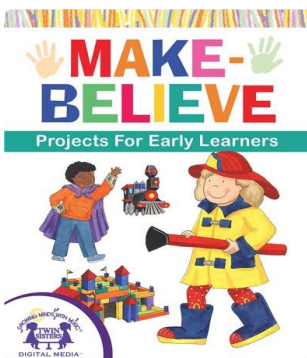
[Manners At A Restaurant](#)



[What We Eat](#)



[Chefs](#)



[Make Believe](#)

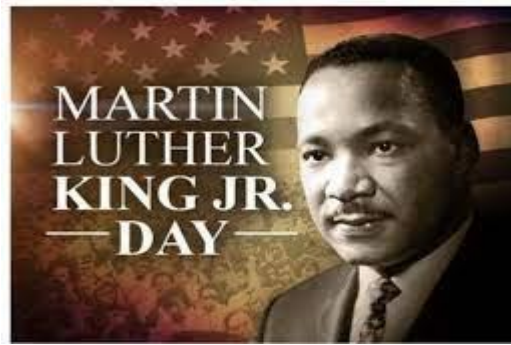


[Monster Needs One More](#)



[Grandma's Button Box](#)

[Questions to ask children when reading stories](#)



The Preschool Department would like to wish you all a happy and healthy new year filled with great success and prosperity. We look forward to entering the new year with you and your families as we witness the continued growth of each child in our program. We wish you all the very best that the future will bring.

Happy New Year,
Ms. Lane (CPIS)
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