

South Amboy Elementary School

Early Childhood Education Newsletter

Volume 2 Issue 1
July 30, 2021

Ice Cream Social for New Families



On Tuesday July 27 and Thursday July 29, the office of Early Childhood Education hosted the 1st Annual Ice Cream Social for new families. Families were invited to attend either session to learn more about South Amboy Elementary School. All families in attendance were also provided with small gifts and entered into raffles to win gift baskets. We want to again thank the representatives from [Acelero Learning of Monmouth and Middlesex County](#), [Sadie Pope Dowdell Public Library](#), Pathways to Success, the [South Amboy PTO](#), [the South Amboy Youth Athletic Association](#), and [the YMCA](#) who were present to share with families how they can be partners in educating the whole child.

Pre-K and Kindergarten Orientation

We are happy to announce that our Pre-K and Kindergarten Orientations will be held on August 24, 2021. Pre-K Orientation will be held from 9:30 to 10:30 and Kindergarten Orientation will be held from 11:00 to 12:00. During these sessions families will be able to tour the classrooms, get an overview of the various programs used, and have opportunities to ask questions about each program. More information will be shared with families through [Mr. Dunphy's Principal Page](#) and additional notifications through email and phone broadcasts.



Summer Choice Boards

As the summer begins to wind down we wanted to provide our families with a resource for their children to complete in the month of August. Below are options to complete the [summer choice board](#) which have been designed by the teachers for the students that will be entering their new grade level. For example, if your child is entering Grade 2 in September they will use the Grade 2 options for their choice board. Students who complete their choice boards and return it to their classroom teacher will receive a frozen treat during the month of September.



[Kindergarten](#)

[Grade 2](#)

[Grade 1](#)

[Grade 3](#)

Preschool Registration

[Registration for the 2021-22 School Year is still open](#), but spaces are filling fast! In the coming weeks we will begin to place our students into classes at South Amboy Elementary School and with our partner Acelero Learning of Monmouth and Middlesex County for preschool. Registrations will be done completely online to minimize the possible exposure of COVID-19. For more information please call Amy Wolfe (732) 525-2118 extension 2221 or email her at awolfe@sapublicschools.com. To be eligible for our Pre-K program children must be four years of age on or before October 31, 2021. To download registration items go to the [Early Childhood Page](#). If you experience any issues with the registration process you can [watch a tutorial video](#) on using Genesis to complete the registration.



Three Main Keys to Building Structure

By Valerie Mejia

Routines and rules that are consistent, predictable, and follow through are part of a system that helps your child learn to behave. For most days of the week, you have a simple routine and guidelines that you adhere to. For your child's actions, you set reasonable goals and limits. Your child knows how you will respond to acceptable and unacceptable behaviors.

Structure is beneficial to both parents and children. Since they know what to expect, children feel safe and comfortable. Parents are at ease because they know how to react and respond in the same manner every time. Routines and guidelines provide order and predictability in the household. Creating structure at any age will benefit both you and your child. At a young age, children will begin to learn routines and rules. You can start by creating routines for important daily activities such as meals, bedtime, and getting ready in the morning.

For more information about how to help your children prepare for the start of the school year please visit the Family Liaison page on the District website.



How to Create Summer Structure for your Child

By Valerie Mejia

Create a Schedule as a Family

Whether or not your children attend summer camp, it is important to maintain a schedule at home. Make a schedule with your kids and put it where all members of the family can see it. Your children will feel like they have a say in the schedule and will be more likely to stick to it if you do it this way. This can also be a great opportunity to spend quality time with your children!

<https://www.verywellfamily.com/easy-steps-to-a-daily-family-schedule-620635>

<https://www.verywellfamily.com/top-online-family-calendars-1269837>

Keep Meal and Bedtimes Regular

Even if you can't keep track of all of their activities during the day, regulating their meals and sleep creates a stable routine for children. This helps them feel less anxious and more confident on a regular basis. Regularly scheduled meals and bedtimes foster restful sleep and, in the long run, healthier food decisions. This also helps regulate a schedule when your child has to return back to school.

<https://www.aota.org/About-Occupational-Therapy/Patients-Clients/ChildrenAndYouth/Mealtime.aspx>

<https://swmschool.org/2018/03/08/a-montessori-approach-to-bedtime-establishing-a-healthy-sleep-routine/>

Include a Physical Activity

Every day, children need at least 60 minutes of physical activity. Encourage your children to dance, bike, swim, and participate in other activities every day this summer. This will promote healthier practices that will help to prevent potential health problems.

<https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>

Limit Entertainment Screen Time, but Encourage Educational Screen Time

On a beautiful, bright day, screen time will transform your child into a drowsy zombie. Reduce the screen time on social media, video games, television, and other forms of entertainment to one to two hours a day. Instead of screen time for fun, promote educational activities like read-along books, math games, and shows like "Sesame Street," which are excellent learning resources for your children.

<https://www.eyepromise.com/wp-content/uploads/2019/05/Screentime-Recommendation-Chart-Final-AAP-WHO.pdf>

Don't Forget Family Time

Summer is a great time to spend with family on vacations, camping trips, or even stay-cations. Small things like a family game night or dinner at the table will get your family together on a regular basis if you schedule them in.

<https://fatmumslim.com.au/32-fun-family-activity-ideas-together/>

Be Flexible with Plans

Summertime does not have to be rigid only because your children need structure. Strict routines can be equally tedious for children. Flexibility lets the entire family enjoy the summer routine and leaves the home (almost) stress-free.

Remember Your Family Needs

Make a routine that works for your family and is enjoyable to observe. Don't keep your kids on the same schedule week after week. If you're imaginative, your kids won't even know when it's time to go to bed.

Nurse's Note

By Lisa McAlonie

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Summer Safety and Fall Registration

Keep your child safe during summer with the following [safety tips](#).

Fun [activities](#) to cultivate social emotional learning.

Check out ways to keep children busy during the summer with [affordable activities](#).

Important reminders for fall registration:

Update students health history

Treatment plans need to be updated each school year or when treatment changes.

[Asthma](#)

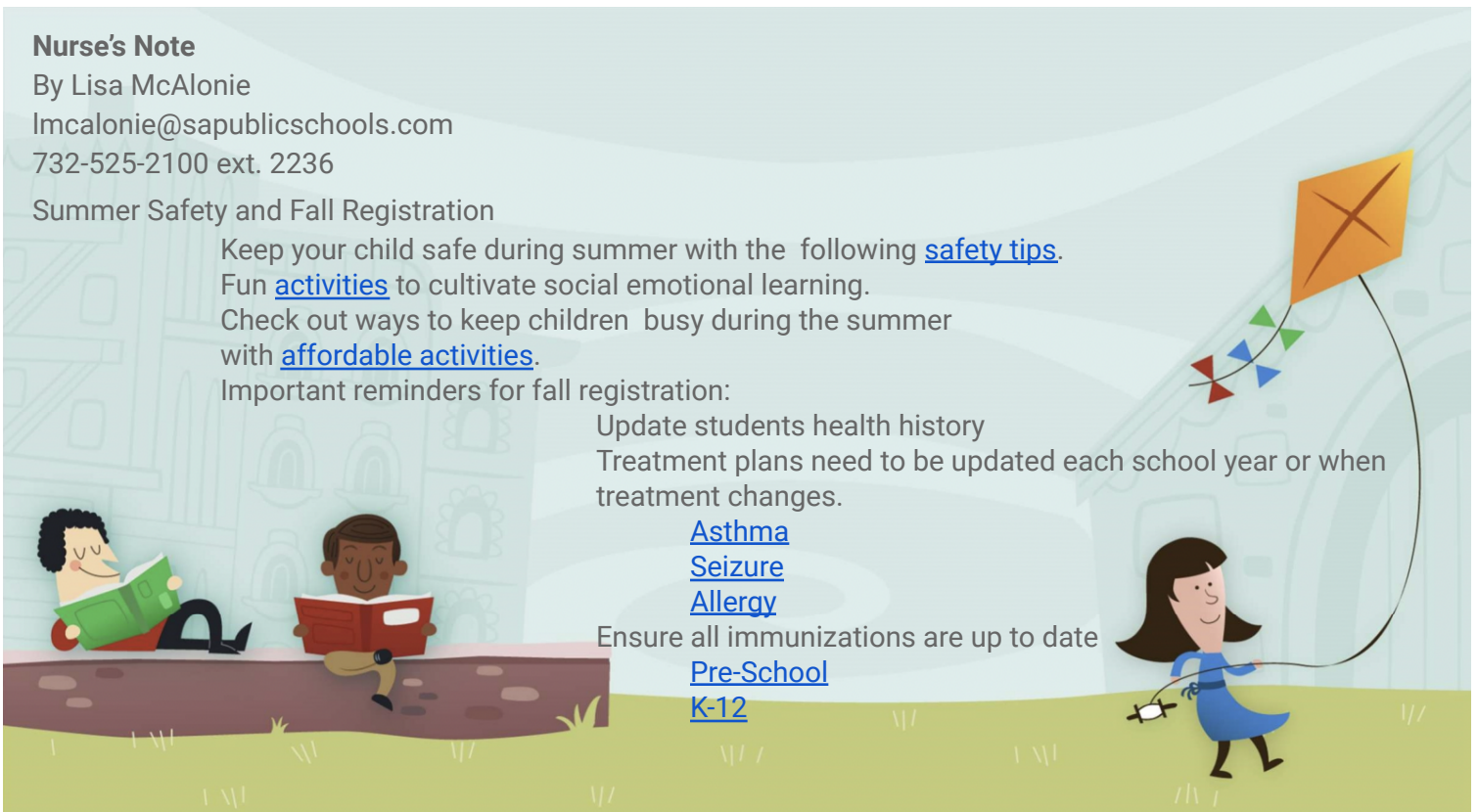
[Seizure](#)

[Allergy](#)

Ensure all immunizations are up to date

[Pre-School](#)

[K-12](#)



COVID-19 Reminders

Over the last few weeks we have been reminded that we are still in the midst of the COVID-19 pandemic and still need to take some basic precautions to stop the spread of the virus. As a district we will be reviewing our [Safe Reopening Plan](#) and sharing any changes with the community. As a reminder we wanted to take time to share some resources with you all to help stop the spread of the virus. Please review with your children the importance of proper handwashing and covering their coughs and sneezes. With the calendar changing to August, the start of the school year is quickly approaching if you or anyone in your household has been exposed to someone with COVID-19 or are experiencing symptoms please reach out to [Lisa McAlonie](#) in the Elementary School or [Cathy Housman](#) at the Middle High School.

[How to Put On Your Mask](#)

[Caring for Yourself-Parents](#)

[Caring for Yourself-Young Adults](#)

Stop the spread of germs that can make you and others sick!



Wash your hands often



Wear a mask



Cover your coughs and sneezes



Keep **6 feet** of space between you and your friends



cdc.gov/coronavirus



Character Corner

During the course of the school year we will continue to focus on Character Education in the classroom. Below are our themes for the year which will also be featured in future newsletters.

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

Important School Resources

[Mr. Dunphy's Principal Page](#)

[Mr. Dunphy's YouTube Page](#)

[Mrs. Masella's School Counselor Page](#)

[Nurse's Page](#)

[Early Childhood Education Page](#)

[Jorge E. Diaz](#)

Superintendent of Schools

[Martin Gurczeski Jr. Ed.D.](#)

Director of Early Childhood Education

The Mission of the South Amboy School District is to educate and empower today's learners to develop intellectually, emotionally, and socially as tomorrow's leaders within a diverse community of supportive and committed educators, parents, and citizens.

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