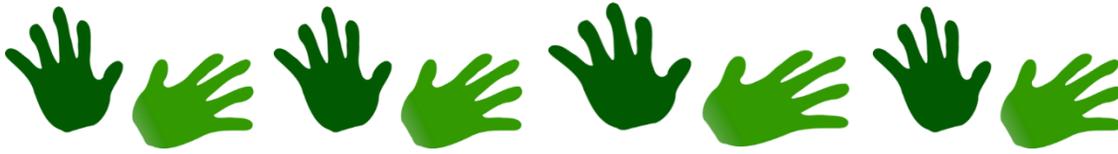


January/February 2021



SESAME SPEAKS!

Dear Families,

I hope you had a wonderful winter break and a Happy New Year! We were so happy to see our students back at school on Monday, January 4th, 2021. Your children are doing beautifully remembering what cohort they are in, when to log onto remote learning and most importantly staying safe and wearing their masks!

As the weather is starting to get colder, please make sure you send in the appropriate change of clothes for your child and take home the clothes you sent in. Please label all your children's clothing.

Families, please remember that if your child DOES NOT HAVE THE FLU VACCINE, THEY WILL NOT BE PERMITTED BACK INTO SCHOOL AS OF January 4, 2021. ALSO, FOR REMOTE STUDENTS ONLY, THEY WILL NEED THE FLU VACCINES AND UP TO DATE MEDICALS TO LOG ON REMOTELY, STARTING January 11,2021. PLEASE GET IN TOUCH WITH CINITHIA IF YOU HAVE QUESTIONS.

CACFP (SCHOOL BREAKFAST AND LUNCH): Parents, please remember to send in bags on Thursdays with your children for them to bring home food for the following week.

Families that did not send their food forms back must do so ASAP.

If you do not wish to have food sent home, please email Lisa at Lwatson@sesamesproutschool.com informing her that you do not want food.

We also offer food over the holidays, but you must let Lisa know in advance if you would like food over the breaks.

From our Parent Coordinator Marina Martinez:

Parenting Workshop: Tips for Managing Remote Learning

Presented by: Gladys Acevedo-Morales, NYC DOE Early

Childhood School Social Worker Pre-K For ALL

Date: Wednesday, January 13, 2021

Time: 10:30 AM-11:30 AM

Via Zoom: 836 624 6333

Passcode: 831167

The Unit for the month of January is Transportation. These are some focus questions the students will be discussing:

Essential Question: How does my community use various modes of transportation?

Focus Questions • What kinds of transportation do I use and why?

- How are various modes of transportation similar and different?
- Who operates the vehicles in my community?
- How do we stay safe when using transportation?

During the month of February, the students will be learning about Light. Essential Question How and why do we use different kinds of light?

Focus Questions • What kinds of lights are around us?

- What is darkness?
- How does light help us?
- What are shadows?

This is a great time to talk with your child about the different types of transportation they see when you are out walking or driving with them.

Our teachers and staff are continuing to work hard to bring your children educational and fun learning opportunities throughout the weeks.

Books on Transportation and Light:

The Bus For Us

Go! Go! Go!

What Do Wheels Do All Day?

Whose Vehicle Is This?

All About Light

Can't You Sleep, Little Bear?

Moonbear's Shadow

Round Trip

If you have any questions or concerns, please reach out to your teachers through their Class Dojo platform for your class. Please continue to check Sesame Lesson plan website for videos and educational materials. Website:

<https://sites.google.com/view/sesamesproutschool/virtual-learning>

This month, focus on helping your preschools get a good night sleep. Below is a wonderful article with suggestions and stories to help get your little ones to bed.

Good Night, Sleep Tight: Preschoolers and Sleep

By: **Reading Rock**



It's important to remember that a lack of sleep can greatly impact your preschooler's behavior and ability to have a good day at preschool. Try this little experiment with your child to make sure they understand and maintain an appropriate sleep schedule.

RELATED

[Ten Bedtime Stories](#)

[Sleepy time Books](#)

[Good Night, Sleep Tight!](#)

Parents of young kids know how precious sleep can be. It's important to remember that a lack of sleep can impact your preschooler's behavior and ability to have a good day at preschool. Grumpiness, low energy, and extremes in behavior could all be signs that your child needs more sleep.

While experts agree about the value of sleep, they also recognize that not all kids need the exact same amount. In general though, one to three year olds need between 12-14 hours of sleep per day. Most kids this age take one long nap and go to bed between 7 and 9 p.m. Kids ages three to six years old typically need between 10-12 hours of sleep per day.

To help your child understand the difference between a body at rest and a body at play, try this simple experiment:

- When your child is calm and resting, help him count his pulse during a one-minute interval.
- Write down the number of beats counted.
- Then have your child get up and do an active movement for several minutes. Try jumping jacks, running, or hopping up and down.
- Once again, help your child count his pulse during a one-minute interval.
- Compare the rate of your child's pulse when resting to when active.

At the end of the day, help your child make observations about what happens when she gets tired. When it draws close to bedtime, ask your child how she feels. What are the signs her body gives that tell her that it is time to rest? (yawning, drooping eyelids, or a "heavy" head).

Take that sleepy-time opportunity to cuddle up with some good books for story time. Reading stories before bedtime makes a good transition between active play and rest time and should be a part of the bedtime routine. Those special, quiet moments with books will become special memories for you and your child.

Holidays/School Closed

January 15th Staff Development- No Students

January 18th Dr. Martin Luther King Jr Day-School Closed

February 15th-19th- Mid Winter Recess

February: Celebrating Black History Month

Each classroom will be celebrating Black History Month differently. Be on the lookout for your classroom newsletters.



By kindergarten, most children have heard of [Dr. Martin Luther King, Jr.](#) They are taught that he, like Mahatma Gandhi, was an advocate for peace and equality.

However, consider going beyond Dr. King. For example, teach your child about Rosa Parks, the seamstress and civil rights activist whose refusal to give up her bus seat to a white passenger ignited the Montgomery Bus Boycott. Her small act of nonviolent resistance helped to forge the way for transportation desegregation across the nation.

Her story is part of our shared American history. Instead of shying away from hard truths, parents can explain that a long time ago, people were separated by the color of their skin. Some people did not think that was fair, and men and women of all races united to make a change. This is a straight-forward example

that teaches empathy, cooperation and the commonality of a shared goal. It is also a way to teach children how to connect their personal experiences with the larger world.

In an article for PBS, children's book author Cheryl Willis Hudson [offered these and other suggestions](#) to help you connect your kids with Black history:

- Buy a book by a Black author or illustrator and make it a part of your child's permanent collection. Books offer a fun and easy way to introduce your children to new cultures and to help them explore the experiences of people from different backgrounds.
- Look for books that are inclusive and reflect the diversity of our communities. Books help illustrate that diversity is a natural part of everyday life.
- When and if children ask questions about race, don't sweep differences under the rug. Give children simple, concrete explanations when they have questions. Select books that affirm a valued place for all children. Try to find books that will help prepare children for the complex world in which they live.
- Make sure your selections include contemporary stories. Celebrate Black culture and experiences, in addition to history, through picture books, chapter books, and poetry.
- Seek the suggestions and guidance from knowledgeable cultural experts, booksellers and librarians. [Coretta Scott King Award-winning titles](#) are always a good place to start for excellence in text and illustrations.

For parents of mixed race or transracially adopted children, you must do your homework. You are your child's first teacher, so educate yourself about your child's cultural history. Stoke your child's curiosity about their place in the world and their ancestor's role in the establishment of this country. Young children believe what their parents tell them so take advantage of their eagerness to learn and show them how to appreciate differences. While you have their undivided attention, introduce your budding train conductor to [Engineer Elijah McCoy](#), inventor of an oil lubricant for steam engines for

locomotives and ships, and aviator [Bessie Coleman](#), the first African American civilian issued a pilot's license.

There are so many notable Americans to learn about. Beyond the internet, don't forget my favorite resource: the public library. During themed months (like Women's History Month or Asian American Heritage Month), most local libraries display related picture books. They may also schedule read-alouds about different cultures and offer scheduled lecture series for parents or activities for children.

In the end, people are more alike than different. And if children learn this simple truth early, the world will be the safe and interesting place that Dr. King dreamt about

Please refer to the school website, www.sesamesproutschool.com for information regarding resources to help you with Covid-19.

As Curriculum and PKA Coordinator, I am here to assist you and can be reached by email at jaronin@sesamesproutschool.com or by calling the school at 718-271-2294.

We understand that this is an exceedingly difficult time for a lot of families, and we are here to help in any way we can. Please reach out to the front office or to your teachers for anything you might need. All of you should be familiar with the remote learning platform by now. If you are new to remote learning, do not worry, our staff and your teachers will guide you through the process of how to log onto Zoom and Class Dojo. Our school is a place where all staff members are committed to helping children succeed every day! Your child(ren) will be filled with learning, laughter, smiles and innovations. A common theme that Sesame has is parent involvement. Our school is a place where strong connections are made between home and school. I highly value these characteristics and believe that our school community will continue that path of excellence with your support and participation.

Best Regards,

Jennifer Aronix, Curriculum Coordinator/PKA Coordinator

