



# SCHOOL NEWS May 2022

4836 N. Center Road Scottsdale, AZ 85256

Monthly Newsletter to Early Childhood Education Center Parents, Families, and Community

## I WILL ACHIEVE



### **Upcoming Events**

#### May

**2 & 16:** SRS' Education Board Mtgs. @ 5:15 p.m.

17: Pre-K Transition

Ceremony

**20:** ECEC Closed for Professional Development

**23:** Early Head Start and Child Care Services Resume

30: Holiday -Memorial Day Closed All Staff

**31:** First Things First Pre–Kindergarten Prog. Begins @ SRES



### O'odham/Piipaash Word of the Month

O'odham: Kai Cuklig Maşad Black seed month (May)

Piipaash: Nyaa pily (Summer)



#### MESSAGE FROM THE PRINCIPAL

Message from Tami:

End of Year Celebration: We are looking forward to having families on-site to celebrate our children who will be transitioning to Kindergarten in August of 2022.

Playground Update: The ECEC Construction and Renovation Committee has been meeting with Public Works and the contracted architect to work on short term and long term plans for the Early Childhood Education Center.

If you would like more information about the work of the committee please reach out to me, (480) 362-2202, (480) 289-8256 or by email at tami.brungard@saltriverschools.org.

## TIME TO SAY GOODBYE



Hi all, I wanted to let you all know that my last day will be June 30, 2022 as I will be retiring after working in this field for the last 45 years. It has been a pleasure working at ECEC these last 12 years as the Assistant Program Manager for Early Head Start. I have developed many relationships with families and I will remember my time with the children as a time of pure joy. The ECEC offers families a high quality early childhood program and the staff are talented and knowledgeable. Families are so fortu-

nate to have such a wonderful place to take their children that is safe, engaging, and caring.

Thank you for allowing me to be a part of the team for all these years.

Warmly,

Deborah De'Volld



STAY INFORMED. BECOME INVOLVED. JOIN OUR STUDENTS' JOURNEY.



## We Travel carrying our Words.

- Ofelia Zepeda



## **Upcoming Events**

## More Dates to Remember:

#### June

**6/6 & 6/21:** SRS' Education Board Mtgs. @ 5:15 p.m.

14: Holiday -SRPMIC Day Closed All Staff

**6/24: Last Day** of First Things First Pre-Kinder Program @ SRES Ends

**6/27-7/14:** FACE Summer Program Begins @ SRES Monday—Thursdays.

## COVID-19 Vaccine for 5-11

Year Old Children

Friday COVID-19 Vaccine Clinics:

Available by appointment only—Open to SRPMIC enrolled children and community resident children.

To schedule an appointment call the COVID-19 Hotline at (480) 362-2603, press 3. Please leave a voicemail message includ-

#### **ECEC SCHOOL CONTACT**

Tami Brungard, ECEC Leader Tami.Brungard@saltriverschools.org

480-362-2200

**ECEC.SALTRIVERSCHOOLS.ORG** 

## **Head Start Summer Program through June 24, 2022**

All Head Start children are eligible and expected to attend.

The last day for bus services will be May 19, 2022. If you need transportation contact Melinda Hansen at 480-362-2206.

The Head Start year has been extend to continue the learning. This will provide additional time for students to develop and work on school readiness skills.

## **Message from Teacher Mentors** - Ske:g Tas Families!

Ske:g Tas Families!

The Teacher Mentors work with the Education Specialist to provide ongoing training to staff. This training make sure that all staff provide quality experiences; each student has access to the best education and staff use effective skills to help the children learn.

The Education Specialist provides recommendations to improve the curriculum and lesson planning. Teacher Mentors meet with teaching staff and create goals. The coaching cycle consists of 1) creating a goal & action plan, 2) focused observation, and 3) reflection and feedback.

## The Month Of The Young Child Celebration Was A Hit!

Hummingbirds: Music Monday







Cottontail: Music Monday with Maracas













# Exceptional Student Services: April/ May

April was Occupational Therapy Month – Let's Celebrate the great benefits of OT and the work done here at ECEC with Mrs. Kristina Smith

May is Better Speech & Hearing Month (BHSM), and the importance of communication.

BSHM provides an opportunity to raise awareness about communication disorders and the role of Audiologists and Speech-Language Pathologists everywhere.

Our SLPs at ECEC are Lara Kristof & Rebecca La-Russa, check out the link below for information about *Communicating with Baby Tips and Milestones from Birth to Age 5*. <a href="https://identifythesigns.org/communicating-with-baby-toolkit/">https://identifythesigns.org/communicating-with-baby-toolkit/</a>

If you see Lara or Rebecca on campus, have them provide an example of Talking is Teaching and practice with your little one.





One of the principles of Head Start is Making Connections, so this is a great reminder for all of us.

#### Social and Emotional Health

The Early Childhood Education Center (ECEC) focuses on **Social Emotional Development**. Each student is learning how to socialize with others (adults and children) and how to identify and manage their own emotions which is the #1 predictor for life-long learning success.

This year (pandemic and virtual learning) more focus has been placed on teaching and practicing self-regulation and supporting the children in calming their bodies.

Staff form responsive relationships and utilize **play** to teach those social emotional skills. We are not born with the ability to regulate our emotions or knowing how to socialize with others. By using play, we have an opportunity or window to truly enter the children's world, teach them <u>leadership skills</u> when children form a group and come up with ideas on what to play. Play also helps with <u>sharing</u>, <u>turn-taking</u> and <u>yes</u>, <u>even managing</u> emotions when <u>frustrated</u> and upset.

Teaching staff plan activities for children to learn feelings vocabulary, identifying emotions, and teaching techniques to use when in need of calming themselves while resolving a conflict.

Techniques are *Deep Breathing Techniques* such as the Balloon, Drain, Pretzel, STAR from Conscious Discipline. *Teachers respond calmly to children, point out other children emotions and support our children in problem-solving with peers.* 

## Exceptional Student Services: April/ May Continued

The benefits of focusing on social-emotional development are endless (positive relationships, standing up for themselves, fewer behavioral issues in school and better decision-making).



#### Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress



#### S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale. If you are interested in learning more information on how to support the social-emotional development of your children. Please feel free to schedule time to talk with classroom teacher, Family Advocate or Behavior Intervention Counselor.



#### Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interface fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



#### **Balloon**

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pobbobbobb" sound.



## River People Health Center



#### Now Open

The River People Health Center will provide a circle of support around its patients to enhance their physical, mental, spiritual, and emotional wellbeing.

Services include primary care, pediatrics, dental, psychiatry, behavioral health, optometry, podiatry, inperson and drive thru pharmacy, physical therapy, a full labratory, imaging, and other services. We look forward to seeing you soon.

- 10901 E. McDowell Rd. Scottsdale, AZ 85256
- 480-278-RPHC(7742)
- Mon-Fri: 8:00AM 5:00PM

