

Pre Boston

Family Newsletter – March 2022

Monthly News from Boston Universal Pre-K for Parents and Caregivers

Dear Boston UPK Parents & Caregivers,

Hope all is well with you and your family!

Among items worth celebrating this month is that March is Women's History Month! Let's make it count by, among other things, creating or participating in activities that highlight women's achievement and contributions and their vital role in American History. Also of great importance, last week Boston Mayor Michelle Wu recently announced the creation of the Office of Early Childhood. For more information, see the [press release](#) and [video](#) of the announcement. Boston UPK looks forward to partnering with the City of Boston on upcoming initiatives in early education and care.

We encourage you to continue to support your child at home with the recommended readings and activities found in the curriculum home links: [Unit 4](#) & [Unit 5](#). Teachers would love to hear from you - please reach out with questions. I will highlight a few items below.

K2 Registration - Transitioning to K2

Transitioning to Kindergarten (K2) is a big milestone for our UPK children. Please be attentive to your child's social-emotional needs during this time. The BPS priority registration period for K2 continues through April 1, 2022. If you have any questions regarding the Connector System which gives UPK children priority at certain Connector schools, we're offering one last Parent Cafe on Tuesday, March 22, 2022 at 6:30 PM. We will offer simultaneous interpretation in several languages. There is additional information in the column to the right. Please reach out if you have any questions.

Comprehensive Services: Screenings

It is critical to have your child screened for dental, vision and hearing to address early any of these issues that may hinder learning. Please coordinate with your Family Engagement Coordinator to provide proof of screenings if you have not already.

Families First Power of Parenting Program

I want to raise up that Families First is still enrolling parents and caregivers for the free Power of Parenting program for two separate cohorts which begin this month! Find details enclosed.

As always, contact me if you have any questions. Stay safe and warm!

Joelle Auguste, M.Ed., LSWA
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Events and Announcements

Power of Parenting Program

Boston UPK partner Families First will offer two upcoming cohorts of the Power of Parenting program (in English). This program is free.

Cohort 1: Power of Parenting for parents/caregivers of children **ages 0-3**.

Cohort 2: Power of Parenting for parents/caregivers of children **ages 3-8**. Parents & caregivers can register [here](#). Find details in a flyer [here](#).

Kindergarten (K2) Registration Reminders

Registration: The BPS K2 priority registration period ends April 1, 2022. Only families who register for BPS K2 during the priority registration period are eligible for the UPK/BPS Connector System. Additional information on BPS K2 registration can be found on the [BPS Welcome Services website](#).

BPS Registration Process One-pager:

[English](#) | [Español](#) | [عربي](#) | [Kabuverdianu](#) | [中文](#) | [Français](#) | [Kreyòl](#) | [Português](#) | [Afsoomaali](#) | [tiếng Việt](#)

Boston UPK Connector Parent Cafe:

Boston Public Schools will present for the final time this year on Tuesday, March 22 from 6:30-8 PM about the Connector System, which connects UPK students from community-based programs with specific BPS K2 classrooms. Translation will be available in Spanish, Haitian Creole, Vietnamese, Chinese, Cantonese, and Mandarin. Zoom link [here](#).

Self-Regulation Series, Part 2: Games

By Liz Muscolino, M.Ed., EdS

UPK Behavioral Health Services Liaison

What is self-regulation and why is it important? Self-regulation skills help us manage behavior, thoughts, emotions, and energy levels in order to reach our group or individual goals. Self-regulation skills are considered essential - adults and children use these skills to cope with strong feelings, focus our attention, and work with others toward a common goal. Supporting children in developing strong self-regulation skills will help them be successful in school and in life!

Research indicates that children's self-regulation can improve with **playing certain games**. Learning calming techniques, self-awareness exercises, and doing mindfulness activities are also important but we will focus on games and other fun activities in this publication. The following games and activities can help children learn important skills like managing impulses, thinking before acting, and directing their behavior toward an individual or shared goal.

- [Mind Yeti](#) YouTube video library
- [Children's books](#) available through Boston Public Library
- Sensory activities like playing with water, clay, sand, nature items and fidgets
- Games like Red Light/Green Light, Simon Says, Freeze Tag, Freeze Dance, Obstacle Courses, and Self-control Bubbles



Directions for each of the games can be found by clicking the link below:

- [Red Light/Green Light](#)
- [Simon Says](#)
- [Freeze Tag](#)
- [Freeze Dance](#)
- [Obstacle Courses](#) (you can use sidewalk chalk, tape, or make a themed obstacle course like [sports](#), the [alphabet](#), or [the floor is lava](#), with things in your home)
- [Self-Control Bubbles](#)



Coming next month: Learn about about **co-regulation!** Next month learn how to use self-regulation skills alongside your child.

Tax Prep Resources for Families

Boston Tax Help is a program developed by the Mayor's Office of Financial Empowerment, with virtual and neighborhood tax preparation sites. The program offers free tax preparation and filing for individuals who earned less than \$60,000 in 2021. You can get your taxes prepared [online](#) or at a [neighborhood tax preparation site](#). Find details at [bostontaxhelp.org](#).

StreetCred, a program affiliated with Boston Medical Center, offers free, IRS-certified tax preparation for families who earned less than \$73,000 in 2021. You can file your taxes in person or virtually.

Find details on the StreetCred website [here](#) or access a flyer [here](#) on tax filing options and a list of document needed.



In partnership with:



Do you have a child between the ages of 0 – 8?

JOIN THE FREE **VIRTUAL** POWER OF PARENTING™ PROGRAM

PROGRAM INCLUDES:

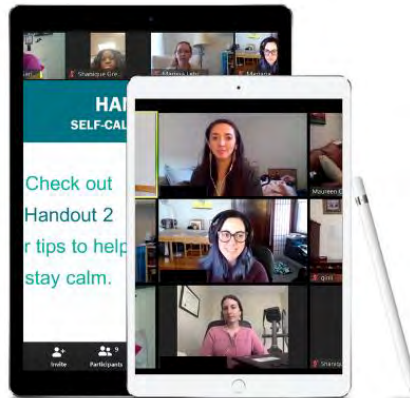
- Meeting once a week for 12 sessions
- Eligibility to earn up to \$100 in grocery gift cards
- Opportunities for Parent Leadership
- Eligibility to earn \$100 for professional clothing from Dress for Success



WHERE AND WHEN:

- Ages 3-8
- Tuesdays
- 6:15 – 7:30PM
- Begins 3/15
- Ages Birth -3
- Thursdays
- 10:30 - 11:45AM
- Begins 3/17

Zoom link sent upon registration



LEARN

about your child's developmental stages

CONNECT

with other parents and share experiences

EXPAND

your toolbox of parenting strategies

RELAX

by discovering self-care techniques

GROW

individually and as a community

Limited space. Sign up today!
<https://tinyurl.com/UPKPowerofParenting>

For more information, contact: Marissa Lehrman • mlehrman@families-first.org • 781-819-3522

Site Spotlight

VietAID Âu Cơ Preschool

VietAID's Lunar New Year (Tết) celebration had performances from each UPK classroom: Ladybug, Bumblebee, and Duckling. Up until the event, each classroom worked very hard, practicing their dances to Vietnamese cultural songs and their sayings/greetings to their families (a Vietnamese tradition where young people would wish their elders all forms of positive things such as luck, health, prosperity, wealth, etc. for the new year). On the day of the event, which was January 28, to prepare the videos for families to watch on February 1 (day of Lunar New Year), families were asked to bring their children's áo dài (Vietnam's national garment, traditionally worn on Lunar New Year) to school so that the students can see themselves and their friends be immersed in the Vietnamese culture and also match the theme of the event. For non-Vietnamese families who do not usually have áo dài, the school had prepared some just in case. For classroom activities, the preschoolers made lì xì (red envelopes) to bring home and give to their families. Families brought in Bánh chưng (square sticky rice cakes, usually eaten around Lunar New Year) as gifts for teachers and students to bring home and enjoy with their families.

Check out a video of a classroom performance [here](#).

Thanks to Kinh Ha at VietAID Âu Cơ Preschool for sharing this spotlight!

