

TAFT EARLY LEARNING CENTER

16 Granite Street · Uxbridge, Massachusetts 01569

Phone 508-278-8643



TAFT UPDATE - 9/19

This week at Taft:

- Friday, September 24th - Black and Orange Day

Upcoming Events:

- Meet the Teacher K-3 Night - 5:30 - 7 pm - This event will be VIRTUAL. More information will follow soon.

PreSchool Information:

-Please like and follow the new **Taft Early Learning Center Preschool** Facebook Page to stay up to date on all of the Preschool happenings!

-Does your child attend our **3 day, MORNING** Preschool session? If so, there is an opportunity for them to attend all 5 mornings!!! If interested, contact Laura Newhall, Preschool Coordinator, at lnewhall@uxbridge.k12.ma.us.

Message from our Counselors (Mrs. Buel and Mrs. Waterhouse)

Back to School Separation Anxiety Hints:

Say Goodbye-Give your child a hug and a kiss, tell them you'll be back soon and then walk out the door. Don't delay, don't give "one more minute", don't linger, hoping that they'll start smiling and laughing.

Trust your child's teacher- Teachers know kids. They've done this before and have many ways and methods to help calm kids down from redirecting them to a new activity to offering comfort.

Establish a goodbye routine- Children crave routine. By giving your child something they can count on, they are likely to go to the school that much more willingly. Come up with a couple of things that you do each time you say goodbye. A special handshake or a special high-five. Whatever it is, make it something special between the two of you and make sure you do it every single time.

Confront the problem- The best way to cope with separation anxiety is to just deal with it. The reality is, within minutes of their parent's exit, most kids happily settle down. And within days (sometimes weeks), the tearful goodbyes end.

Try a change- It's a reality of parenthood. Kids often behave better for people other than their parents. If there is a relative or friend, let them handle the dropping off for a few days and see if there is a change in your child's behavior.

Enlist the help of home- The most important message to send your child is that you love them very much and that you are thinking of them often. Together, pick out something that your child can bring to school with them that reminds them of home-a small stuffed animal, a photo, even a smiley face on their hand. It needs to be something they can look at that will conjure up thoughts of you and also offers comfort. Please make sure it is small and does not make noise.

Keep your own emotions in check--Don't let your child see that their nervousness is getting to you. Of course, this is hard on you, but you must never let your child see that. Smile, talk about how much fun they are going to have.

Don't be late for pick up-Try to make sure you are on time for pick up or even early. If you are late, it can cause your child even more anxiety and make dropping them off the next time much harder.

Involve the teacher- reach out to your child's teacher with concerns or questions.

Be prepared for regression-may happen after vacation or an illness that keeps your child home for a few days. This is perfectly normal, may last a day or two and should return to easier drop-off quickly.

Give your child something to look forward to- Try to get your child to know some of their peers by scheduling play dates with some of their classmates. If they see students they recognize, they may be more able to settle down and relax.

Be honest- Talk to your child about what they may be feeling and why. Ask them what makes them upset about dropping them off at school. Share a story about a time you felt scared or nervous about something and how you dealt with it. Talk about why you want your child to go to school and how much fun they are going to have.

Help your child do his homework-Before school even starts, talk to your child

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about the whole process, preparing them for what she can expect to happen. Visit the school and read a few books about what school will be like and what they will do there. Knowledge is power and the more information your child has, the more empowered they are likely to feel.

Adapted from: Verywell Family-Managing Preschool Separation Anxiety
Authors: Lawrence Robinson, Jeanne Sehal, Ph.D., and Melinda Smith, M.A. Last updated: June 2019

Nurse Information:

COVID-19 SYMPTOMS

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves.

Unvaccinated individuals and any close contacts presenting these symptoms should follow testing and quarantine response protocols as outlined below in this document.

Vaccinated individuals who are not close contacts should follow the testing and quarantine response protocols if they are experiencing symptoms in bold (below). These individuals may also seek clinical guidance to assess the need for PCR testing if they have other symptoms on this list.

COVID-19 symptoms list:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, or diarrhea *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

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My door is always open and I welcome your input. Please feel free to call or email, jbelle@uxbridge.k12.ma.us, to discuss any concerns throughout the year or stop by to say hello. I am looking forward to working with you as a team to help each student at Taft Early Learning Center meet their goals and have a successful school year!

Have a great week!
Principal Belle

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