

TAFT EARLY LEARNING CENTER

16 Granite Street · Uxbridge, Massachusetts 01569

Phone 508-278-8643



TAFT UPDATE - 5/25

I hope you are all staying healthy and active. The Taft staff is working hard on remote learning and balancing what is too much and too little. Please continue to reach out to teachers or myself if you are in need of technology. Though the building is closed, learning continues. As a staff, we will also be working on professional development, curriculum mapping, and end of the year activities such as placement. Please reach out if you have any questions or concerns!

Stay healthy!

Principal Bellville

This week at Taft:

- Last day of school - June 17th
- Taft closed for students through June 29th
- Building closed to the public

Important Message:

We are working on plans to return student belongings to families. We are currently working out all the details but we do know that pick up will be the week of June 8th. Details will be coming out soon.

ST MATH Message from Patti Sprague, Math Coordinator:

Thank you to the students and families who were able to join our ST Math information sessions this week! Check out ST Math's [Resources for Families](#) page as well as their visual explanations of some newer [math terminology and methods](#) you may be seeing at home.

Looking for a new iPad or iPhone app? [DragonBox Numbers](#) is free to download on Apple products through the end of the month. The app builds number sense with exciting puzzles and monsters for primary grade students preK-grade 3. My third grader was making great connections about place value just "fooling around" on it, and wouldn't put it down!

Counselor's Corner from Ms. Kelley, School Psychologist and Mrs. Waterhouse, Adjustment Counselor:

Counselor's Corner

Here's a great article about self-regulation and some coping strategies that all family members can try. [Strategies for Teaching Kids Self-Regulation](#)

50 COPING TOOLS for kids!

WHOLEhearted SCHOOL COUNSELING

- Ask for Help
- Listen to Music
- Do Something Kind
- Watch Funny Animal Videos
- Take About My Feelings
- Eat Healthy Food
- Garden or Do Yard Work
- Observe Clouds (...and just breathe)
- Bake or Cook (try a new recipe)
- Go on a Walk, Run or Hike
- Journal
- Drink Enough Water
- Read a Good Book or Magazine
- Do a Puzzle
- Tense then Relax My Muscles
- Make a Collage or Scrapbook
- Make of List of Things I Can Control (and focus on that)
- Take Slow, Focused Breaths
- Unplug and Go Outside
- Play a Card or Board Game
- List at least 3 Things I Am Grateful For
- Do Wall or Chair Push-Ups
- Say Something Kind to Myself
- Create Origami or Paper Airplanes
- Stretch or Do Yoga
- Set a Goal and List 2 Steps to Get There
- Remember ALL of My Feelings Are O.K.
- Build Something
- Cry (tears release stress hormones)
- Massage My Neck, Arms & Shoulders
- Take or Look at Photographs
- Sew, Weave, Knit or Crochet
- Clean, Organize or Declutter
- Draw, Paint, Color, Craft, or Sculpt
- Hug (myself, someone else, or a stuffed animal)
- Write a Letter
- Use a Stress Ball or Other Fidget
- Visualize a Peaceful Place
- Kids, Bounce, or Throw a Ball
- Drink a Cup of Hot Cocoa or Tea
- Cuddle & Play with My Pet
- Focus on What I See, Hear, Feel, Smell & Taste
- Exercise
- Take a Shower or Bath
- Get 8-11 Hours of Sleep
- Call or Text Family and Friends
- Smile (smiling tricks our brain into feeling happier)
- Remind Myself I Can Do Hard Things
- Sing and/or Dance

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Meals to Go (see attached flyer):

Uxbridge Offers Healthy Meal Service to Children During School Closures

Nutritious Breakfast and Lunch available free to all Uxbridge Students

April 9, 2020 — Beginning Monday, April 13, 2020 in efforts to support families during school closures, Uxbridge Public Schools is providing free, nutritious breakfast and lunch meals to all Uxbridge students and *to all children/youth aged 0-21, regardless of residence or school attended*, as part of the USDA's emergency COVID-19 response.

“We want people to know that these healthy meals are available to all Uxbridge students. In fact, parents/caregivers can pick up meals on children's behalf to help ensure safe social distancing,” said Superintendent Frank Tiano. “We know that home food supplies are running low and it's important to try to keep people out of the supermarkets. This is a federally funded program, and the food is nutritious, so please come take your meals!”

Uxbridge Public Schools offer meals at the **Taft Early Learning Center**, 16 Granite St, Uxbridge, MA 01569. Meals are available for pick-up on Monday, Wednesday, and Friday, with breakfast and lunch offered for multiple days. “On Monday and Wednesday, we offer two breakfasts and lunches to cover Tuesday, and Thursday. On Friday, we offer three breakfasts and lunches to carry children through the weekend,” said Stephanie Barstow, the district's School Nutrition Director.

- **Meals are available to Uxbridge Public School students and to all children/youth aged 0-21, regardless of residence or school attended.**
- **Meals are available Monday, Wednesday, and Friday from 11am - 1pm**
- **Children receive a free breakfast and lunch for every day of the week** (bagged breakfast and bagged lunch). Children (or parents/guardians on behalf of children) can take multiple days' worth of meals at once.
- **On Fridays, families can pick up 6 meals** to cover both a breakfast and a lunch on Friday, Saturday, and Sunday.

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- **Children do not need to be present for parents/guardians to pick up the meals.**
- **Safe social distancing is encouraged via the pick-up process:** Meals are distributed outside cafeteria doors on the sidewalk where families enter the drive-up/pick-up line, pull up to the curb, and inform staff how many students they are picking up for. Food service staff will place meals in the trunk of vehicles to maintain distance.
- Anyone who cannot make it out of their house to pick up a meal is encouraged to email Stephanie at sbarstow@uxbridge.k12.ma.us.

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