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Sent: Tuesday, February 15, 2022 17:00

Cc: Lynn Barras <Lynn.Barras@KeysSchools.com>; Pascale B. Davis <Pascale.Davis@KeysSchools.Com>

Subject: The Seahorse News

Good afternoon, Families,

Today, your child might come home with sadness/crying, or you saw them crying during the dismissal. So today we had P.E, and after the class, Mr. Nick shared that today was his last P.E class. Due to the personal situation/family need, he is moving from Key West. I am writing to let you know to help your child go through his/her emotions with you. We experienced an empathy-filled classroom this afternoon.

I appreciate you taking the time to read till the end for your child.

Homework:

I remember writing about homework for parents a couple of months ago, and I want to gently remind you of doing your homework with your child every day. Please talk to your child about their day at the School. And help them go through some of the emotions they carry with them. Recently, we have observed that a few students struggle to regulate their emotions appropriately, without affecting the environment, peers, and the adults in the environment. Please read my last week's focus on "HANDS." Hands are allowed only for purposeful works, including self-care, caring for the environment, others, and working with these beautiful Montessori materials. Please ask your child about how they used their hands at School, and I will welcome any notes that you would like to write with your child after your discussion/talk. And please keep the consistency flowing every sing day, and you will see the progress in action. I need your support in this matter to help our young human beings grow into gentle well-being who cares about others around them. Let us put Montessori in action every day.

I am putting together the list of words we use throughout the day to share with you.

Focus of the Newsletter:

The Importance of Social and Emotional Skills in early years

I am on the playground in the morning to welcome the students and to spend a few minutes of one-on-one time with the children and guide them to play and talk as a group or with a new friend. This time in the morning is the most valuable time for the child to set the emotional and social tone for the entire day. I have observed that they spend a significant amount of time in the day preparing themselves for transitions; to go to the playground for afternoon play time, then on the playground getting ready to eat, and during the dismissal to get ready to go home or to aftercare. They are showing us that they need time before and after every transition throughout their day. Then I asked myself a question, wait a minute, What am I doing to keep myself peaceful and calm throughout the day? Oh, I slow down if I have to and feel the inner peace within me, I do things on my own time, I need time to breathe, I need time to think about my day, I need time for my emotional well-being, and I need time to connect with other people.

Of course, I can list them all out because I am an adult. Children won't come to us and tell us their needs. They do not tell us that they need time to talk and visit with their friends or adults in their life. Kids need time to prepare themselves before and after every transition; they need time to plan what they are going to do in their next transition period. Also, children do not tell us that they are emotionally hurt. However, they will show us all these feelings via different actions which we tend to label as "Behavior issues." Slow down, let us give them enough time and opportunity to practice their social skills, and allow us to provide a healthy environment to nourish and strengthen their emotional well beings.

Children take time to develop these skills at the school. Normalization happens in different forms in the classroom. One of the most common ways of normalization occurs via socialization, especially when the child moves and comes to a new classroom environment. Students build emotional skills via socialization and learn through practice and real-life experiences.

We focus on the word “preparation” only as a materialized thing as opposed to our feelings on social and emotional skills. I think inner preparation and development is more important than outer preparation. Let us support our kids learn these two skills that are important to become a peaceful human being.

Thank you for taking the time to read the Newsletter and supporting us to help your child grow with us.

Thank you,
Ms. Karthi