

Monthly Family Newsletter

December 2020

Great Expectations Marketplace

We are excited to announce the Cummings Great Expectations Market Grand Opening!



GRAND OPENING!

DECEMBER 8, 2020

See your Family Engagement Advocate For More Details



CUMMINGS GREAT EXPECTATIONS

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Meet The Cummings Family!

Samantha Glover is a lead teacher in Cummings room 115. Her favorite color is blue and she loves Chinese food. Her favorite author is Lisa Murphy. She admires the work she does and her heart for children, and loves the work that she does because of her inspiration. "Cummings is a great place to work because we are truly a family. We work together and care for the families we serve together. I love that we have so many resources that we are able to share with families."

From Our Executive Director

JA'NEL JAMERSON

We all want to continue to support our kids during the Coronavirus crisis. Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.

- **Keep Routines in Place.** Consistency and structure are calming during times of stress. Kids, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when.
- **Be Creative About New Activities and Exercise.** Incorporate new activities into your routine, like doing a puzzle or having family game time in the evening. Build in activities that help everyone get some exercise, safely, especially now that some restrictions are being relaxed.
- **Manage Your Own Anxiety.** It's completely understandable to be anxious right now but how we manage that anxiety has a big impact on our kids. Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible.
- **Stay in Touch Virtually.** Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded.
- **Make Plans.** In the face of events that are scary and largely out of our control, it's important to be proactive about what you can control. Making plans helps you visualize the near future. How can your kids have virtual play dates?
- **Keep Kids In The Loop.** Talking to children in a clear, reasonable way about what's going on is the best way to help them understand.
- **Check In With The Little Kiddos.** Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset. Plan to check in with younger children periodically and give them the chance to process any worries they may be having.



Mark Your Calendars: Important Dates



- December 8: Great Expectations Market Place Opening
- December 8: Head Start Parent Policy meeting 9:30am - 11:30am
- December 9: Face to Face students return
- December 17: Last day of School
- FAME December 1 6pm - 8pm and December 10 from 10am - 12pm
- December 1-17: Parent Teacher Conferences
- CLOSED December 21 - January 1

From Our School Director

MICHELLE TOWNSEND

REMINDER - THE IMPORTANCE OF COVID AND TAKING PRECAUTIONS:

Know how it spreads

COVID-19 spreads easily from person to person, mainly by the following routes: Between people who are in close contact with one another (within 6 feet). Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings or talks. Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.

Wash your hands often

Wash hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.

Social Distance

Inside and outside of your home. Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members. Outside of your home: Put 6 feet of distance between yourself and people who don't live in your household.

Cover your mouth and nose with a mask when around others

Masks help prevent you from getting or spreading the virus. You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain. Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Monitor Your Health Daily

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!