

DECEMBER 2020

# ACADEMY OF EARLY LEARNING

## GREENFIELD PUBLIC SCHOOLS

### Principal News

Happy December!

I can't believe we are about 3 weeks away from the end of 2020. This has been a very different school year for all of us, however our collaborative efforts between home and school have made this difficult time of transition much easier for everyone. We appreciate all of our families and caregivers that have worked so hard with our little ones. I want to say thanks to all of our families and AEL staff for all the hard work this year.

**ATTENDANCE:** Just a reminder that children need to be in attendance each day for teachers to continue sending supplies home. The teachers take attendance each day. If your student is unable to attend yet is doing the work being sent home, please submit this to the teacher. Thanks.

**OUTSIDE TIME:** For the children that are coming into school, I want to just remind you that they will be going out. It's about 10 minutes to allow mask breaks, still remaining a safe distance from each other. Also, please make sure they are dressed for the weather: hats, mittens, jackets, snow pants and boots if needed. Thanks.

**WINTER BREAK:** We begin our winter break on December 23rd. We return on January 4, 2021!!! Hopefully the weather will be good and kiddos can get outside. Stay safe during this break.

I want to wish you a happy and healthy holiday season. Enjoy your little ones as the moments with them pass by too quickly. Be safe and I will see you next year!!!

Nancy Putnam  
Principal

*seasons  
greetings*

## Dates to Remember

December 23—District Early Release, No preschool

December 23– 31—No School, December Break

January 1—New Year's Day—No School



## STOP AND SHOP REWARDS

Our school participates in the A+ Rewards Program at Stop and Shop. By shopping with your Stop and Shop card, you earn money (1 point for every dollar spent) for our school. Just go to: [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) beginning September to register your card and begin earning money for our school. Our school is listed as North Parish Elementary.

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## ONE TOUGH JOB

Raising a child is an incredibly demanding job. There are times when we do a great job and feel competent as parents and then there are those times when we aren't sure how to handle situations. The Children's Trust Fund has a great website for parents that provides information on a wide range of topics. Here is an example of what you can find on [www.onetoughjob.org](http://www.onetoughjob.org) :

### Preschooler Tantrums

As your child ages into a preschooler, the frequency of tantrums should decrease but they may still happen occasionally. Just like toddler tantrums are more likely to happen when your preschooler is tired, hungry, overwhelmed, or frustrated. Power struggles over what your preschooler wants to do versus what he can do can also trigger tantrums. Tantrums may also occur when your child feels overlooked or needs attention.

Temper tantrums are still a normal part of your young child's behavior and can be just as intense as when they were younger. Your preschooler still relies on your love and guidance to help him through these occasional bumps. However, unlike toddlers, sometimes preschoolers are able to talk about the cause of the tantrum afterward. This can help parents learn to anticipate triggers and work with their preschooler to manage emotions before the situation dissolves into a tantrum.

Here are a few strategies you can use to help your preschooler:

Praise good behavior as a preventative tactic. Get into the practice of praising good behaviors every day. Use specific praise that reiterates the good thing your child did and what it meant: "Thank you for sitting quietly and reading while I dressed your sister. It made us all happy and helped me get things done."

Minimize power struggles by presenting choices. Instead of always telling your child not to do something, give your child choices such as, "Do you want to put your socks on first or your shirt?" Make sure to only offer choices that you find acceptable.

Keep calm during tantrums. Children are great at pushing our buttons. Try not to become upset at what your child says or does to you during a tantrum.

If your child kicks, hits, or bites during the tantrum remove them to a safe place. Time-outs are appropriate when your child is not able to manage his physical behavior during a tantrum.

If possible, give your child space to cool off. Use phrases like "When you stop crying we will talk about this and see what we can do" or "I'll sit with you until you are ready to talk." Sometimes ignoring the behavior is exactly what your child needs to calm down

Encourage your child to talk about what caused the tantrum. Once your child has calmed down, acknowledge his frustration and ask him to tell you why he is so upset. Problem solve with your child on ways he can deal with his feelings in the future.

Source: One Tough Job

