



APRIL SHOWERS BRING MAY FLOWERS

Hello Families!



"Spring is finally here with promises of warmer weather, longer days and new beginnings as nature and life reawakens." Children should come to school on a daily basis dressed in appropriate outdoor wear (light jacket for cooler morning temperatures), play clothes and appropriate footwear. We appreciate your cooperation.

Please Join Us for our Family Easter Egg-stravaganza on Thursday April 2nd!! If you are interested in joining us for our party, it will be starting at 3:00pm. Come and enjoy yummy Easter treats and watch your child/ren participate in the Easter Egg Hunt.

Picture Day will be on Wednesday April 29th (Infant, Waddler, Toddler Classrooms & Sibling) and Thursday April 30th (Preschool Prep, Preschool & Pre-K Classrooms Spring and Graduation). Picture forms will be distributed in your child's cubby by Friday April 25th. Please return the picture forms to Ms. Linda On or Before picture day.



DATES TO REMEMBER

- Apr 2 - Easter Party & Egg Hunt at 3pm
- Apr 3 - Center Closed for Good Friday
- April 5 - Happy Easter!
- Apr 6 - Stroudsburg Area School District Closed
- Apr 6 - Wear Blue for Autism Awareness & Create Classroom Autism Awareness Poster
- Apr 8 - Rock Painting (Bring a Rock from home to paint for your garden)
- Apr 14 - Mosaic Suncatcher
- Apr 17 - Puddle Jumpers Pajama Day
- Apr 22 - Earth Day Activity
- Apr 29 - Picture Day
- April 30 - Picture Day
- May 1 - Pond Life Spotlight Show & Tell





WELCOME OUR NEW STUDENTS!!!

We would like to Welcome Ms. Melanie as a new Assistant Waddler Teacher. We are so happy to have you join our team! Welcome aboard!

We would like to welcome Cheylynn C to our Waddler classroom, Cailynn C. to our Preschool Prep Classroom, and Chaslynn C. to our Preschool Classroom. We would like to welcome Silas D. back to our school age classroom.



SCHOLASTIC BOOK ORDERS



We place Scholastic Book orders monthly! This is a great way to get some children's books for your child's collection and help us earn free books for the school! Orders are due the 15th of the month and shipped right to the school for easy pick up. You can order using the order forms or online.



There will be an **Easter Party** and **Egg Hunt** on **Thursday, April 2nd!**



Center WILL BE **CLOSED ON APRIL 3RD,** IN OBSERVANCE OF *Good Friday*



HAPPY BIRTHDAY

To You

- Apr 06 - Jamia W
- Apr 14 - Briella B
- Apr 19 - Zaeden I
- Apr 19 - Kennedy W
- Apr 19 - Mrs. Dina
- Apr 25 - Colton N
- Apr 28 - Greyson L



APRIL WEEKLY THEMES

Week 1: Spring Has Sprung



Week 2: Weather

Week 3: Save Our Earth



Week 4: Pond Life





Classroom News

INFANT ROOM

Hello Infant Parents,

Well, it seems as if winter just will not let us go. Hopefully, in another week or so, spring will show her sunny face.

March has definitely been a busy month at the center. We celebrated Read Across America with our guest readers, got creative with our leprechaun traps, and planted seeds to try to usher in spring!

Our friend Adelyn graduated to the waddler room, Zoey has begun to walk, and Felix is not far behind.

In April, we will be celebrating our Easter blessings, acknowledging Autism Awareness, and having our spring photos taken.

I (Ms. Peggy) am happy to be back as the lead teacher in the infant room and would like to express my gratitude to all who helped in the infant room while I was away.

Ms. Peggy and Ms. Teresa



REFERRAL PLAN

Invite family or friends to visit our center. When they enroll with us you earn \$50 in cash or a \$50 credit towards your next invoice.



WADDLER ROOM

Hello Waddler Room Parents,

The month of March sure has gone by fast! Here are some highlights the children enjoyed. The waddler children loved learning about baby animals. We made a baby cow (calf) by painting the bottoms of the children's feet. They turned out so cute!

We also enjoyed listening to books by Dr. Seuss during Read Across America Week. We had some wonderful guest readers, and we would especially like to thank Ms. Anabella, Layla's mom, for coming in and reading a wonderful book to the children.

We would also like to say goodbye to our friends who transitioned to the toddler classroom. Good luck, Scarlet, Asher, Connor, and Scarlett!

We are also happy to welcome a new waddler friend, Cheylynn. She is doing a wonderful job getting used to the routine and loves when we engage in any type of music activity.

We can't wait to see what April brings.

- Ms. Laura & Ms. Brenda





Classroom News

SCHOOL AGE

Hello School Age Families,

March was filled with wonderful learning and fun moments. We celebrated Read Across America with shared stories and reading buddies. During Baby Animals Week, the children learned about new life and the care animals need in order to grow. During Insects Fly, Creep & Crawl, they explored the tiny creatures that help our world in big ways. Our Easter Eggstravaganza was, in one word, egg-cellent!

In April, we will explore Spring Has Sprung, observing changes in nature and plant growth. Our Weather theme will include some pretty cool cloud-watching and simple experiments. During Our Earth theme, we will learn about recycling, conservation, and Earth Day. We will end the month with Pond Life, discovering frogs, tadpoles, and other freshwater creatures.

April Fun Facts: Sunshine and spring showers often happen on the same day, so April is one of the best months to spot a rainbow. Did you know April is National Poetry Month and Garden Month? It is the perfect time to engage with words, rhythms, and rhymes while also learning how plants grow, bloom, and help our planet.

Speaking of our planet, April 22 is Earth Day! Let's celebrate the joy of protecting the world God has given us.

- Ms. Crystal, Ms. Tiffany & Ms Rose



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TODDLER ROOM

Hello Toddler Families,

The month of March was filled with so much excitement!

First, we would like to warmly welcome our friends who have transitioned into our classroom from the Waddler Room—Asher, Connor, Zion, Scarlet, and Scarlet C. They are adjusting well and exploring many new learning experiences as they grow more comfortable in our classroom environment. We would also like to welcome our newest friend, Kailoh, to the classroom! All of our friends have been very kind and welcoming as he has joined us.

Our friends have been working hard on using their listening ears, becoming more independent, and following daily routines. We are also focusing on learning big numbers and identifying both uppercase and lowercase letters through lots of fun, hands-on activities as we learn about baby animals, insects, and things that grow in the garden.

As we continue through the month, we will keep practicing our listening skills, improving classroom behavior, and working on potty training. We are so proud of all the progress our friends are making each day!

- Ms. Alana & Mr. Luis





Classroom News

PRESCHOOL ROOM

Hello Families:

We are LUCKY to have such charming students in our classroom! We would like to welcome Chaslynn C. to preschool. She has been such a wonderful addition to our classroom.

Read Across America was a fantastic week. It was so exciting to celebrate Dr. Seuss's birthday, what a blast! Thank you to Ms. Meghan, Colin's mom, for reading to the students. We were so happy to have you. We had such a joyful week with all the books we read, along with our fun activities.

Did you know that there are special names for baby animals? Our favorite baby animal is a joey! Can you guess which baby animal that is? A baby kangaroo! We learned so much, from cute baby animals to creepy yet cool insects. It is so fascinating to learn that caterpillars turn into beautiful butterflies!

We continued growing as we learned about things that grow in the garden. We have learned, little by little, that it takes patience to see our plants and flowers grow, and when we are really patient, they bloom into beautiful flowers! Our children will bloom into clever stars one day too!

I hope everyone has a beautiful Easter. Our class enjoyed our egg hunt, and we shared stories about our favorite family Easter traditions.

We have also been incorporating a little Spanish into our circle time. During the month of March, we learned greetings such as buenos días, buenas tardes, and buenas noches! The kids love learning something new every day and are truly engaged when they discover new things.

We celebrated three of our sweet friends' birthdays in March—Ellie, Brielle and Chaslynn. Happy birthday to you!

We are excited to see what is in store for the new month!

-Ms. Mariane & Ms. Aleida



Read to your children, it's the best investment you will make in their education.





Classroom News



PRE-K ROOM

Hello Pre-K Families!

WHEW! March was an absolutely fantastic month, so busy and so much fun!

We would like to begin by welcoming Nikko T. to our Pre-K class. He has been a wonderful addition, already making new friends and doing a fantastic job in the classroom. A special thank you to Karter W. for always helping new friends feel welcome, comfortable, and part of our amazing class family.

We started the month by celebrating Dr. Seuss's birthday and Read Across America Week. Each day, we read a different Dr. Seuss book and enjoyed activities to match. We were also blessed to have several wonderful guest readers join us. A big thank you to Ms. Shelly (Gwenivere's mom), Ms. Erika (Karter's mom), Ms. Valerie (Kennedy's mom), Mr. Nick (Artie's dad), Mr. Yakeb (Mylo's dad), and Mr. Travis from the Kiwanis Club of Stroudsburg. You helped make the week extra special! We also loved our visit from "Sam" on Green Eggs and Ham Day.

Baby Animal Week, Saint Patrick's Day fun, and Insect Week gave us so many exciting learning experiences. The children loved learning about baby owls, baby sheep, the life cycle of chickens, and the important role insects play in our environment. They also had so much fun building a leprechaun trap, learning about the colors of the rainbow, and making a rainbow road to lead that sneaky little leprechaun to our trap. Although we did not catch him, he still left behind some yummy treats!

We also enjoyed planting vegetable seeds and creating colorful artwork featuring flowers and gardens. We ended the month with a joyful Easter celebration filled with stories, bunny art, painted eggs, and a festive Easter egg hunt.

Our children continue to amaze us. Kennedy, Artie, and Asher are forming full sentences using our vocabulary words, and Saige and Charlie are signing full sentences. We also introduced synonyms this month, and the children were so excited to learn. We are incredibly proud of each and every one of them.

March was an amazing month, and we cannot wait to see what April brings. We hope everyone had a blessed and happy Easter and Passover. April is also Autism Awareness and Acceptance Month. Small acts of support can make a big difference—wear blue, practice inclusion, and remember: "In a world where you can be anything, be kind." "Love needs no words."

Ms. Lisa & Ms. Marci

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Raising Kids

ACTIVITIES TO HELP SENSORY SEEKING BEHAVIORS

Why Sensory Seeker Activities Matter

Sensory seeker activities are essential for helping children with sensory processing disorder channel their sensory craving into safe, structured outlets. These activities provide sensory stimulation for kids, promoting better focus, emotional regulation, and social interaction. By engaging in sensory play ideas, children can meet their sensory needs without resorting to disruptive behaviors like crashing into furniture or touching everything in sight.

Benefits of Sensory-Rich Activities

- **Improved Focus:** Sensory input for children helps them stay alert and engaged during tasks like homework or playtime.
- **Emotional Regulation:** Calming sensory activities reduce anxiety and overstimulation, creating a sense of calm.
- **Enhanced Motor Skills:** Vestibular and proprioceptive activities improve coordination and body awareness.
- **Social Engagement:** Structured sensory play ideas encourage interaction with peers in appropriate ways.

1. Swinging on a Swing - Swinging on a swing provides both vestibular input activities and calming sensory activities. The gentle, rhythmic motion offers sensory input for children that soothes their nervous system, promoting relaxation and balance.

2. Heavy Work Chores - Assigning heavy work chores, like carrying groceries or pushing a laundry basket, provides proprioceptive activities that are naturally calming. These tasks give children a sense of accomplishment while meeting their sensory needs.

3. Sensory Bin Exploration - Sensory bins filled with materials like rice, beans, or water beads offer tactile sensory play ideas that satisfy sensory craving. These bins engage children through touch and exploration.

4. Balloon Volleyball - Playing balloon volleyball involves batting a balloon back and forth, providing vestibular input activities and encouraging motor planning. This activity is ideal for children who enjoy dynamic movements.

5. Animal Walks - Animal walks, like bear crawling or crab walking, are fun proprioceptive activities that engage large muscle groups and promote sensory regulation techniques.

6. Water Play - Water play, such as splashing in a kiddie pool or playing with water toys, provides tactile and proprioceptive input. This sensory play idea is ideal for children who enjoy messy, hands-on activities.

7. Wall Push-Ups - Wall push-ups are a simple proprioceptive activity that provides deep pressure input to the arms and shoulders. This helps children feel grounded while improving strength and coordination. A major bonus is that you can do this almost anywhere!

Conclusion: Empowering Sensory Seeker

Supporting a child with sensory processing disorder requires patience, creativity, and a commitment to understanding their sensory seeking behavior. By incorporating these sensory seeker activities, you can create a robust sensory diet that promotes regulation, focus, and joy. At [teachsprout.com](https://www.teachsprout.com), they are dedicated to empowering parents with sensory processing strategies and sensory seeker parenting tips to help children thrive.



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A Lookback at March Events



Read Across America



YOUR FEEDBACK

We appreciate the wonderful feedback we have received! Thank you so much! Please support us by sharing that great feedback with others by giving us a 5-star review on our [website](http://www.bright-beginnings.org) or on our [Facebook](https://www.facebook.com/brightbeginnings) page. Thank you for your help and for being a part of our Bright Beginnings family!

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