

Cambridge Park Elementary School

February 2025 Newsletter



Mrs. K Bera, Principal

February Events

- February 3 Four Hour Session **K ONLY**
- February 6 Wear your favorite Team Jersey Day
- February 7 Wear Red for Women's Health
- February 13 BOE Meeting CP 7:00 PM
- February 14 Four Hour Session....Dismissal 12:45 PM
- February 17 School Closed President's Day
- February 18 101st Day of School (Dress like 101 Dalmatians)
- February 27 BOE Meeting 7:00 PM at Strathmore Elementary
- February 28 Buddy Reading Event

Thursday February 6, 2025

A graphic featuring a green football jersey with white stripes on the sleeves, centered on a background of vertical orange and green stripes. Four brown footballs with white laces are scattered around the jersey. The text "FOOTBALL JERSEY DAY" is written in large, bold, white capital letters across the center.

FOOTBALL JERSEY DAY

Wear your favorite
football gear!

A large, 3D-style red heart with a black outline, tilted slightly to the right. It has a white shadow beneath it. The text "February is American Heart Month" is written in white, bold, sans-serif font across the center of the heart.

February is
American
Heart Month

MAKE A LIFE-SAVING FASHION STATEMENT BY WEARING RED

National Wear Red Day For Women is a massive national public awareness day the first Friday each February, urging women, people from all walks of life, businesses, towns, schools, the media, buildings and landmarks to “go red” and “glow red” to bring attention to the leading killers of women – heart disease and stroke. On February 7, help us turn New Jersey and America RED and SAVE WOMEN’S LIVES from heart disease and stroke by wearing something red ... a red dress, tie, jacket, scarf, hat, blouse or shirt. Go Red For Women and show your commitment to reducing risk, improving health, and saving women’s lives.



February 14 School Dismisses at 12:45 PM All Students

Please make sure a parent/guardian is at the bus stop on time



February 17 School Closed

President's Day

February 18, 2025 is our 101st Day of School!

Dress like a Dalmatian



Cambridge Park Elementary School

Buddy Reading Event



In recognition of Black History Month, we invite you to celebrate the beauty of diversity by reading books with your child written by Black and African American authors. Please remember siblings are not permitted. Students may not be signed out early from school.

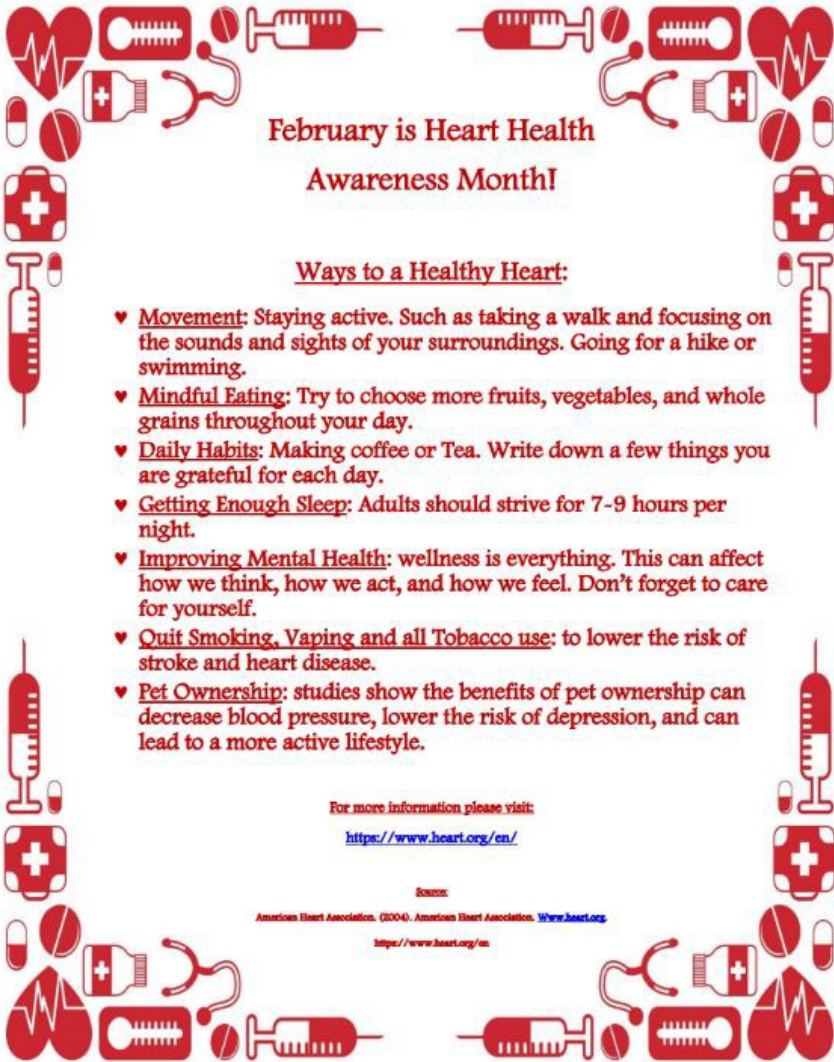
Date: February 28, 2025

Place: Student Classrooms

Time: TBD by Classroom Teachers



**A message from the
SCHOOL
NURSE**



**Cambridge Park Preschool Speech and Language
Corner Christine D'Angelo M.S., CCC-SLP Kate Sidley
M.S., CCC-SLP**

Incorporating Opportunities for Language During Daily Routines:

Bath Time: This is a great time to work on increasing language skills with minimal distractions! You can target actions (pour, swim, float, scrub, etc), following directions, and using adjectives to describe bath toys (i.e. “this yellow sponge feels soft and squishy!”)

Snack Time: Have your child help assemble/cook his/her own food. Take time to talk about ingredients

and tools needed, use a visual recipe (or create one with your own pictures!) and narrate actions (“Look! Now we are spreading cream cheese on each side”). You can also work on sequencing after by looking

at pictures and talking about what happened first, next, then, and last.

Bed Time: Use this precious time with your child to read an engaging story. Ask questions/make comments throughout the story. Talk about the characters, how they are feeling, what they are doing, and what might happen next.

Check out these fun and engaging ideas to keep your kids busy over winter break:



1. Kids love playing in the great outdoors and exploring with all their senses. Here is a fun winter scavenger hunt for the whole family to enjoy:

<https://www.cbc.ca/parents/content/imgs/CBCParents-WinterScavengerHuntP1.jpg>

2. Try these indoor and outdoor scavenger hunts, too:

<https://www.thescrapshoppeblog.com/indoor-outdoor-scavenger-hunt-free/>

3. Read and bake activity: Read "If You Give a Mouse a Cookie" by Laura Numeroff. Next, make a batch of your favorite cookies!

What is Focused Stimulation?

Focused Stimulation is a technique that can be used in any activity or environment to support language

acquisition. It involves choosing a language target and using it repeatedly while interacting with your

child. By being exposed to many models of the language target, children begin to produce the language

target themselves.

How to use Focused Stimulation:

1. Choose a language target. It can be a sound, word, phrase, or grammatical form your child has difficulty using

2. Use it repeatedly while interacting with your child. This may take a bit of planning or thinking ahead at first, but if you use it often enough, it becomes a habit.

3. If your child repeats the language target after you say it, that's great, but they do not have to repeat it to benefit because the goal of Focused Stimulation is for them to simply hear it modeled appropriately multiple times.

Dress for the weather

When weather conditions permit, the students **do** go outside to play during gross motor. Please make sure your child has appropriate clothing to wear outdoors.

The temperature in the building ranges from classroom to classroom. It is suggested that your child dress in layers so that they can feel comfortable at all times during the school day.



EDUCATING THE MIND WITHOUT EDUCATING THE HEART IS NO EDUCATION AT ALL.

ARISTOTLE

We can all agree that parenting can be very stressful. Remaining calm can help get you through your busy, challenging, hectic day. Treat yourself by becoming familiar with some simple stress management skills and relaxation exercises that are sure to help you relax and feel more energetic.

<https://childdevelopmentinfo.com/family-living/stress/#.WFhBqrlrLcs>



Three Ways to Help Children Develop Responsible Habits

Three Ways to Help Children Develop Responsible Habits

When parents think of their children's habits, they usually think about the

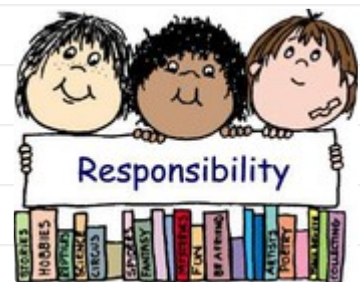
things that drive them crazy. But habits can be positive, too.

Habits are automatic actions that take no conscious thought. For example, you probably don't have to think about what you do first thing in the morning. Brushing your teeth and taking a shower are habits you've developed over the years.

On the first of the month, you've probably developed the habit of paying bills. If you wait longer than a day or two, you'll probably feel something nagging at you to get this job finished.

As parents, one of our most important responsibilities is to help our kids develop positive habits. Here are some suggestions.

- **Don't try everything at once.** Remember the year you made 15 New Year's resolutions? By February, you had given up on most of them. Your kids are the same. Choose only a few habits for your kids to develop.



- **Make sure your kids are involved.** After all, you are trying to change their habits. Talk with them about what you're trying to do. Let them know that positive habits can make their lives easier and more pleasant.
- **Allow 21 days.** Experts have discovered that if you repeat an action every day for 21 days, it will become a part of your subconscious mind.

So for the next 21 days, make sure your kids act on their new habit. After that, they'll find they're doing it automatically.

-The Parent institute



Kelly Bera

Kelly is using Smore to create beautiful newsletters