



May 2022 Newsletter

Hello Meadowbrook Families,

May is Mental Health awareness month. Taking care of our mental health is just as important as taking care of our physical health. In the classroom, we work on regulation and coping strategies when frustrated. I have also had the opportunity to complete think sheets and work with students individually to help them regulate. We will be offering green ribbons to students if they would like one later this month to celebrate mental health awareness. I have some NAMI links that you may enjoy sharing with your child. NAMI has some great resources for families that you can access at any time through their webpage. The first link has activities that you may want to discuss at home. The final link has a child friendly explanation of NAMI. NAMI stands for National Alliance on Mental Illness.

[Mental Health Resources](#)

[Mental Health Coloring Pages](#)

[NAMI Mental Health Video for Children](#)

The MAP testing window opens this week and students will be tested this week and the next two weeks. If you do not know when your students are taking the tests, please reach out to your teacher. This test will be completed on the iPad at school so make sure they are charged nightly.

We Thinker Kindergarten parent letters

This week we finished talking about size of the problem. When talking about size of the problem, we frequently ask students if problems are a big problem, medium problem, or a little problem. We learn that few problems are a big problem and that the size of our reaction should match the size of our problem. It is unexpected to have a big reaction to a little problem. Finally we will be talking about using imaginations. Below is the final parent letter. I have really enjoyed working with the kindergarten classes this year.

[Imagination Parent Letter](#)

Parent United Offerings

There is one more Parent United Offering this school year. These are free offerings for parents and school staff and I really like those that I have attended. You have the option of choosing virtual or in-person. They will let you know if you choose in-person if there is room for you to attend. When you attend virtually, they will share the link with you once you sign up. Journey 21 is a nonprofit organization that provides supportive living and learning options for adults with

intellectual or developmental disabilities.

Journey21 Presentation

Presenter: Journey21, Inc.

Wednesday, May 18, 2022 9:00 - 11:30 am