

MPE Weekly Update

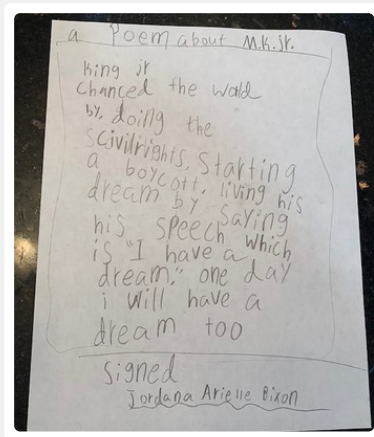
January 22, 2021

2021-2022 KINDERGARTEN PRE-REGISTRATION IS NOW OPEN!

Calling all families who have a child turning five years old on or before October 1, 2021 - they are eligible for Kindergarten in September 2021! Even if you already have a child in Livingston Public Schools, you still need to register your incoming Kindergartener by May 14, 2021.

REMOTE appointments begin Monday, February 1, 2021 and will continue through Friday, May 14, 2021. REMOTE 30-minute appointments will be available from 8:30 a.m. - 11:30 a.m and 2:30 p.m. - 3:30 p.m. For detailed information, please visit our [Kindergarten Pre-Registration webpage](#).

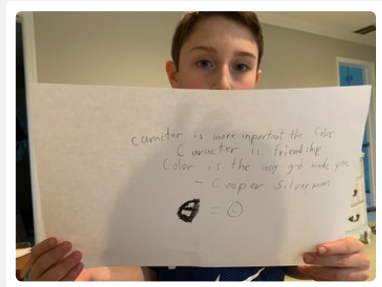
In Honor of Martin Luther King, Jr.



We listened to MLK Jr.'s I Have a Dream speech as part of the Daily Roar



Mrs. Lynn's class is learning their sight words with play-doh!



Students watched a video about MLK Jr and racial equality then free wrote poems, journal entries, reflections, etc about their thoughts/feelings.

MPE

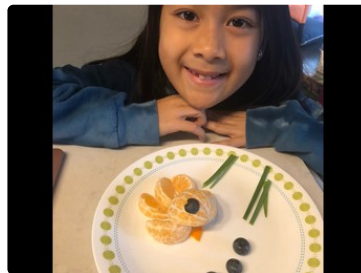
Each morning we come together to watch the Daily Roar! Be sure to check out some of our guest speakers!!

<https://www.livingston.org/mpe>

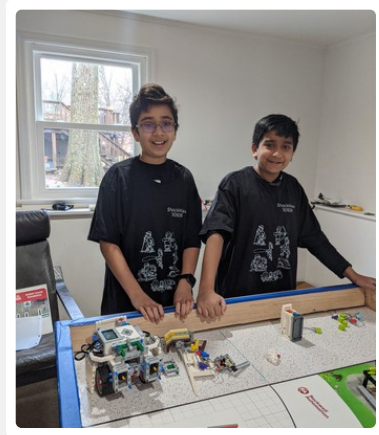
Also, found on this page are the weekly newsletters and cohort calendar!



What a special Pledge of Allegiance we shared on Tuesday, January 19th as one of our MPE students led the pledge at an Inauguration event.



Remembering to eat healthy is very important! I love the creativity as well!!



Coming in second in a Robotics competition! Heading to the state championship!!!

Math Night - Singapore Focus (Grades 3-5)

Math Night - Singapore Focus (Grades 3-5)

Feb. 4, 2021

Starts at 6:00 PM

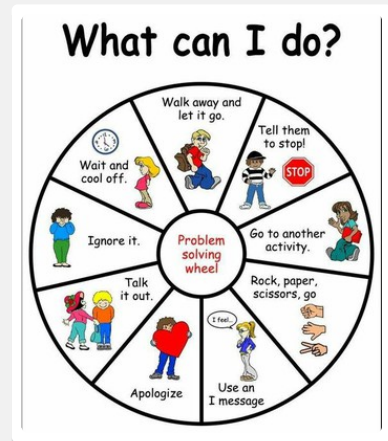
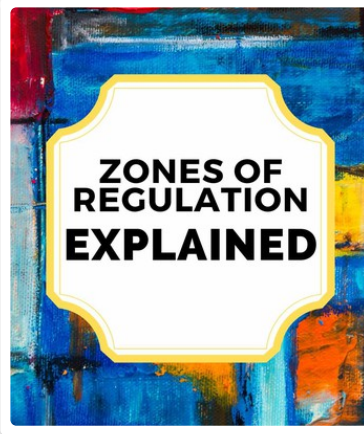
Contact

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Zones of Regulation

Blue Zone	Green Zone	Yellow Zones	Red Zone
Coping strategies: Go outside for fresh air, exercise, listen to music, drink water, back rubs.	Coping strategies: Continue to explore additional activities, and tools your child enjoys.	Coping strategies: Explore sensory tools such as, fidgets, rice, bean, or water bins, ride bike or scooter.	Coping strategies: Count to 10, deep belly breathe, clench fists and squeeze.



WHAT DO THE COLORS IN THE ZONES OF REGULATION PROGRAM MEAN?

The Red Zone is an extremely heightened state of alertness with intense emotions and is typically viewed as the child being “out-of-control.” Examples include: elation, rage, anger, devastation, etc.

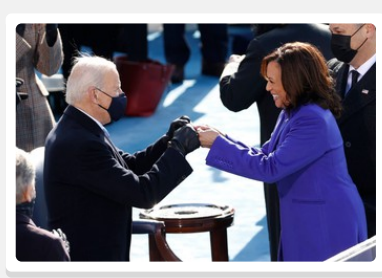
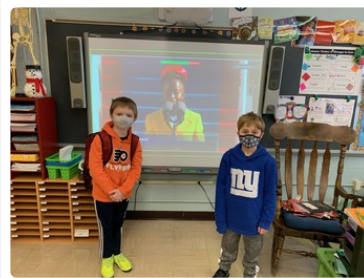
The Yellow Zone is entering a heightened state of alertness and elevated emotions typically viewed as heading toward the red zone, but the child still has some control. Examples include: nervousness, wiggly/silly, frustration, excitement, etc.

The Green Zone is the optimal level of alertness and is typically viewed as the child being “good to go” and ready for leaning and social interactions. Examples include: positive, calm, happy, focused, content, etc.

The Blue Zone is a low level of alertness typically viewed as the child running slow. Examples include: sick, bored, tired, sad, etc.

<https://www.theotttoolbox.com/zones-of-regulation-activities/>

Inauguration Day



Kindergarten and Fourth Grade Buddies!!!!!!



Upcoming Events

January 27 - Kindergarten MP1 ends

February 3 - World Read Aloud Day

February 4 - Yoga and Mindfulness Zooms - 1:30 - 2:10, K-2 2:15 - 2:55, 3-5

<https://livingston-org.zoom.us/j/85015754565?pwd=dUZxSGg4d2tuaWg1TS91M0c4NENpQT09>

Meeting ID: 850 1575 4565

Passcode: 084360

February 9 - Community Meeting 2:10 p.m.

February 12 - Schools closed - Lunar New Year

February 15-19 - Schools closed - Mid Winter Break

February 22 - March 7 - Scholastic Online Book Fair

Click below for the Cohort Schedule for January through March 2021



Cohort Schedule JANUARY - MARCH .pdf

[Download](#)
52.7 KB

Click below for Optional Afternoon Activities



MPE Afternoon Fun-Optional Opportunities starting the week of January 4.pdf

[Download](#)
31.6 KB