

NOVEMBER 2022

Ready. Set. Grow!

CAMBRIDGE OFFICE OF EARLY CHILDHOOD
NEWSLETTER



CAMBRIDGE
Office of Early Childhood

OUR MISSION:

The mission of the Cambridge Office of Early Childhood is to **connect** the city's early childhood ecosystem, **align** early childhood services and information, and **advocate** for and **advance** the needs of all young children, their families, and the early childhood workforce.

A Letter From Our Executive Director



Dear Cambridge Early Childhood Community,

As many of you may know, our office has been working diligently over the last several months as we've committed to moving the reality of universal preschool forward in our community forward. After countless hours of conversations, formal meetings, and research, we have drafted an initial set of recommendations that will help to shape our future universal preschool system. You can find that full report [here](#).

The work isn't over yet. As we enter our next phase of planning, we will be convening a wide variety of stakeholder groups, as it is important to us to ensure that the system that is designed that is responsive to the desires and needs of those who are most impacted by it. With that, we will be hosting several upcoming meetings including a convening with elementary school principals, and another with family childcare providers. We are currently collecting feedback from families in our community through the launch of a survey tailored specifically to learn about their needs. Please feel free to [take the survey](#) (if applicable) or share the survey with the families you serve.

Lastly, we will be hosting a UPK Town Hall for School Leaders. The virtual event will be held on November 9, 2022, from 6 - 7pm. We will share more information about where we are in the universal preschool design process and discuss questions and concerns you may have as we move forward. To pre-register, please visit <https://www.cb3p.org/sessions/128/>.

The voice of our community is critical to our work. I look forward to connecting with you through one of these many opportunities. Of course, I welcome your thoughts and feedback any time!

In partnership,

A handwritten signature in black ink, appearing to read "L. Grant".

**Dr. Lisa Grant, Executive Director
Cambridge Office of Early Childhood**

Cambridge Birth-3rd Grade Partnership Announces New Name and Website

www.earlychildhoodcambridge.org



The Cambridge Office of Early Childhood has launched a new website, www.earlychildhoodcambridge.org, to provide a one-stop-shop for the Cambridge community to access information and resources related to early childhood education and programs. The new website culminates a rebranding process for the Office of Early Childhood, formerly known as the Cambridge Birth to 3rd Grade Partnership.

The Office of Early Childhood works to develop an easily accessed, aligned, and coherent system of affordable, high-quality education and care that begins with prenatal care and extends through third grade. Sustained by the City's Department of Human Service Programs and Cambridge Public Schools, the Office of Early Childhood serves as Cambridge's central coordinating hub for early childhood information and quality improvement. The Office of Early Childhood is the lead office in designing, developing, and implementing Universal Pre-K in Cambridge.

(continued on page 4)

"The renaming of the Birth to 3rd Grade Partnership to the Cambridge Office of Early Childhood is an exciting change for us. Although our mission and vision will remain the same, our new name provides more clarity around who we serve," said Lisa Grant, Executive Director of the Office of Early Childhood. *"It is our hope to be more visible, to provide greater access to early childhood information, and to serve as the early childhood hub for our community. This will be particularly important as we lead the design and implementation of Universal Pre-K in Cambridge over the next two years."*

The Cambridge Office of Early Childhood website features:

- **A searchable database of Cambridge-based childcare centers, providers, and programs for families**
- **Information about applying for preschool scholarships**
- **A calendar of events and workshops, with integration options for Google calendar users**
- **Classroom and program resources for early childhood programs and educators**
- **Professional development and training opportunities for early childhood educators**
- **News and announcements related to the Office of Early Childhood initiatives**
- **Data highlighting the Office of Early Childhood's impact on the community's children, families, and educators**

"Providing children in Cambridge with a strong foundation of early learning, investing in our early childhood education workforce, and ensuring that Cambridge families have equitable access to childcare and early education options are all crucial factors in closing opportunity gaps in Cambridge and supporting Cambridge families," said Yi-An Huang, Cambridge City Manager. *"I'm excited that the Office of Early Childhood's rebrand and new website will help our community connect more easily and efficiently with early childhood information."*

"Creating the Office of Early Childhood supports our initiative to implement high-quality Universal Pre-Kindergarten for every 4-year-old and 3-year-old in Cambridge at no cost to families and creates equitable access to early childhood resources," said Mayor Sumbul Siddiqui. *"The Office of Early Childhood's rebrand and new website provides our caregivers a centralized place for Early Childhood information including training opportunities for early childhood educators."*

"Cambridge Public Schools is deeply committed to equitable access to quality early childhood education programs throughout the city," said Superintendent Victoria L. Greer. *"We are excited for the Office's rebrand and improved access to information, and will support them in every way possible to ensure that our families are aware of the myriad of opportunities and services offered by the Office of Early Childhood."*

This fall, the Office of Early Childhood will continue to focus on the design and development of Universal Pre-K, support the newly launched Early Childhood Education Career Training Program, offer professional development opportunities for early childhood educators, provide school readiness initiatives, and more. For more information, visit: **www.earlychildhoodcambridge.org**

DAYLIGHT SAVINGS ENDS

NOVEMBER 6, 2022

Daylight Saving Time (DST) is the practice of turning the clock ahead as warmer weather approaches, and back as it becomes colder again. The goal of Daylight Saving Time is to make better use of daylight by prolonging the amount of time we can spend outside during daylight hours. George Hudson, an entomologist from New Zealand, came up with the modern concept of daylight saving time in 1895.



However in March, the U.S. Senate passed legislation that would make daylight saving time permanent starting in 2023, called the Sunshine Protection Act, ending the twice-annual changing of clocks.

FUN FACT: Daylight Saving Time wasn't actually implemented for farmers!

VETERAN'S DAY

NOVEMBER 11, 2022

November 11 became an official national holiday in the United States in 1938. It's a holiday honoring men and women who have served in the U.S. armed forces, on the anniversary of the end of World War I. In 1954 the name was changed to Veterans Day to honor those who had served in all U.S. wars.



We all celebrate Veterans Day differently: some people may volunteer at veteran organizations while others may treat the veterans in their life to a special dinner! Veterans Day is observed annually on November 11.

THANKSGIVING

NOVEMBER 24, 2022

Thanksgiving is a national holiday celebrated on various dates in the United States, Canada, Grenada, Saint Lucia, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863.

FUN FACT: Turkey wasn't on the menu at the first Thanksgiving.



4 Real Immune Boosters



As the colder weather settles in, so do the seasonal colds and flus. With these annual sicknesses, we also see an uptick in ads for supplements claiming to “support your immune health.” While the benefits of herbal supplements are hotly debated (and some may be effective!), we do know of four certain ways to support your immune health:

- Sleep for 7-9 hours each night.
- Eat a well-balanced diet with lots of fruits, vegetables, and whole grains.
- Move your body on most days (aim for 20-30 minutes).
- Actively manage stress with mindfulness, meditation, yoga, movement, etc.

Is there an area that feels out of balance for you? Focus your attention on that one area. Set a realistic goal over the next month and stick with it. Avoid unclear goals, like “I’m going to eat healthier.” With something so broad it’s hard to tell if you’ve succeeded. See some examples of actionable goals:

- I will get in bed an hour earlier than usual at least 5 nights a week for the next month.
- I will try 10-15 minute YouTube workouts at least 4 days a week for the next month.
- I will make ½ of my meal fruits and vegetables for breakfast and lunch over the next month.
- I will do a 5 minute mindfulness meditation each day for the next month.

Want a handout to share this with your colleagues, staff and/or families? Use the 4 Real Immune Boosters’ handout. This handout (and so much more) can be found on the resources page at the Cambridge Public Health Department website.

Contact Dawn Olcott, Manager of Public Health Nutrition, at dolcott@challiance.org with questions or interest in this or other healthy eating active living projects.

The Preschool Scholarship Program from the Office of Early Childhood

This year, sixty-nine children are attending high quality preschool programs with scholarships from the Cambridge Office of Early Childhood Scholarship Program. Thirty-two children began preschool and thirty-seven children returned for another year.

Home languages for the children include Afaan Oromoo, Amharic, Arabic, Bangla, English, Haitian Creole, Spanish, and Russian. Most of the families have household incomes below 50% of the HUD Area Median Income, with nearly half below 30%.

Thank you to our partner programs for welcoming new families and continuing to serve returning families:



**Al Bustan Preschool
Aster Montessori School
Bigelow Cooperative Daycare
Botanic Gardens Children's Center
Cambridge-Ellis School
Capucine Montessori School
Children's Village
Dandelion Montessori School
East End House
Evergreen Day School
Harvard Yard Child Care Center
Newtowne School
Nurtury at Harvard Street
Oxford St. Daycare Cooperative
Peabody Terrace Children's Center
Wildflower Montessori School
Wild Rose Montessori School
Violeta Montessori School**



These programs have committed to doing the ongoing work necessary to be welcoming and inclusive for all families and children and to engage in continuous quality improvement. Our partners have been enriched by the increased cultural, racial, ethnic, and socio-economic diversity of children and families that their participation with the scholarship program provides.

We are grateful to Special Start, the DHSP Preschool Program, CAAS Head Start, and our other partners for working with us to ensure that children and families get the services and programming that meet their needs.

**We will open our scholarship application process for new families in early 2023.
Inquiries? Contact Allen Kesten, Scholarship Specialist | akesten@cpsd.us**



November is Family Literacy Month!

Talk, Read, Play, Sing & Tell Stories Together!

Free Book Events!

Pick a location and join us for:

- *free books for Cambridge children birth to 17 years old*
- *free bilingual books in over 20 different languages for children birth to 5 years old*

Saturday, November 5

Morning:

Time: 10-11:30 am

Where: Donnelly Field
(York St & Berkshire St)

Rain Location: King Open School
Cafeteria, 850 Cambridge St

Afternoon:

Time: 1:30-3 pm


Where: Rindge Field
(105 Pemberton St)

Rain Location: Peabody School
Cafeteria, 70 Rindge Ave

Questions?

Call 617-475-0616

Brought to you by: Agenda for Children Literacy Initiative, Cambridge Public Library, Cambridge Public Schools/Title 1 & Home-Based Program, and Center for Families



November is Family Literacy Month!

Talk, Read, Play, Sing & Tell Stories Together!

Cambridge Families: Here are some ways to celebrate!

1 English & Bilingual Book Event: See other side of this flyer for more information!

2 Family Literacy Bingo: play the bingo board together to have fun and win a prize! Designed for families with children birth to 8 years old.

- You can pick up a bingo board all month long at any Cambridge Public Library location, the Center for Families office at 51 Inman Street or online at: bit.ly/2022BingoBoards

3 Postcard Palooza: Write or decorate a postcard and send it to yourself, a family member or a friend! Send one to us and we'll include it in a display at the libraries!

- You can get your postcard and stamp all month long at any Cambridge Public Library location or the Center for Families office at 51 Inman Street.

4 Social Media: check out our accounts all month long for family literacy tips, activity ideas and resources!

- Center for Families- FB: @cambridgecenterforfamilies, Twitter: @cntrforfamilies
- Let's Talk- FB, Instagram or Twitter: @LetsTalkCambMA

Questions? Call 617-475-0616

Brought to you by: Agenda for Children Literacy Initiative, Cambridge Public Library, Cambridge Public Schools/Title 1 & Home-Based Program, and Center for Families

NOVEMBER IS FAMILY LITERACY MONTH!



Updates For The Field



**The Center for Families
November Newsletter is
now available!**

Inside you'll find information about a wide variety of resources and programs...from Cambridge Dads to Mindfulness Mondays to free resource bags for families and more.

To read the November Newsletter click [HERE!](#)

Department of Early Education & Care News



**The Department of Early Care
& Education's next board
meeting will be held on:**

**Tuesday, November 8, 2022
1-4PM**

**EEC Springfield Office
1441 Main Street
Springfield, MA**

**You can watch the meeting live
on the Department's YouTube
Channel [here.](#)**



MASSACHUSETTS
Department of
Early Education and Care

School Readiness Working Group



The Cambridge Office of Early Childhood will be convening teachers, directors, and community partners to form a School Readiness Working Group this Fall.

The work will center around creating a shared definitions of School Readiness and revisiting our current practices in Cambridge. More information is coming soon.

If you would like to be part of this group, please email Liz Barlock, School Readiness Manager at ebarlock@cpsd.us



The Application For Student Debt Relief is Now Available!

As part of the Biden-Harris Administration's student debt relief plan, individuals (including those in the child care and early learning sector!) with federal student loans may be eligible to receive up to \$20,000 in debt relief.

The application takes about 5 minutes to complete. You do not need to login or provide any documents to complete the application [HERE](#).



Looking for activities and resources for you and your family?

Use Find It Cambridge to search for childcare, housing, health services, free events & more!

Visit www.finditcambridge.org ■ Call or text 617.686.2998 ■ Email info@finditcambridge.org

Need help searching?

Call, text, or email Andrew.

He can help you find what you are looking for.

JOIN US

STEAM

**In The
Early Childhood
Classroom**



**4-SESSION WORKSHOP
SERIES**

OCT 26 | NOV 2 | NOV 9 | NOV 16

6:30-8:30 PM

LOCATIONS TBD

**Workshops are designed for
teachers working with children age
3-6 years old in classroom settings
and after school programs.**

☆ Educators will receive a stipend for attending all 4 sessions.

☆ All sessions will be in person.

☆ Dinner will be provided.



STEAM Initiative
CAMBRIDGE

CAMBRIDGE
Office of Early Childhood
(formerly Birth to 3rd Grade Partnership)



**SIGN UP HERE OR
SCAN THE QR CODE!**

We will confirm your spot via email.

**Contact Barb MacEachern (bmaceachern@cambridgema.gov) or
Liz Barlock (ebarlock@cpsd.us) if you have any questions.**

Upcoming Professional Development Opportunities

NOVEMBER

Beyond Trauma-Informed Care: A Developmental and Relational Framework for Healing **Beginning November 1, 2022**

This three-part workshop series explores strengths-based concepts and actionable strategies related to trauma, adaptation, healing, and resilience. You'll learn new ways of understanding how trauma shows up in children's behavior, and adults', and how you can use your empathic responses to support their healing.

Each workshop is 90 minutes and has live Spanish translation and closed captioning available.

LEARN MORE & REGISTER

The Hunt Institute
<https://hunt-institute.org/>
Tuesday, November 1st (2pm ET)

Family child care plays a critical role in ensuring both access to both high-quality care and the workforce participation of American families, especially in rural communities. The Hunt Institute will spotlight the importance – and resurgence – of this model in a special Early Efforts webinar: **Innovations in Family Child Care** (cont...)

We'll be joined by:

- **Erica Phillips**, Executive Director of the National Association for Family Child Care
- **Jessica Sager**, CEO and Co-Founder of All Our Kin
- **Paul Major**, President of Paradox Community Trust (CO)
- **Kathleen Merritt**, Executive Director of Bright Futures for Early Childhood and Families

REGISTER HERE

NAEYC Annual Conference: Focus on Equity
November 16-19th, 2022
2:00-3:30PM
Washington D.C.

It is more important than ever that we help break down barriers that place limitations on children, families, and early childhood professionals. Join NAEYC in November and choose from a wide range of sessions that focus on advancing equity and diversity and advocacy/public policy.

REGISTRATION INFORMATION HERE

Upcoming Professional Development Opportunities

NOVEMBER

"Work Friends!" Professional Friendships as Communities of Support for Early Childhood Educators

Wednesday, November 9, 2022

2:00-3:30PM

Sponsored by Storypark

Even though you are surrounded by children, teachers, and families throughout the day at work, do you sometimes feel isolated as an early educator? Don't worry. You are not alone. It is common for your colleagues to feel alone when it comes to their professional growth journeys. Because working with young children is as much of an art as it is a science, teachers often find themselves working through trial and error with less-than-optimal amounts of opportunities for professional interaction.

You will learn about:

- **The theory and practice of communities of practice and critical friendship.**
- **The possibilities of critical friendships.**
- **The possibilities of communities of practice that support voice and empowerment.**

All of the webinars are recorded. You can earn .2 CEUs for each webinar. The cost is \$15 paid to University of Oklahoma online when you apply.

[REGISTER HERE](#)

Creating Clear and Effective Policies and Procedures for Early Childhood Programs

Wednesday, November 16, 2022

2:00-3:30PM

Sponsored by Procare

Presenter: Beth Cannon

This webinar will address how to write basic policies and procedures and will spotlight policies and procedures related to tuition, cultural competence, and health. She will share examples of policies and procedures and explain how best to inform families and staff of changes to policies and procedures.

In this session you will:

- **Learn how to write effective policies and procedures.**
- **Prepare to create policies and procedures that best fit your center.**
- **Leave the session with understanding of fundamental topics that all early childhood programs and policies should address for staff and families.**
- **Leave knowing how to create stronger policies for tuition, cultural competence, and health.**

All of the webinars are recorded. You can earn .2 CEUs for each webinar. The cost is \$15 paid to University of Oklahoma online when you apply.

[REGISTER HERE](#)

Cambridge Office of Early Childhood Team

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**CAMBRIDGE
PUBLIC SCHOOLS**

