



# KING SCHOOL

102 PUTNAM AVENUE | CAMBRIDGE, MA 02139

## UPDATES

### FRIDAY, FEB. 15 2018

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#### Chinese New Year Celebration

Thank you to Ms. Szu-Ming, Li, Ms. Xuemei Li, Ms. Maria Wang, Ms. Kai Tan, Ms. Yi-Chin Tien, Ms. Guei-Bau Lin, Mr. David Piper, Ms. Sara Engel, Ms. Marguerite Hicks, Ms. Min Zeng (parent volunteer), and Friends of King School for such a wonderful and special event.

#### Did You Know?

Report Cards will be mailed home during the February Break.

#### Upcoming Dates

Monday, Feb. 19- Friday, Feb. 23<sup>rd</sup>: **No School**, Feb Break

Tuesday, March 13<sup>th</sup>: **District Early Release Day** (1:55PM Dismissal)

Friday, March 30<sup>th</sup>: **No School**, Good Friday

Wednesday, April 4<sup>th</sup>: **Parent Conferences**

#### Glitter Bottles

As we have started a New Year, MLK students continue to learn and use the glitter bottles for mindfulness and self-calming at home and in the school. We finished collecting and making the bottles with the new JK and K students; now they are able to join other students and parents as they embark on a journey of self-discovery.

We continued to hear their reports to about how using the glitter bottles helps them to settle and regulate their moods with specific events and situations. Some students share that it helps when they are feeling: "sad", "too happy", "bored", "have trouble going to sleep", when "I'm a little mad" or "very mad". It is a joy to hear them report feeling "better, happier" simply by using the glitter bottle! Some children reported sharing this tool with siblings and parents. We will continue practicing, learning and collecting narratives.

We appreciate all the parents who responded, gathering the much needed water bottles so each Jk/K student could make one. Thanks to parents Sara and Katie who continued to support this project contributing time, labor and safe-cap-gluing!

Many thanks to our Art teacher Sara Engel who has helped us to continue this journey by sharing her beautiful room, and contributing with the organization and with instructions for this "sparkling project". Thanks to all K teachers who collaborated with the review and practice as for the other teachers by supporting with this sensory motor practice in their classrooms. Special thanks to Principal, Gerald Yung for his unconditional support for this project.

Heartfelt thanks, Millie Schlapnik. Former Occupational Therapist. MLK school

\* Please contact me regarding the replacement of the bottles and the instructions. Please share your experiences and for continual support and ideas with this practice at: [schlapnik@gmail.com](mailto:schlapnik@gmail.com)