

# NAUSET YOUTH ALLIANCE

## summer newsletter

### What we've been doing:

Week 1 - Our activities were all about outer space and the change in seasons. We did activities like moon rocks, flower crowns, and painted flowers. The week ended with tasting and creating pickles!



Week 2 - This week we celebrated where we live, our country, Massachusetts, and Cape Cod! Students made cars out of cardboard and we had a "drive-in" movie on Friday!



Week 3 - We did all kinds of self-care activities, including making stress balls, dreamcatchers, made pet rocks, and played lots of fun games! The beach was great too!



Week 4 - This has been my favorite week! We did all kinds of fantasy crafts and games. We made potions, secret gardens, and created our own fantasy creatures and characters!



### Coming up

July:

- Please bring us any bottles, bottle caps, toilet paper rolls, or other clean and solid trash! We will be making art!
- 7/25 is Water Wizz
- 7/26 is our Shark Festival



August:

- 8/2 is Super Hero Day
- 8/9 is our Olympics Ceremony
- 8/16 is Heritage Day
- 8/16 is the last day of Summer NYA!

September:

- 9/3 is the first day of NYA for the school year

### School Year 24-25 Registration

Registration is open for the fall! If you are registering and there is only a waitlist, please sign up for it - we will release students of the waitlist as we process the numbers.

Call or email with any questions or concerns!

### Reminders

Please send your child with the following items every day, labeled with their name:

- water bottle
- change of clothes
- bathing suit
- sunscreen
- towel

Pick-up is at 4:00 during the summer!

Wednesdays are Pool Days in the morning!



Water Wizz



"Drive-in"



## Staff Spotlight - Kindergarten Teachers

**Mary:** Mary has two children, they are seven and 23 years old. She worked at Stony Brook during the school year and she is so excited for the summer. She also works with intellectually disabled adults. She enjoys nature walks, arts and crafts, playing cards and water play. She is so looking forward to a summer of fun and new experiences with your children.

**Katie:** This is Katie's second summer with NYA. Katie is Site Coordinator at Stony during the school year. She moved from New Jersey to Chatham and has lived on the Cape since 2002. Katie now lives in Harwich with her two dogs and boyfriend. She is going to Cape Cod Community College in the fall to finish her major in Early Childhood Education. Katie also substitutes during the school year for other schools when needed. She loves to go to the beach on her days off and spending time with friends and family. Katie is with us during the summer 5 days a week and is excited to spend her days at NYA having fun and watching your children learn and grow during the summer program.

## Social Emotional Learning

### We have learned more about...

- Our hopes and dreams for summer
- Rules and safety at NYA
- Self-Awareness and Growth Mindset
- Self-Management and Assertiveness
- Social Awareness and Empathy
- Things we can and can't control



### Self-regulation tips:

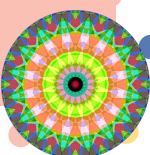
*How to help your child handle big feelings.*

1. Help your child name how they are feeling.
2. Ask them where in their body they feel the big emotion (face, chest, hands, etc.) and whether there is a way you both could notice before it gets big.
3. Have them practice telling their brain to "stop" and say how they feel when they are not escalated.
4. Find a safe place they can go, a safe person to turn to, and/or an object that will help them stay calm.
5. Next time they feel escalated, remind them of their strategies, remain as calm as you can, and process with them once they are ready and calm.

## Science

*We have done lots of experiments!*

- Created craters in oobleck
- Made our own sundials
- Designed animal habitats
- Made our own Kettle Ponds with ice cubes
- Constructed our own kaleidoscopes
- Mixed primary colors
- Made it rain beautiful colors in a jar



Find photos here:  
<https://www.nauseayouthalliance.org/portfolio>



password:  
541Cactus

