

# Moody Stars Monthly

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## JANUARY

Welcome to the January Issue of the Moody Schools' Newsletter.



I hope you had a restful Winter Recess and enjoyed time with the people you love most! Our students returned from break refreshed and ready for learning. We've been talking a lot about snow and the Winter season at Moody. We've been reading about snow, making snowmen out of a variety of craft supplies, and creating stories about what we like to do in the snow. With all this talk of snow, I hope everyone is also staying warm! :)

Enjoy our January Newsletter!

-Kristi-Lynn Craig, ECC Director

### Calendar reminders:

- January 3rd - School Resumes
- January 14th - ½ day for our Kindergarten Students
- January 17th - No School, Martin Luther King Jr. Day
- February 18th - ½ day for our Kindergarten Students
- February 21st-25th - February Break



TOP STORIES




## Home Exercises and Activities from the OT Department

by **The Occupational Therapy Team**

*Last month's focus was on building your child's upper body strength. This month we'd like to focus on **heavy work and deep pressure activities**. Why? Heavy Work is great for strengthening your body as well as organizing your nervous system. It will have a calming effect if over stimulated and an arousing effect if under stimulated. Overall it is a great regulator for your child's nervous system. Deep pressure activities tend to have a calming effect.*

*If your child needs some movement or calming activities, we hope you have fun trying these ideas!*

<p><b><u>Heavy Work Chores to incorporate at home:</u></b> Have your child help to bring in the groceries, vacuum the floor, scrub the tables or walls, water plants with a watercan, push/pull laundry baskets filled with clothes or filled water bottles.</p>	<p><b><u>Heavy Work at the Playground:</u></b> Bring your child to the playground and have them climb up and down the ladders, hang from the monkey bars, dig in the sandbox.</p> 
<p><b><u>Heavy Work in the Yard:</u></b> Have your child help with raking and cleaning up leaves, jumping in leaves, shovel snow, build a snowman, pull the hose out to water plants or set up for sprinkler, push the wheelbarrow</p>	<p><b><u>Heavy Work Games to Play:</u></b> Tug-O-War using a twisted up towel or sheet, Wheelbarrow walk, Create an obstacle course with piles of couch cushions to climb over, tables and chairs to climb under and logrolling (can incorporate some homemade pins with empty bottles and make it a log rolling bowling game), crawling games</p>



## Home Exercises and Activities Continued ...

**Heavy Work activities to incorporate when doing errands:** Have your child help push the shopping cart, carry items when food shopping, wear a backpack with activities or books that they can use to keep them busy if waiting for an appointment, silly putty and squeeze toys are great portable heavy work for the hands.



### **Heavy Work Exercise**

Keep hands and feet on the ground and lift your hips up.



### **Heavy Work Exercise:**

Have your child do a chair push up or wall push up.



### **Deep Pressure Activities**

- Try squeezing/massaging the palms of your child's hands - can use "dots and squeezes"- use the tips of your thumbs to apply pressure to the hands, then squeeze up along the arm with your entire hand
- Bear hugs- many children like really deep pressure when getting hugs!
- Ball or pillow squishes- have your child lay belly down and apply some pressure to their back, making sure they can breathe of course!
- Roll your child up in a towel or blanket, pretending to make a "sandwich" out of them, applying many different "condiments" with your hands while using deep pressure. Make sure their head is sticking out the end so they get plenty of air!
- Log rolling is a great deep pressure activity.

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## Books We Love!

by **Teachers and Staff**

Teachers and students have explored the following books ...

- [The Snowy Day](#) by Ezra Jack Keats
- [Snowball](#) by Lois Ehlert
- [Snowman at Night](#) by Caroline Buehner



## Ways to support our schools ...

by **Moody on Main and Moody on the River**

You can support the Moody Schools by ...

- Sending in tissues and hand wipes
- Participating in our PTO!
- Becoming a substitute

## Recommendations for home ...

by **the Moody Team**

- Routines help your child! While this time of year can be full and busy with so many fun things, work to keep routines in place to support your child's well-being.
- To support your child with their matching skills (which supports both reading and math), give your child a basket of unmatched mittens or socks and have them put the matches together!

## Don't Forget ...

by **the Main Office**

- Students should come to school with a mask every day
- Pool Testing continues! If you have any questions, please call Moody on the River.
- Fridays are parent contact days! This is a great day to set up a meeting with your child's teacher if you have any questions or concerns to review.

**Read more on our Websites:**

[Moody on Main](#)  
[Moody on the River](#)

**Read more on our Facebook Pages:**

[Moody on Main](#)  
[Moody on the River](#)



Moody School - 59 Margin St, Haverhill - 978.374.3459  
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