

10/1/2020



Dear Morning Kindergarten Parents,

We are inviting morning Kindergarten students to discover their Social Emotional Learning (SEL) Superpowers by participating in a new supplementary program called Power Hour. This program is designed to develop positive peer relationships while working cooperatively alongside peers with a range of abilities.

**What exactly is Power Hour?**

Please see the attached program description for details.

**What is the schedule?**

Students will participate during their in person weeks only. In the event that the district moves to all remote instruction, the program will transition to a virtual program. Students will transition from their morning Kindergarten class and follow the schedule below.

11:40 - 12:20	Lunch and gross motor activities
12:25- 1:15	Engaging and enriching small group social and academic based activities
1:15	Parent pick up

**What staff will support the program?**

A Special Education Teacher and paraprofessionals will facilitate the program.

**How many students will participate?**

Up to 10 students will participate at once. Depending on student interest, participants may be scheduled for approximately 8 week sessions.

**What does my child need?**

Follow the normal school arrival routine but send your child in with a nut free lunch and their Superpower potential. Parents will need to arrange for pick up at 1:15 promptly outside of the Moss Gym entrance.

**How do I sign my child up?**

Interested parents should complete the [Google Form linked here](#) by Wednesday, September 30, 2020. Students will be assigned into a group and their dates will be provided to parents by October 7, 2020. The first cohort of students will begin on Monday, October 12, 2020. The other students will be assigned to a cohort beginning on either January 4, 2021, March 1, 2021 or May 3, 2021. All attempts will be made to include all interested students, however, due to social distancing requirements, space may be limited. Contact Karen Calantoni at [kcalantoni@metboe.k12.nj.us](mailto:kcalantoni@metboe.k12.nj.us) with any questions.

# The Power Hour



Develop your *Social Emotional Learning* (SEL) super powers

Kindergarten peers will discover their SEL super power through becoming positive SEL role models for self awareness and self management skills and will be able to continue to develop their social awareness skills.

What skills will your child gain in this setting?

**Development of social awareness skills** - social awareness can be seen as the development of *empathy*, which is our response to others' emotions and reactions they are having to their emotions (**2020 CASEL**).

**Building relationship skills** - your child will develop positive social relationships through working together with their kindergarten peers during structured, intentional teaching experiences (**2020 CASEL**).

Children will work to develop positive peer relationships while working cooperatively alongside peers with a range of abilities. They will develop these relationships through guided interactions where they will communicate, listen and be facilitated in cooperative activities with their peers while reinforcing kindergarten standards.

Intentional Teaching experiences may include small group teaching of:

Social Situations (looking at situations and what may have caused someone to feel the way they feel)

Turn taking

Respect for others

Empathy

Teamwork

Communication

Relationship building



*What superpower will they discover?*