








# Welcome to Quad Squad Jr.!

## Dear Parent,

Welcome to the Fall 2017 semester of Quad Squad Junior! We had an enjoyable first class getting to know one another and engaging in fun, introductory, activities.

We began class by going over our visual schedule, which outlined the concepts and topics that we would be focusing on. This is how we will begin all of our classes to ensure that your child knows exactly what's expected. Our goal for today's lesson was get to know something new about another classmate or teacher. We completed this by creating "Buddy Files." A Buddy File is a visual representation of our schema, or the way we organize our thoughts and memories that we have about ourselves and others that are stored in our brains and pulled upon when beginning a conversation with others. The Buddy File is a concept adapted from Michelle Garcia Winner's Social Thinking Curriculum. At Quad Squad Jr., we used this idea to sketch a portrait surrounded by drawings of our favorite things. After we completed our drawings we all shared some of our favorite things to see what we have in common! The kids did an awesome job with this and found that we have common interests, hobbies, and likes.

We then went over the 5-Point Scale of Emotions, a concept by Kari Dunn Buron (see attached). This scale is a visual-numeric way for students to identify how they are feeling at any moment in time. The scale starts at a 1 (the most calm and happy) and increases up to a 5 (feeling out of control and angry). We will continue to incorporate this scale throughout the semester and adapt it for other concepts such as voice volume and body movement.

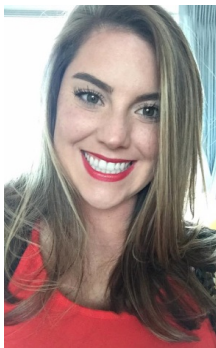
5		<b>Angry</b> I've lost control. I'm not listening anymore. I could hit, kick or bite. I need a quiet place to calm down.
4		<b>Overwhelmed</b> Everything is too hard. I'm losing control and need to leave the environment I'm in. Give me space
3		<b>Frustrated</b> I'm not getting it, I'm showing signs of stress I should take a break now.
2		<b>Anxious</b> Trying to stay focused, but having a hard time staying on task Use calming strategies now
1		<b>Happy</b> Ready and willing to Work

We then introduced your child to the "Nook" space at the Quad, which is a cozy space in our classroom (and out of the classroom) where a child may choose to go if he/she is feeling above a level 3 (on the 5-Point Scale). Opting to take a break in the Nook, or being encouraged to take a time-limited break in the Nook by a teacher is not a punishment but rather a proactive strategy to calm one's body (or mind) down and re-regulate in a safe, quiet space.



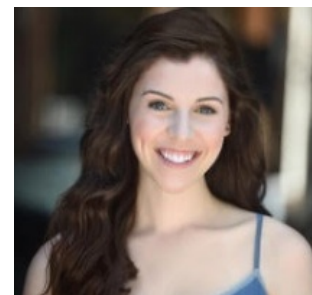
Warmly,  
Kacie and Carly

## About the teachers



**Kacie Reilly** is a Kindergarten-first grade teacher at The Quad Preparatory School and is known for her artistic talent, weaving the fine arts into her K-1 curriculum in any way she can. Ms. Reilly brings two years of 2e teaching experience and four years of total teaching background from Hawaii and New York State. She has a Master's degree in Early Childhood Education from The College of New Rochelle and NYS Certifications in Early Childhood and Special Education, as well as Montessori Teaching Certification. Ms. Reilly is eager to work with your children this fall in Quad Squad Jr.!

**Carly Stern** is currently a Junior at NYU majoring in Psychology and minoring in Child and Adolescent Mental Health Studies and American Sign Language. She served as a Psycho-Social Intern last spring at The Quad Manhattan After-School Program in the Capoeira class and this past summer in The Quad Manhattan's Summer Program. Ms. Stern has a background in theater and says she enjoys working with the 2e population.



Thanks for reading!

