



## WELCOME TO YOUR WEEKLY EMPLOYEE UPDATE

In this update, you will discover...

- **LETTER FROM OUR CEO**
- **OPERATIONS**
  - COVID-19 Resource Page
  - How Are You?
- **CAREER SUCCESS & TRAINING**
  - Healthy Habits with Pepper
- **FEATURED JOBS**

## LETTER FROM OUR CEO

Dear Friends,

It is my sincere hope that you all enjoyed a long, restful, healthy holiday weekend last week. With the year now winding down, I have been thinking of all the changes the past year has brought. For instance, masks are now in abundance, whereas we would have been hard-pressed to find many people voluntarily wearing them at the start of 2020. I find that I keep coming back to new philosophy and practice behind masking. Let me explain:

**Research is still evolving.** Like the pandemic itself, we knew little about masks in the beginning of the year, and the impact they would have. As we learned more about COVID-19 itself, we learned that face coverings would actually play an important role in the reduction of transmission.

**The protection goes both ways.** Think of why you have engaged in social distancing, quarantining, and general responsible behavior this year. Yes, of course, you've made these changes to protect yourself – but just as importantly, you've made these changes out of care and compassion for your family, school, and community, as well. The same can be said for masks; while the early research showed masks were predominantly used to keep others around you safe, research is showing [masks benefit the wearer, as well](#).

**Kids are showing us the way.** For many of us, myself included, seeing the uninterrupted joy in the play of our children is an enormous bright spot that helps alleviate some of the darkness that 2020 has brought us. Incredibly, some of us have seen this carry over into mask regulations, too – is it just me, but are some children far more adjusted and just generally “okay” with putting a mask on than some adults? The resilience children can show us at times is truly inspiring.

“Fatigue” is another word I keep coming back to – a fitting term to be fixated on here in the final month of 2020. We're tired of staying at home. Tired of not seeing loved ones. Tired of *being tired*. When you put on your mask (despite being tired of that, too), look at it as a symbol of your admirable behavior during this exhausting, difficult time – you're listening to science, you're protecting yourself and others,



and you're modeling the very best in behavior for the children in your classroom. To be doing all these things, nearly 9 months into this ordeal, is something of which we should all be proud.

While, of course, I wear my mask for me, every time I put it on, I take a mindful moment to send compassion and gratitude to my three-year old son, and to all of his teachers and caregivers—because I know that I wear my mask for each of you, too.

With compassion,

Sarah

Sarah Clabby  
CEO, Little Sprouts

## WEEKLY UPDATE 12/4/2020

### **OPERATIONS**

#### ***COVID-19 Resource Page***

As a reminder, our COVID resource page ([littlesprouts.com/covid-19](https://littlesprouts.com/covid-19)) contains the phone number and website for our Employee Assistance Program (EAP), found under "Additional Supports." This program is available to you 24 hours a day, 365 days a year. The EAP is a confidential information, support, and referral service offering tools and resources to help you find solutions for the everyday challenges at work and home, as well as for more serious issues involving emotional and physical well-being. Areas frequently addressed by the EAP include: marital concerns, grief, depression, family & relationship issues, legal referrals, gambling, stress management, financial referrals, substance abuse, parenting, work & life transitions, or other addictive behavior. Stress levels for educators are reaching an all-time high - please continue to reach out for what you may need to help address and reduce your own stress and anxiety during this time.

[COVID-19 Resource Page](#)

#### ***How Are You?***

Checking in with one another and taking note of what's coming up or standing out can help us remember our individual worth and collective strength, especially when times are tough. This week, Jocelin Padilla, an Infant Teacher in our Little Sprouts school in Natick, Massachusetts, shares how much she appreciates finally being treated like "a real teacher."

[How Are You? Episode Two: Jocelin](#)

Thank you, Jocelin!

Next week, we will hear from Shauna James, a Preschool Teacher from our Building Blocks Early Education Center on High Ridge in Stamford, Connecticut.

If you'd like to share an obstacle, opportunity, or observation through an upcoming feature on *How Are You?*, email Crissy Trayner at [ctrayner@littlesprouts.com](mailto:ctrayner@littlesprouts.com).



## **CAREER SUCCESS & TRAINING**

### ***Healthy Habits with Pepper***

*Healthy Habits with Pepper* are back! These fun, sweet, and short reminders from beloved Little Sprouts Alum Pepper are made to help us remember how we can keep integrating COVID safety measures into our daily interactions with all of the kiddos we care for and love. This week's episode reminds us how to help our preschool friends have fun and create space at the same time!

[Healthy Habits with Pepper: Preschool](#)

## **FEATURED JOBS**

As we work to build enrollment back to pre-COVID levels and invite more staff to return to school, we want to regularly highlight open positions across each of our schools and networks. If you or someone you know would be a good fit for any of these positions, invite them to apply or reach out directly to our Director of Sales and Recruitment, Dave Hawthorne: [dhawthorne@littlesprouts.com](mailto:dhawthorne@littlesprouts.com).

### **Connecticut:**

[Infant/Toddler Teacher, Building Blocks East Granby](#)

[Infant Teacher, Building Blocks Hamden](#)

### **Massachusetts:**

[Toddler Certified Teacher, Little Sprouts Haverhill](#)

[Toddler Certified Teacher, Little Sprouts Natick](#)

[Infant Certified Teacher, Little Sprouts North Andover](#)

[Infant Certified Teacher, Little Sprouts Woburn](#)

### **Vermont:**

[Infant Teacher, Heartworks Williston](#)