

Volume 1

Seahorse News

September 18, 2018

WELCOME TO THE SEAHORSE NEWS!

Welcome to the first edition of the Seahorse News. We hope that the information contained here will be useful in two ways. First, we plan on providing reminders and practical information about what is happening in the primary classroom and at the school. This is not intended, however, to replace the important information that Ms. Lynn provides with the weekly email updates. Second, we will include information and articles about what it means to be a Montessori school, the philosophy as well as the practicality.

For now, here is a link to a weekly email article from Maren Schmidt, long time Montessorian.: <https://info.marenschmidt.com/kids-talk-newsletter-sign-up>. I have been reading her articles for over ten years and found them useful in my role as Mom and Primary Guide. I highly recommend taking the time to sign up and read her well informed and thought out articles.

Peace, Suzanne



May Sands Montessori
a free public charter school



SERVICE

OPPORTUNITIES

WEEKLY:

- LAUNDRY
- DUST SHELVES

MONTHLY:

- WASH
WINDOWS
- WASH RUGS
- CLEAN
CARPET

PLEASE CONTACT MS.
SUZANNE FOR DETAILS

ONCE COMPLETE LOG
HOURS WITH MS.
TONIA.

Snack Reminders:

Week of
September 24:
Julius

Week of
October 1:
Lili

Week of
October 8:
Tyler

The Seahorse Class is a NUT FREE environment.

Please No NUTS in lunches or snacks.

In an effort to support healthy eating and strong energy throughout the school day we ask that when providing snack for the class consider the following options:

- Whole fruits and vegetables
- Foods with higher protein like: hummus, sun butter, cheese, Greek yogurt
- Whole grain crackers or breads

Part of the Montessori curriculum is fostering independence and responsibility in our Prepared Environment. Children are involved in every aspect of the school day, including snack preparation and clean up. With this in mind, please include your child in planning for his/her snack week by talking about what healthy foods she/he, and his fellows, might enjoy preparing and eating. And whenever possible include him/her in shopping, helping to pick out fresh produce, checking for whole grains and deciding how much of each item to buy. Whole fruits and vegetables are encouraged as the children learn to prepare them for eating by washing, scrubbing, peeling and chopping. They set up the snack shelf using pretty bowls and utensils for serving and determining how many of each food should be offered. Children also clean up the snack area and dishes at the end of each day. The classroom is truly run through community effort and ownership.

H A P P E N I N G S :

- ◇ **Monday, Sept. 17th—Nimo shares his message of planting seeds of kindness through music with the entire May Sands student body. 1:30 pm. <https://www.emptyhandsmusic.org/>**
- ◇ **Friday, Sept. 21st—International Day of Peace. March with The Children's House to Bayview Park to share messages of peace. 10:00 to 11:00 am.**
- ◇ **Tuesday, Sept. 25th—Night Under the Stars, School Family Event 6:00 to 8:00 pm.**
- ◇ **Please stay informed of these and other important happenings through Ms. Lynn's Weekly Email Updates.**