



October 2009
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Director's Corner

Dear Families,

This is a great month for getting involved and getting to know the other families who are attending MSMS. We have the Home Tour, Parent Ed night, Parent Work Day, and the Fall Festival. We welcome your participation at these events for a variety of reasons; (1) your participation helps the school, (2) you can earn parent volunteer hours, and (3) they are a chance to build community and friendships. As many of you already know, Mt. Sopris Montessori School is more than a preschool. We are a community of like-minded learners. Friendships made here can last a lifetime – and that is true among the adults as well as the children.

ALL of our families are welcome at these events.

See you there!

Pat Waddick, Director

"Our care of the children should be governed not by the desire to 'make them learn things', but by the endeavor always to keep burning within them the light which is called intelligence."

– Maria Montessori

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October Event Dates

4th – Home Tour
7th – Parent Ed Night
14th – Flu Shots
17th – Parent Work Day
23rd – Fall Festival

Event details on Pg. 8

Home Tour
Oct.4, 11-3 pm

There is still time to buy tickets at the "Early Bird" price - \$25 online at www.mtsoprismontessori.org the price is \$35 on the day of the event

We still need volunteers – to help with transportation, home security, luncheon at the RVR Barn, etc. There is a sign up poster in the front of the school at the beginning and end of the day. Remember this helps satisfy Parent Volunteer hours.

The FLU

Here is what we are doing at MSMS:

- Children wash their hands each day as they enter the classroom and throughout the day as needed.
- Materials are sanitized at the end of each day.
- Door knobs, tables, faucets are sanitized at the end of each day.
- Children are taught to sneeze and cough into their elbow.
- We have many boxes of tissue available in the class and on the playground.
- We will call the parents of any child who becomes ill at school and request that they be taken home.
- Offering flu shots , \$21, for anyone 18 or older at MSMS on Oct. 14.

Here is what you can do to help:

- Encourage your children to wash their hands frequently.
- Do not take children to school if they have a fever or other indicators that they may be sick.
- Get a flu shot or nasal spray. These are generally covered by your insurance company.

From the Director

Eighteen Random Rules of Life

I subscribe to an organization called Character Counts which was started by Michael Josephson. This was part of a commentary written by him. His thoughts always remind me that it is important to have and apply a "moral compass" in our daily lives.

1. Find the lesson in every failure, and you'll never fail
2. The likelihood that you're right is not increased by the intensity of your conviction.
3. Real friends help you feel worthy and make you want to be better.
4. When you're in a hole, stop digging.
5. Don't confuse fun with fulfillment or pleasure with happiness.
6. Refusing to let go of a grudge is refusing to use the key that will set you free.
7. Hating hurts you more than the person you hate.
8. Counting on luck is counting on random chance; your odds are much better when you plan and work.
9. It is better to be kind than clever.
10. Don't underestimate the power of persistence.
11. The easy way is rarely the best way.
12. It's much easier to burst someone else's bubble than to blow up your own.
13. You can't avoid pain, but you can avoid suffering.
14. Self-pity is a losing strategy; it repels others and weakens you.
15. Shortcuts usually produce short success.
16. Control your attitude or it will control you.

Pat Waddick, Director

Parent Involvement Hours

We ask each family to volunteer 20 hours per year to help around the school. Please fill out the "Involvement Hours Record Keeping Form" which should always be in the classrooms when you do something to fulfill these hours. Each hour is worth \$20. It seems that we always have plenty of things to do. Teachers will often write on their whiteboards asking for help with a project. We also have two "Parent Workdays" a year. See you around the school.

Highlights from the Classroom

East Preschool – Alex & Danielle

Where we've been!

We've had several fun outings this year already. Our field trips have included:

- A trip to CRMS
- Visiting with the chickens (One Eye is famous :)
- Picking apples
- Playing at Sopris Park

October Learning!

During the Month of October we will learn all about Colorado and wild animals! We will have a map of Colorado with cities and rivers. As we identify places all over the state, the students will be able to place markers on the places they've visited!

Bulletin Board

Pet & Child pictures

Still Looking for photos from each family

It's slipper time!

Please bring a pair of slippers to keep at school. NON SLIP bottoms please.

Wish List

A new classroom wish list will soon be posted on the wall in Cubby room. All purchases for the class go toward volunteer hours!

West Preschool – Rosemary & Terry

Bulletin Board

Please bring a pair of slippers to keep at school.

A new classroom wish list is posted on the class bulletin board. Purchases go toward volunteer

Our New Room

We have enjoyed getting settled in our new room. With the new room layout and great new works, settling in has been fun and enjoyable for everyone!

It's Harvest Time

We love the flavors of the season. We've made salsa with tomatoes from our own garden, homemade applesauce cupcakes for our family's potluck and fresh apple juice from harvested apples.

Learning

Our older students have immersed themselves into the bank, building the "Number City" on numerous occasions. And, we all got to learn more about the 'Hundred Square', as we each made our own for Potato Days 100th celebration.

We have learned many new songs to go along with our lessons in Geography & Biology. Terry has led us with the guitar as we learned the songs: Land, Water & Air, Parts of the Earth Continents, Living-Non-living, Plants- Animal, Vertebrate-Invertebrates. Ask your children to sing them at home so you can learn them too!

Highlights from the Classroom

East Toddler – Catherine & Heather

The New School Year

September has been full of beautiful smiling faces. We have learned many things including the routine of the day and our special lunch song!

The Message we sing at Lunch!

Oh,
The earth is good to me,
for giving me,
the things I need,
the sun and the seeds and the apple trees,
the earth is good to me!

Exploring!

The children love to go on our daily walk! We have seen dogs and cats and chickens and birds! We also visited the library.

The Harvest and the Fall

We have made apple juice from a juicer. The children loved pushing the apples into the juicer! We are looking forward to seeing the leaves change and playing in the Fall leaves!

West Toddler – Sydney & Leslie

Off to a Great Start!!

The West Toddler children are off to a sound start learning the ground rules of our classroom. Leslie and I are quite impressed with how these youngest friends are enjoying our group lunch routine. We would encourage parents to visit us during lunch sometime and see if you feel the same way. (Please call ahead & schedule a lunch visit).

What a Team!

Thank you to our parents for your help at drop off in the mornings – it has been going so smoothly!!

Out and About Town!

We truly enjoy our daily walks around town. We have been inside the library twice already and have also visited the forest ranger station. Forest Ranger Terri was happy to have us visit and invites families to stop by anytime as well.

Explore

We are privileged to have such an accommodating playground for both toddler classes to play together and pick crabapples.

Montessori Learning

Montessori Education

Since so many parents have expressed an interest in learning more about Montessori philosophies and practices, we've added a new Montessori Learning section to the newsletter and will kick it off with a 6 part series of how Montessori classrooms are designed. Lessons and tips to use at home will be provided for each area each month.

In the Montessori Classroom

Montessori classrooms provide an atmosphere that is pleasant and attractive, to allow children to learn at their own pace and interact with others in a natural and peaceful environment. In the ideal classroom, children would have unfettered access to the outdoors, but this frequently is impossible, given modern-day limited space and cost considerations. In response, Montessori teachers stock their classrooms with nature shelves, living plants, and small pets, or perhaps a window-sill garden, allowing children to experience as much as possible of the natural world, given modern constraints.

Montessori schools ideally adhere to the three-year age range of pupils, to encourage an interactive social and learning environment. This system allows flexibility in learning pace and allowing older children to become teachers, by sharing what they have learned.

Areas of the Classroom

In the Montessori Curriculum, there are 6 overall areas:

- Practical Life
- Sensorial
- Cultural
- Science
- Language
- Mathematics

We will explore one area each month in this 6 part series:

Part 1: Practical Life

The Practical Life area of the classroom is designed to help students develop a care for themselves, the environment, and each other. In the Primary years (ages 3-6), children learn how to do things such as: pouring and scooping, using kitchen utensils, washing dishes, polishing objects, scrubbing tables, and cleaning-up. They also learn how to dress themselves, tie their shoes, wash their hands, and other self-care practices. They learn these practical skills through a wide variety of materials and activities.

Although caring for one-self and for one's environment is an important part of Montessori Practical Life education in these years, it also presumes to prepare the child for more: The activities might build a child's concentration as well as being designed, in many cases, to prepare the child for writing. For the first three years of life, children absorb a sense of order in their environment. They learn how to naturally act a certain way, by absorbing it. In these ages, 3-6, the children are learning how to both build their own order and to discover, understand, and refine the order they already know. The practical life area teaches language in many forms. Fine motor skills used in the pencil-grip help the child develop that particular grip; in order to later more easily use a pencil.

Strong concentration and attention to detail are typical traits of Montessori-schooled children. Practical life schooling in the elementary years and in the high school years involves many of the same skills, but also begins asserting a greater drive towards community-service-oriented activities.

Montessori in the Home

Below are the 4 Areas of Practical Life with tasks that can easily be focused on in the home to help the child master each specific area of Practical Life:

Note: Nurturing independence is at the core of Practical Life learning. Children who struggle to accomplish a task should be given the time and space to do it themselves. If they need help, give them only the assistance they need to complete the task on their own. For example, if a child cannot open a container, open it just enough so that he can complete the task on his own.

Control of Movement

Pouring, spooning, using tongs, and using a screwdriver help the child to learn to control his hands and eyes.

Care of the environment

Sweeping, dusting, plant care, flower arranging, washing dishes and pet care are excellent tasks to learn about caring for the environment.

Care of Self

Washing hands, face and teeth, helping with laundry, brushing hair, blowing nose, and sewing buttons are great ways to learn about caring for oneself.

Grace and Courtesy

Carrying things, placing things back where they belong and manners, such as: table etiquette, bathroom procedures, how to interrupt, how to cough & sneeze into your elbow, are all part of daily routines and a large part of Grace and Courtesy.

School Board & Committees

School Board Members

Karen Harvey - President
 Andrea Waldmann - Secretary
 Tim Hobbs - Treasurer
 Chip Bishop
 Nate Kaegebein
 Robin Cole
 David McConaughy
 Karen Brogdon
 Susan Lau
 Eric Musselman
 Tim Malloy
 Debbie Patrick

Project Committees

Communication Committee – Karen Brogdon & Debbie Patrick
Facilities & Maintenance Committee – Tim Malloy & Eric Musselman
Faculty Support Committee – Karen Harvey
Finance Committee – Tim Hobbs & Susan Lau
Fundraising Committee – Robin Cole & Andrea Waldmann

In the Spotlight this Month – Room Moms!

The Communication Committee

The Communication Committee was started last year as way to help the school's office, teachers, classrooms, board and project committees share information amongst each other, our families and the community. The communication team supports both internal and external communications. A key component in the communication chain is the Room Mom program.

Room Moms

Implementing the Room Mom program was the first big step in finding ways to directly help our teachers in the classroom. The Room Mom goal is to help manage work that will give our teachers more time to spend on student related activities rather than administrative tasks.

The Room Moms help with multiple types of work, to include: maintaining classroom email lists, organizing classroom phone trees, mentoring new MSMS families, gathering classroom level information for newsletters, organizing volunteers at the classroom level, delivering information to the classrooms and parents from the Communication team and much, much more!

Our Room Moms this year are:

East Preschool:	Laura Maine
West Preschool:	Crista Barlow
East Toddler:	Patty Galmore
West Toddler:	Shelly Whitehead

We are so very grateful for all the time these Moms volunteer helping our teachers, parents and community.

Join Us!

The Communication Committee holds regular meetings and events each month. If you are interested in becoming part of the team or interested in supporting any one of the school's committees, contact karenbrogdon@gmail.com for more information.

***Not only does any time spent on any committee projects, meetings or volunteering count toward Parent Involvement Hours, it's a wonderful way meet our school's families and experience being part of this great community!

Bulletin Board

October Lunch Menu

We have two new cooks at MSMS, Vickie Browne and Lisa Cerise! They are preparing soups and sauces from scratch, buying local and organic when they can, and introducing the children to new and healthy foods. The changes in the menu are very healthy and tasty – the kids love their lunches!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Enchiladas, Rice, Peas, Fruit	2 Ravioli & Marinara Sauce, Green beans, Fruit
5 Potato Quesadillas, Tomato soup, Fruit	6 Veggie Soup, Quinoa, Fruit	7 Strata, Carrot patties, Cucumbers, Fruit	8 Pizza Carrot raisin salad, Fruit	9 Sloppy Joes, Steak fries, Watermelon
12 Stuffed potatoes, Peas, Cole slaw, Fruit	13 Pasta & meat sauce, Corn, Garlic bread, Honeydew	14 Chicken Soup w/Rice, Squash, Fruit	15 Grilled Ham & Cheese, Quinoa, Carrots, Melon	16 Chicken tenders, Mashed potatoes, Green beans, Watermelon
19 Veggie chili, Cornbread, Carrot raisin salad, Applesauce	20 Shepherd's Pie, Rice, Melon	21 Veggie soup Bagels and cream cheese Melon	22 Chicken salad wraps, Green beans, Fruit	23 Grilled ham & cheese, Hummus w/veggie slices, Melon
26 Taco scoops, Couscous, Corn, Strawberries	27 Tomato soup, Quesadillas, Coleslaw, Fruit	28 Mac & cheese w/ham, Green salad, Peas, Melon	29 Chili, Cornbread, Spaghetti squash, Fruit	30 Hummus w/pita chips, Sweet potato soup, Green beans Watermelon

Help us be a Good Neighbor

During morning drop off and afternoon pick, do not leave your car in idle while bringing your child to class.

PLEASE TURN OFF YOUR ENGINES!

It is safer for our students, good for the environment and it will make our neighbors happier.

Email Communications

If you would like to receive periodic updates about school events via email, i.e.: school closure notices, event reminders, volunteer opportunities and monthly newsletters, provide us with your email address in the classroom or submit an email subscription request on the website at www.mtsoprismontessori.org

Extended Day Care!

We believe that we will soon be able to offer extended care, 3-5 pm, on Tues, Wed, and Thurs. This will be for additional cost and we will need a minimum number of children each day to make it possible financially. Please contact Pat for more details.

Event Dates & Details

October 2009 Event Details

1st Annual Home Tour – Sun, October 4th – 11am to 3pm

There is still time to buy tickets at the “Early Bird” price - \$25. The price is \$35 on the day of the event. Tickets can be purchased via the school website for Will Call pickup or, at the RVR Barn on the day of the event. **Child Care is available for all MSMS students at the school!** We also still need volunteers – to help with transportation, home security, luncheon at the RVR Barn, etc. There is a sign up poster in the front of the school at the beginning and end of the day. Remember this helps satisfy Parent Volunteer hours.

Parent Ed Night – Wed, Oct. 7th – 6pm to 7pm

“Montessori from Our Home to Yours” is the topic of our first Parent Ed Night this year. Parents frequently ask how they can support the Montessori philosophy at home so we thought we would begin by giving you a few ideas on this topic. You can earn parent volunteer hours by attending. Alex from the East Preschool room will lead the program. Signup sheets are available in each class - let us know if you are interested in child care. If there's a topic you'd like us to cover, add it to the suggestion sheet also provided in each class. Friends or family members interested in learning more about Montessori and our schools are also welcome. Child care can only be extended to currently enrolled students.

Flu Shots – Wed, Oct 14th – 8am to 9am

Valley Hospital will be onsite Oct. 14th from 8 to 9am in the Office to provide flu shots to anyone 18 years and over. The cost is \$21.00 per person. Pre-registration is required. Signup sheets are available in all classrooms.

Parent Work Day – Sat, Oct. 17th – 9am to 1pm

The Facility and Maintenance Committee needs your help on Saturday, Oct. 17th from 9am to 1pm to assist with “winterizing” the school grounds. We will move the picnic tables to the side of the school and also take care of the other small things that the teachers would like to have done before the snow flies. Signup sheets are available in each classroom. This event counts toward Parent Involvement Hours.

Fall Festival – Fri, Oct 23rd – 5:30pm, Carbondale Rec. Center

Each year the MSMS community comes together for a potluck. We use this time to celebrate our good fortune of being together, the bounties of the harvest, and the beauty of our valley. We also have a great time talking to friends and making new ones. We may have live music.

Calling all Parents!

Do you have a talent to share in the classroom?

The children would love to learn about your profession or hear you sing, play music, bake, tell stories, read, create and more!

Contact your child's teacher for dates & times. Time spent in class counts toward Parent Involvement Hours too!