

# Ponderosa Montessori School Newsletter

January 2021

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## PONDEROSA NEWS

Welcome to 2021 along with a hope filled attitude for a better year ahead.

Dad's night is one of the favorite activities that both dad's and children enjoy. It is scheduled for January 14th. Since we cannot conduct the event at this time, our hope and plan is to reschedule sometime in the spring.

In-House summer and fall registration will begin February 1st and continue until the end of the month. Registration will open up to the public on March 1st. Registration forms will be sent home by the end of January.

January is a time to refocus on healthy eating habits. Studies on the brain prove that a protein-filled breakfast helps children focus longer in class. Our early childhood classrooms have a daily uninterrupted work period ranging from 1.5 to 2.5 hours depending on the child's age and the elementary have two 3 hour work sessions.

Brain-healthy foods for kids include salmon, berries, peanut butter, oatmeal, eggs, whole grains, beans, colorful veggies, milk, yogurt low in sugar and lean beef. Some healthy snack ideas to pack in your child's lunch are cut-up veggies with hummus, cheese or peanut butter on whole grain crackers, yogurt low in sugar, boiled eggs, cut up fruit, seeds and nuts. We are all busy people, but try to keep processed foods to a minimum when packing lunches and snacks for your child.

Be reminded that all children need to arrive to school no later than 9:00 for their Covid check. All of our staff need to be in classrooms to maintain required ratios and Covid guidelines. The only exception are doctor's appointments. If your child has a doctor's appointment, contact the office the day prior by email or phone to make arrangements.

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### Upcoming Events

- ◆ 1/1 Winter Vacation
- ◆ 1/14 EC Dad's Night- to be rescheduled
- ◆ 1;18 Martin Luther King Jr. Day School Closed

### Montessori for Parents

In the next few months, we will discuss characteristics of the Montessori classroom.

#### 1. Respect for children

The core of the Montessori philosophy revolves around a firm respect for each individual, and the unique abilities each child brings to the class.

#### 2. Fostering Independence

Montessori classrooms place a high value on teaching children how to learn for themselves at their own individual pace.

#### 3. Engaging a Variety of Learning Styles

All children are born with unique learning styles. The classroom provides

a variety of settings and activities to provide for each child's style and personality. There are many sensory-based materials to explore.

#### 4. Teachers Serve as Guides

The classroom is prepared by trained teachers, who serve as a guide encouraging independence, and order. You will not find Montessori teachers in front of the class, but alongside a child giving a lesson.

*"The child who has never learned to work by himself, to set goals for his own acts, or to be the master of his own force of will is recognizable in the adult who lets others guide his will and feels a constant need for approval of others." Maria Montessori*

### Aspen News-Infant Class

Welcome back from the long Christmas break with the hope of a great new year.



A two year old works hard to place the broad stair in a sequential order.

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This month, we are anticipating to get some more snow. Please make sure your child is dressed for the weather. We want them to have access to the following: snow pants, gloves, mittens, coat/jacket since we are going to explore snow. We plan to build a snowman, and bring some snow inside to watch it melt. We'll talk about the

difference between hot and cold clothes in the winter. Remember to label all personal items.

It has been rewarding to see that some of our children were able to build their confidence as they select activities on their own, worked on them and completed them independently and were able to put them back where they belong. It's has been a pleasure to hear them identifying and naming objects at circle time as vocabularies increased.

### Piñon News-Transition Class

Happy New Year!

Our first day back at school was getting back into our routine. The children were happy to be back and some wanted to stay home, but at the end of the day we were all back on a routine. This month I am going to concentrate on the children's educational growth. We will continue to work on being able to sit and focus for longer periods of time,

especially when it comes to each child's individual work. Children will be encouraged to develop independence by being able to care for their needs such as putting shoes and coats on. Winter will be the theme for the month full of learning activities including art. Daily Montessori lessons will be ongoing.

Please dress your child in layers as the temperature can vary.

### Juniper News- Early Childhood Class

Daily Montessori lessons will continue. In January we hope to get some snow, but if not we will make a little sock snowman to bring home. We will be broadening our geography to the United States. You could discuss with your children places you have lived and the highlights of those states.

individually so you can feel proud of your child and the skills they are obtaining.

We continue to look at the characteristics of mammals.

The children will start making bread to bring home. Each food project is done

### Ponderosa News-Elementary

#### Hybrid Class

I, Thomas Mosier, am excited to work with your children to help them complete their class assignments this semester. It helps me if you can email any correspondence from your child's teacher that relates to class assignments.

#### Elementary Class

The children were so excited to be back in school and with their friends. In January, we will continue to focus on science-both experiments and demonstrations.