

# OCTOBER

## Montessori School of Sonoma



### Important Dates:

Oct 11th:

School Closed - Teacher Work Day

Oct 14th:

Virtual Open House

Oct 30th:

\*Harvest Party  
CANCELLED

November 12th:

School Closed - Veterans Day

November 22, 23, 24:

Parent Teacher Conferences

November 25, 26:

School Closed - Thanksgiving Break



*"We shall walk together on this path of life, for all things are part of the universe and are connected with each other to form one whole unity."*

- Maria Montessori

## Open House:

This year we will be hosting Open House virtually via Zoom. Please join in to hear about what children have been, and will be learning in their classrooms, daily routines, and what to expect this year as a parent.

Zoom links will be emailed to families on Monday October 11th in preparation for the following Thursday's Open House. Please see the schedule below. Teachers are also requesting that any questions you may have at this point to be emailed to [info@montessorisonoma.com](mailto:info@montessorisonoma.com) to be compiled prior to the Zoom meeting.

We look forward to gathering with you virtually to share about classroom happenings.

Infant: See "Infant Corner"

Toddler: 6:30 PM

## School Communication:

If your child will be out from school, please be sure to call or email the school to let us know! We can be reached at [info@montessorisonoma.com](mailto:info@montessorisonoma.com) or 996-2422. We would appreciate if you would refrain from contacting the teachers directly. Also, please be sure to sign your child IN and OUT on the clipboard every day.

## Purple Air:

We now have an air quality sensor at MSS! This will give us an accurate daily read of air quality specifically on our play yard. You can check it out on the [Purple Air-Air Quality Monitoring Map](#)



## Emergency Text Alerts:

Did you receive the Emergency Text Alert Test? If not, please let us know so we can ensure that you will receive communication in the event of an emergency during school.

## Force of Nature:

MSS proudly uses Force of Nature cleaning products for all of our classroom surfaces. This industrial and non-toxic product can be used to replace many traditional cleaners. Read more on the [Force of Nature Website](#).

**\*Harvest Party Cancelled:** We have come to the difficult decision that while we would love to gather for the Harvest Party this year, we would feel it irresponsible to mix pods at this time. We're looking forward to 2022!

## Health Policy:

As recommended by Sonoma County Department of Health Services, **If your child has any one of the following symptoms, or is sent home with one of these symptoms, we are requiring photographic proof of a negative rapid COVID-19 test with your child's name and the date written on the test, or documentation of a negative PCR test, before returning to school.**

The symptoms include:

Fever greater than 100.4 F/38 C	Fatigue
Cough	Loss of smell or taste
Sore throat	Nausea/vomiting
Shortness of breath	Diarrhea
Chills	Congestion
Headache	Runny nose (clear nasal discharge does not need to test)
Body Aches	Rash

**Aside from the negative COVID-19 test, children need to stay home for a minimum of 24 hours after vomiting, diarrhea, or fever.**

**Approved tests:** Any over the counter rapid COVID-19 test is acceptable for the above symptoms. BinaxNOW (must show child's name and date, written by you on the card) and Ellume (digital) can be purchased locally at CVS, they are also available through Amazon. IF there is a known positive COVID-19 student, or close exposure at school, we may require an Antigen/PCR test. We will let you know should that be the case.

*\*If you choose NOT to test your symptomatic child, your child will need to provide proof of alternate diagnosis from their healthcare provider (and meet MSS illness policy criteria before returning) OR they should complete 10 days of isolation (beginning the day after symptom onset).*

Please continue to monitor your child for symptoms and stay home if they are experiencing illness. Please contact your healthcare provider if you have any additional questions or concerns regarding COVID-19.



## Lunch & Snack Policy

Our lunch/snack policy is designed to ensure that all of our students have a productive day by eating healthy foods.

The best nutrition advice to keep your child healthy includes encouraging them to:

- Eat a **variety** of foods
- Balance the food you eat with **physical activity**
- Choose a diet with plenty of grain products, vegetables and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars and salt
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements.

Listed below are the lunch/snack guidelines. These foods are not allowed at lunch and/or for snack foods. These foods only serve as an obstacle and provide no nutritional value for your children.

- Cookies or candy (candy must be removed from Lunchable lunches)
- Any form of chocolate
- Chips
- Power drinks/Gatorade/Soda

If any of these items are brought to school, we will remove them from the child's lunch box and place them in a basket on the counter at the front desk, for caretakers to take home.

We as a staff would like to work with you and your families in instilling healthy habits and a better opportunity for your child to eat more of their lunch. We feel as though this policy will help us to achieve this goal. We ask for your support in this policy, as it will help us ensure that your child is not only eating their entire lunch but also a healthy lunch that will attribute to their success throughout the day. If at any point you need help with lunch ideas, please feel free to reach out!

## Infant Corner:

In lieu of an Open House this Fall, this Newsletter will go over our routine in more detail.

- **8AM-9AM:** Our childcare classmates arrive and enjoy inside activities like coloring and music

- **9AM-12PM:** Class time with up to seven children

- **9AM-9:45AM:** Art, Music, Free Play, time to explore safety and socialize
- **9:45/10AM:** Snack at our indoor tables. Snack varies, but it is usually fruit or cheese and crackers
- **10:30 – 11:30:** Outside play: We do water play when the weather is warm, sand, climbing, talking and singing about what we see and hear around us.



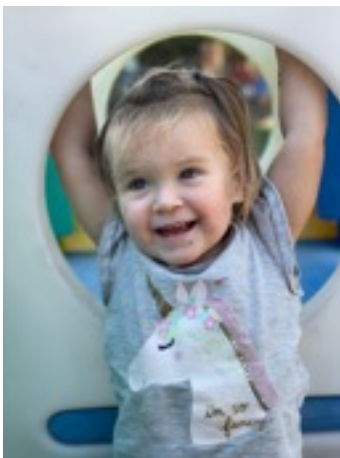
The nature in and around our school is amazing to discuss with the children. The sheep, our school cat, birds, butterflies, flowers, trees, and the weather make great observations and discoveries. Talking about what we hear, see, feel, and smell really allow the children to explore our yard to it's fullest. They acquire gross motor skills from climbing the steps, mastering the small hills on the lawn, bouncing and kicking the balls and sliding down the slides. Having the opportunity to use their bodies is extremely important at this age.

-**11:30 AM – 12:00PM:** Inside for Lunch, Clean-Up

-**12:00 PM – 2/3:30PM:** Nap Time

During nap time we lower the shades, turn on white noise, and arrange the cots on the carpet. By 12:15 the children are asleep and nap time generally lasts a couple of hours. When the group wakes up we have a snack and change diapers. The remainder of the day is spent inside or outside depending on the energy of the classroom and weather. Some days we spend the afternoon quietly reading books and other days the group wants to run more out in the yard.

The routine of our day is simple enough for the children to remember it. Knowing what comes next is comforting and allows the kids to feel empowered about their time here.



The first priority for your child's time with us is always their safety. By creating a safe environment for them to observe, explore, and interact with us as caregivers as well as their peers. Busy, happy children are our goal. We are so fortunate to see their friendships grow and to watch their personalities blossom.

Please always feel free to ask us any questions regarding your child's day.

– *Karina & Katherine*

# Toddler Corner:



Happy Fall!

We are off to a great start. The children are settling comfortably into the classroom routine. We are all learning the ground rules of our classroom. Our ground rules are introduced to keep order, clarify expectations, give children limits/boundaries and keep everyone safe. Some of the ground rules are walking, carrying work with two hands, getting a rug, cleaning up after oneself, not disturbing others while working, and pushing in chairs. With these, the children are able to move freely, which allows for independence, coordination, order and concentration. All which lead to self-confidence, self-control, and patience.



Monday, October 11<sup>th</sup> is a Staff Development Day – School will be CLOSED

October is Open House month. Our class will begin at 6:30 on October 14<sup>th</sup> via Zoom (a link to the Zoom meeting will be sent out that week). Cara and I will be sharing with you our class schedule, school policies, and answer any questions you may have. This is a time to talk about our class. In November, we will have parent/teacher conferences to talk specifically about your child.

### A Few Reminders:

- Please call or email the school when your child is or will be absent
- Send your child with a mask
- Clearly mark all your child’s belongings with their name

One of our Songs for the Autumn season is ***In the Fall*** (to the tune of “She’ll Be Comin’ Around the Mountain”)

**When the leaves are red and yellow in the fall  
 When the leaves are red and yellow in the fall  
 When the leaves are red and yellow then the apples taste so mellow  
 When the leaves are red and yellow in the fall**

**Noisy crows are flying all day in the sky, caw caw  
 Noisy crows are flying all day in the sky, caw caw  
 Noisy crows are flying all day, Mister Scarecrow says, “You go away”  
 Noisy crows are flying all day in the sky, caw caw**

**Little pumpkins are growing in the sun, so big  
 Little pumpkins are growing in the sun, so big  
 Little pumpkins are growing Jack-O-Lanterns will be glowing  
 Little pumpkins are growing in the sun, so big**

- Christine & Cara

## Primary Corner:



Dear families,  
We've had a great start to the school year.

New and returning students dove straight into learning, and we already have had birthday, equinox, and Peace Day celebrations.

Building a strong connection between home and school creates a bridge for each child to easily travel back and forth. Please read over the following reminders as they are very important for your child's transitions and success, and, also to our community at school.

*There is a term in our education called 'normalization' which essentially means:*

'Becoming a **contributing** member of our community.'

Please...

1. arrive on time at 8:30 am for outside play and social interactions.
2. pick up on time for the safety of all students.
3. help your child(ren) **walk** through the gate after a brief and loving good-bye.
4. encourage children to handle their own belongings, such as carrying and dressing.
5. leave all unnecessary items such as backpacks, accessories, toys, umbrellas, etc. at home or in the car.
6. bring items for sharing; (non commercial) books, crafts, pictures, photos, nature treasures are welcome.
7. bring clean extra clothes the next day if your child goes home with dirty extra clothes.
8. provide a comfortable, well fitting child sized mask daily; one they can manage on their own.
9. pin longer hair back in a pony tail, bun, or pigtails so children can see their work.

### **A word of caring:**

Understandably it is difficult to imagine what it looks like to run a program for 48 children/families every day. The difference between a family of 3 or 4 members compared to a group setting of 24 is gigantic. Rules, values, expectations have to be tailored to each community. We thank you for supporting our policies, so we can provide, educate, and care for your wonderful children every minute of the day.

*We would like to encourage families to explore outside of commercial characters such as Disney, super heroes, princesses, etc, and this is the reason:*

Your children are in the first stage of development (Age 0-7), and we educate and support them in **finding who they are**. We are deeply interested in their curiosity, talents, thoughts as they discover and explore this beautiful Montessori environment.

# Primary Corner Cont'

Every single commercial character communicates one (or many) stereotypical message/s to the young mind: This is how you are supposed to look, sound, move, feel, respond, etc. as a boy or girl.

Knowing about the formative mind we simply find this inaccurate and restrictive. There are so, so many more possibilities than the media offers. We feel very protective of this young developing mind, and we want to protect them from distracting influences for this short period in life.

Once they grow more into a public setting, they will have to have resources within themselves to make decisions. Until then, we would like to be their advocate.

### October:

Our daily themes of Botany, Language, Mathematics, Geography, and Hand Work continue and build upon what has been established during September. Harvest, cooler weather, and friendship are subjects reflected in our group discussions and book selections. 3rd year students will focus on dynamic addition, reading and writing with the help of cultural subjects. So far, they have been flying high!

Thank you for your trust and support!

-Barbara & Rachel

## Primary Class Schedule

### AM Primary

8:30-9:00:	Outside Play
9:00-9:20:	Circle/Lesson
9:20-11:30:	Work Time
10:00:	Snack for All
11:30 – 11:45:	Closing Circle

### PM Primary

12:30 – 12:40:	Quiet Time
12:40 – 1:00:	Circle/Lesson
1:05 – 2:45:	Work Time
2:45 – 3:05:	Closing Circle
3:15:	Going Home



## Childcare Enrichment Corner:



Dear Childcare Enrichment Families,

September flew by! We have enjoyed getting to know your children these past weeks as we have shared our favorite things and our families with our friends. Our students spent a whole week creating beautiful self portraits that they can't wait to bring home to share with you.

Looking forward to October, we will be focusing on the theme "Food and Farming" as well as the author Oliver Jeffers. We will learn what plants need to survive, where our food comes from, and what animals live on a farm. Oliver Jeffers picture books are beautifully illustrated and have stories that inspire imagination. Art projects inspired by our theme will include dissecting plants and flowers and discussing their parts, making stamps out of food items, and learning about what products farm animals provide for us. We will be practicing the songs "Old Mac Donald," "Inch by Inch," and "Cock-a-doodle-doo!" during music time. We are looking forward to another fun month in the Childcare Enrichment Classroom!








***\*Reminder: Extra things from home should stay at home!***

Thank you,  
*-Danielle & Natasha*



# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 	8	9
10	11 <b>SCHOOL CLOSED</b> Teacher Work Day	12	13	14 Virtual Open House!  HAPPY BIRTHDAY JULIA!	15	16 
17	18	19	20	21 	22	23 
24  31	25	26	27	28	29	30