

Corpus Christi Montessori School

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*We worry about
what a child will
become tomorrow,
yet we forget that
he is someone
today.*

~Stacia Tauscher

Supporting Your Child's School

-taken from American Montessori Society website

When you enroll your child in a Montessori school, you join a warm and welcoming community of teachers, students, and families. Being an active part of that community can bring many rewards: a voice in your child's education; greater contact with teachers and school administrators; and a window into the Montessori way, among others.

There are many ways to support your child's school, even if you have little time to spare. Volunteers are an asset to any school. So are parents who stay informed and interested in the school community, as well as those who contribute financially.

One of the best ways to support your child's school is to **learn about** the Montessori approach and **practice it at home**. Bridging how your child learns at school and at home benefits your child, your family, and the entire school community.

My child is having a hard time concentrating. Any suggestions for how I can help her focus?

-Jessica Rubino

Lots of children have a hard time staying on task, especially at school. While class size and workloads may be beyond your control, your child's diet, schedule, and access to technology are not. Feed her brain food; set technology limits; create a calm home environment; and make sure she gets enough sleep. These three supplements can help.

Essential Fatty Acids. These cell-membrane building blocks help the brain regulate mood and behavior. Research suggests they can even reduce symptoms of learning disorders including ADD, ADHD, and dyslexia. They also are known to reduce allergies. Some foods with essential fatty acids are Salmon, Herring and Mackerel, Walnuts and Almonds, Dark Green Leafy

All vibrant school communities need extra hands on deck, though the particulars for pitching in may vary from school to school. Teachers may welcome parents into the classroom to help with activities or to share special skills. Parent committees run many school-wide functions, such as art shows, class picnics, and fund-raising events. If you can't volunteer on a regular basis, choose an event that works for you. If you're a working parent, ask about ways you can help from home. Check with your school to see how you can get involved. Make it a point to know what's going on at your child's school. Read school newsletters and e-mails, and attend conferences and meetings. Ask your child about her day.

Vegetables, Olive Oil and Flaxseed Oil, Whole Grain Foods, Lean Meats and Eggs.

Lemon Balm. This calming herb has been used for centuries to reduce stress and anxiety. It is now appearing in kids herbal formulas to help enhance concentration and alleviate ADHD symptoms.

Magnesium. Magnesium is involved in various enzymatic reactions that control brain focus. Research links magnesium deficiency to decreased attention span in kids. Most dietary magnesium comes from vegetables, such as dark green, leafy vegetables. Other foods that are good sources of magnesium are fruits (such as bananas, dried apricots, and avocados), nuts, and legumes.

- **October 5th - Scholastic Due**
- **October 7th - 7th/8th Trip - Camp Zephyr**
- **October 11th - PTO mtg. 5:30 p.m.**
- **October 12th - 12:30 dismissal Teacher/parent Conferences 1:00 - 4:00 p.m. Please contact your child's teacher by email or phone to set a time for a conference**
- **October 28th - 7/8th Field Trip - Rockport**

Lower Elementary News



*South America
Studies*

Our six to nine classes have been busy with all types of math, reading and cultural work. During September we introduced the Universe, plants and the Five Kingdoms. Our 3rd graders are exploring the realm of research with Ms. Cerise. The 1st graders are working on nature books, maps of South America and quadrilaterals in geometry. The 2nd graders are beginning the research process with the study of plants, capitals and countries of South America.

As we progress in October each class will begin developing artistic skills. The 3rd graders will illustrate a research

book. The 2nd graders are developing observational skills through watercolor work in botany, while our 1st are working on cultural maps. We will continue to travel through South American as the children create maps and/or artistic renderings of political maps of South America.

We look forward to the upcoming month, as always, your continued support in and outside the classroom.

Upper Elementary News

We are having a wonderful year. Our communities are researching countries and capitals of South America in Geography. The 4th graders are finding the altitude of different triangles for geometry, while the 5th and 6th graders are working on triangle equivalency and the area of a circle respectively.

In History the 5th grade students are researching Early Man, the 6th graders Ancient Inca and other civilizations in South America, while the 4th graders are studying the various periods of the Timeline of Life.

Logical Analysis is keeping the 4th

graders very busy in Language while the 5th and 6th graders are working on their Noun cards.

Writing is also progressing as the 4th grade students continue their creative dairies written in the same format as "Diary of a Worm." Writing mysteries are a favorite with the 5th graders, while the 6th grade students begin their poetry unit.

In Science all levels are reviewing the characteristics of the Five Kingdoms in depth, creating mind maps and presenting to the class.

*"One test of the
correctness of
educational
procedure is the
happiness of the
child."
-Maria Montessori*

Middle School News

Middle School will be visiting Camp Zephyr on Friday, October 7th to learn team building skills and cooperation. On Friday, October 28th we will then travel to Rockport searching for recycled oyster reefs and an indigenous people's archeological site. Progress reports went home on Monday, September 26th and should be returned now. October 4th-6th is our testing and presentation week followed

by a week of service learning. Reports will be sent home on October 17th. We are also finalizing book titles to begin Literature Circles for Cycle 2. Students are asked to check out their books from the library or purchase their own copy from a bookstore.

*Caption describing
picture or graphic.*
