



September 2016

# Newsletter

## Important Dates

### September 5

School Closed  
Labor Day

### September 21 Fall Family Festival 6:00 – 7:30

The whole family is invited for an evening of fun.

### October 19 Curriculum Night

7:00pm for parents only

Welcome to another exciting school year at Apple Montessori! The children and staff are settling nicely into their new classroom routines. It feels so good to hear the children's voices and laughter. As we begin the 2016-2017 school year, we want you to know how honored we are that you have entrusted your child to Apple for their early education.

### Coming to School

A reminder that classes begin at 9:00am. Please try to bring your child to school on time. Arriving late can disrupt the class but more importantly it is difficult for your child. Most of us do not like entering a meeting that has already begun. Children, who have less social experience than we do, are also uncomfortable walking into an engaged classroom or busy playground. Children are most comfortable with a predictable morning routine that provides the appropriate time for transition to school. The children know how to put their things away and if they should need help, another child or a teacher will assist. Letting your child enter the classroom quietly shows respect for the classroom and respect for your child's abilities and sense of independence.

### Save the Date

Wednesday, September 21st is our Fall Family Festival. The festivities will begin at 6:00 pm. It is for the whole family and it gives you the opportunity to meet your child's friends and their families. We will provide pizza & drinks. Parents are invited to bring in a side dish or dessert. Please RSVP on [signupgenius.com](http://signupgenius.com). It will be sent out next week. Hope to see you there!

## Enrichment Activities

### BEYOND THE WALLS

We are fortunate to have Amy Beam every Wednesday to lead the Apple students in *Beyond the Walls*! Beyond the Walls is a nature awareness program for young children. Its mission is to introduce children to the natural environment in a manner that inspires awe and wonder, curiosity and exploration, and comfort in the outdoors. Using sensory exercises, the children investigate their surroundings and become familiar with the inhabitants, both flora and fauna, as they discover them in their native places. Dr. Montessori wrote, "When a child goes out, it is the world itself that offers itself to him. Let us take the child out to show him real things."

As the classes visit the woods, we recommend the children to wear long pants on and wear the red Apple t-shirt. If you do not have one please stop by the office. We will apply bug spray (unless otherwise instructed by you). We check the children for ticks as we come back into the school but we recommend you also check them again on Wednesday nights.

### DANCE

The primary classes have dance class with Ms. Cindy every Wednesday. Ms. Cindy will soon have them moving to the beat. Girls will need a pink leotard & tights. Both boys & girls need ballet (black for boys and pink for girls) and tap shoes. We have some shoes here that were donated by our former students. Please check with your child's teacher to see if they have a pair that fits.

### SPANISH

The afternoon children on Thursdays will have Spanish class with Ms. Cinthya. The children learn greetings, counting, songs and simple vocabulary.

### COOKING

Ms. Cinthya will also lead our cooking classes every Monday afternoon. At least twice a month, your child has the opportunity to help prepare a special snack for the afternoon class. In the process the children learn many things about food such as texture, sweet and sour and where food comes from.

### MUSIC

Both the two-year-olds and our primary classes enjoy Ms. Julie's fantastic music program. Ms. Julie will be with us every other Thursdays a month to sing songs and play musical instruments and games.



# Sleep

Children need a sufficient amount of sleep to learn effectively and to cope better with daily activities. Children do not always recognize when they are tired. In fact, it is often the tired child that has the hardest time falling asleep. As adults, it is up to us to ensure children get a sufficient amount of rest.

The following was taken from a 2005 Kaiser Permanente patient newsletter.

## Sleep Needs Through Life

<u>Infants/Babies</u>	
0-2 months	10.5-18.5 hrs.
2-12 months	14-15 hrs.
<u>Toddlers/Children</u>	
12-18month	13-15 hrs.
18 months – 3yrs.	12-14 hrs.
3-5 yrs.	11-13 hrs.
5-12 yrs.	9-11 hrs.
Adolescents	8.5-9.5 hrs.
Adults	7-9 hrs.

## Useful Information!

### Parking/Drop-Off/Pick-Up

Your student handbook outlines our drop-off guidelines.

As a reminder:

1. Drive slowly!
2. Follow all traffic signs and rules.
3. Park your car in the parking lot or on the street. **DO NOT PARK IN THE BUS LANE OR HANDICAP SPACES.**
4. Hold your child's hand at all times when walking to and from the school.
5. Enter the building through the main doors.
6. Check behind your car before backing up.

**Note:** Suburban Nursery School parents arrive between 9:00 and 9:15. Parking lot traffic should be lighter if you arrive between 8:45-9:00AM

### Fruity Tuesday

Fruity Tuesday is an Apple tradition. We ask the children to bring in a piece of fruit every Tuesday to share with their friends. Not only does this provide healthy delicious snacks but it is also a nice way for the children to contribute to their community.

### Clothing

We go outside in all kinds of weather. Please dress your child appropriately. We also request that you send in a pair of boots and a raincoat to leave in your child's classroom for rainy days.

Accidents and water spills do happen. Make sure your child has a complete change of clothing, including underwear and socks, in a labeled zip lock bag at school.

### Birthdays

Birthdays are very special and we love to celebrate them. We usually celebrate with a special snack and a story. If your child would like to celebrate their birthday in school, please notify your child's teacher. Bring sufficient snack for each child in the classroom as well as party napkins, plates and cups. We ask that you do not bring party favors but instead donate a book to the library in honor of your child's birthday. A nameplate will be placed in front of the book to mark the occasion. If your child has a summer birthday, we would be delighted to celebrate his/her half birthday at school. **Please remember no peanuts or tree nuts.**