



A children's house close to home

montessori matters...

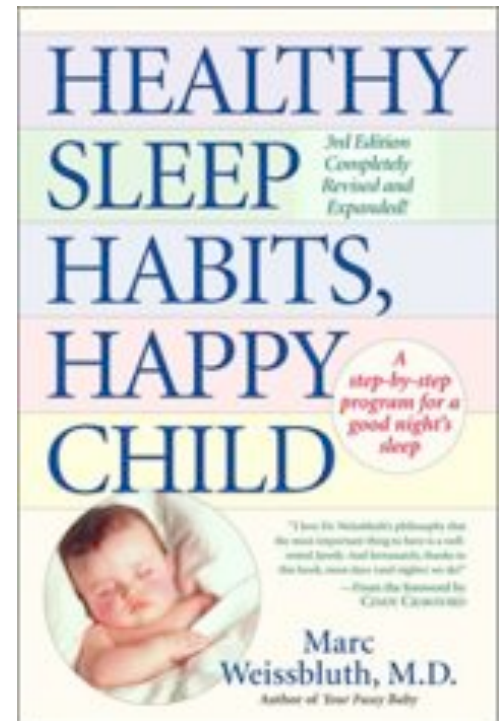
Northwest Suburban Montessori School
www.nsms.org

February 2011
Newsletter

From the Principal's Desk By Mrs. Jan Howland

Rest is vital to your child's health, growth, and development. I would like to recommend reading *Healthy Sleep Habits, Happy Child*, written by Dr. Marc Weissbluth, one of the country's leading pediatricians. The book outlines proven strategies that ensure good, healthy sleep for every age. It also helps with solving and preventing your children's sleep problems, from infancy through adolescence. In *Healthy Sleep Habits, Happy Child*, Dr. Weissbluth explains with authority and reassurance his step-by-step regimen for instituting beneficial habits within the framework of your child's natural sleep cycles.

Healthy Sleep Habits, Happy Child will explain how fatigue caused by poor quality sleep can affect their behavior. It will also explain how chronic fatigue can reduce your child's ability to succeed in school. This book will show how you can nurture, enhance, and maintain calm and alert behavior in your child by instilling good sleep habits.



February Events



- 2/7 **Half-Day Classroom Enhancement Day**
No School for Toddlers and Half-Day Students
- 2/16 **Parent Board Meeting, 7:30 pm**
- 2/21 **President's Day**
No School for Half-Day Students ONLY

Please remember to return your 2011-2012
Student Registration Form ASAP

February is Dental Month!

Dentist Dr. Waldman, an alumni parent, will talk to the children about dental hygiene.



Jennifer Schmidt, an Artist and an alumni parent, will talk about Black History Month and present an art project for the children



News From the Toddler Classroom By Mrs. Kelly Behn

For the month of February the Toddler Room has a sand table in place of the water activities. The table can accommodate eight children comfortably around it. While playing in the sand the children are learning how to work together, wait their turn. They are developing concentration and coordination and developing and strengthening the muscles in their hands. The children love this activity and some of the comments they make are



"Hey we are all working together nicely," or " He just shared with me!"

This gives the children a sense of accomplishment when coming from their peers.

Even though we can't go outside, we are fortunate to have a wall of windows and we are enjoying watching the birds and squirrels at the bird feeder. We really enjoy watching the garbage or trash truck and all the other activities that take place outside our window. We are celebrating Valentine's Day by sharing cards with our friends and we made a special treat to have at snack time.

Enjoy the month of February and when it warms up take a walk outside with your child and enjoy the beauty of the snow.

Music News By Mrs. Justyna Weirich



Happy 100th day! We're into the new year and we certainly finished off the last in good fashion. We had some brilliant performances in the Nutcracker. We traveled to the land of sweets. There we met the Spanish and Chinese dancers. We saw the Sugarplum fairy and danced to the Waltz of the Flowers in our costumes.

Later, in January, we took part in many cold weather activities. We listened to winter sounds. The winds of a blizzard, footsteps crunching through the snow, a horse driven sleigh gliding along with its bells playing. We moved to the music "Snowflakes", gently falling to earth while our hands held scarves to trace our motions. We even went ice skating, standing on paper plates and gliding around the room while listening to "Skater Song." The children were then introduced to the xylophone. Several of them took turns playing while the rest of the class sang along to "Five Little Snowmen."

This month the children will participate in activities with other children by experiencing the joy of ensemble. While playing in a drum circle they will learn to cooperate in a partner dance. We will travel to Africa and discover their sounds of music. We will play African singing games, Che Che Kooley, and listen to different drums; djembe, dun dun, and the conga. As always we will continue exploring music together.

Did You Know - that listening is different from hearing? Unlike hearing, listening is intentional and focused - a skill that needs to be practiced.

Our February Composer is Scott Joplin



Donations are being accepted for our Spring Fling
Nothing is too small or too large
Thank you!



News from the 3-6 year old Classrooms By Mrs. Lisa DeLaurier

All you need is love and our classrooms are full of it this month! We are hoping the groundhog will cooperate so we can get outside to play! February begins with the Chinese New Year and this is the year of the Rabbit. Along with many activities centered on the animals of the Chinese calendar; the children will be busy making lanterns and dragons. The next celebration will be Valentine's Day! The children love to express their kind feelings by making cards and pictures in the art area! During the class parties the children will be passing out the Valentine's they have made for their friends. Valentine's cards are a great way for the children to practice writing their names and the names of their friends. It also gives those children who are budding artists a chance to channel their creativity into special gifts and cards for their class (mom and dad too!).

Once we calm down from our sugar rushes we will be discussing our President and all those Presidents who helped shape our country. The children love to hear about George Washington's false teeth and making Abraham Lincoln's log cabin out of sticks. The children are always surprised to hear that Lincoln once lived in our state! Discussing where he lived gives the opportunity to get our United States map out and talk about where our state is and where the capitol of our country is too!

The month of February is also dental month! We will be having a presentation from a dentist about how to take care of our teeth. The children are able to practice brushing and flossing teeth by using the set of teeth we have in our practical life area. We will also present the food pyramid and how what we eat not only affects our teeth, but our whole body.

February is a busy month in our rooms! We are looking forward to not only showing how to take care of our bodies, but also our hearts by showing each other how we care for each other! After eating all our candies, we'll be happy to get the toothbrush our guest dentist leaves! The end of the month will lead into what we hope is the last month of winter!

