



Celebrating 30 years!

The Lake Fern Montessorian

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Roxanne's Reflections

News for all LFMA families!

◆ Welcome back! We hope you had a relaxing summer! I am sure if you are like us you are asking where did the summer go? It feels like the last school year just ended! It cannot possibly be time to start a new school year! But it is august and it is time to get back in the routine.

I hope you are all reading this at our annual open house and are excited to see the changes we have made on the campus and additions we have made to our curriculum. You will notice we have given each of our classrooms a bit of a facelift over the summer. From new tile to fresh paint to playground additions you will notice lots of new things to get us off to a great start to the new school year.

You can help your child have a successful school year by following these guidelines:

- Make sure the child is prepared daily. Uniforms are required, is the child dressed appropriately? Does he have his backpack, lunch, and assignments that may be due? It is our goal to make the child independent of the adult however we need to help him get into the groove at the beginning of the year.
- Make healthy lunches together. That way your child can help choose the types of fruits, veggies and snacks he will eat and enjoy. Remember to provide fresh fruits, veggies and as many unprocessed foods as possible. Variety is the spice of life! Shake things up by buying different foods each week for your family to enjoy.

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Mrs. Price's Class News

◆ Welcome to the 2011-2012 school year. I am sure it will be a wonderful one and I am excited to get started. We have been working diligently over the summer to prepare new work and lessons for the students and I am certain they will enjoy the new materials. We have been busy getting the classroom in tip top shape and after a new coat of paint and a thorough summer cleaning, everything looks sparkly and new.

Students will be starting right away with their lessons and thematic units and parents are encouraged to help their children get into the swing of things with a regular routine, a good breakfast each morning, and the materials they will need each day in order to be prepared for class. Students are asked to bring a lunch box with a nutritious lunch and snacks, backpack, and take-home folder each day. I will give the children a folder on the first day that they are expected to bring back and forth from home every day. I will send completed class work, behavior sheets, homework, notes, etc. home in the folders, so it is important to check them every evening to stay informed on what is going on in class.

Another valuable resource for parents is our school website, www.lakefernmontessori.com. Spelling words, vocabulary lists, sight words, phonics words, and homework are available on our class page. I would encourage you to print a list of spelling and vocabulary words for your child to study each week. I will be working with students individually in class on sight words each week and will send home periodic lists to review, but parents are encouraged to get the complete lists at the website for study. Kindergarten students will be expected to learn the pre-primary and primary dolch words and the kindergarten phonics

Roxanne's Reflections (cont.)

- Set a schedule that can easily be followed. A set homework time, mealtimes and bedtime. This will help your child predict what will come next each day.
- Arrive in time for school. This is important. No one likes to arrive late for meetings or gatherings. It is embarrassing and your child feels the same way. The new school year begins on August 22nd. School is open from 6:30 AM to 6:00 PM for families needing before and after school care. The academic day is from 8:30 AM to 3:30 PM.
- Keep lines of communication open! Talk to your children about their day. Listen carefully. Discuss any problems and ask questions. Go over daily work and assist with homework to the extent needed. This will help you keep up with what your child is doing in school and stay informed of any difficulties. Our staff is always available to talk in person or through email.
- Read your monthly newsletter! This is an important way of communicating what is happening at LFMA. Copies are placed in the family file each month and it is available on our web site.

We hope these tips are useful. If you have any problems or questions please let us help! We are available every day! Have a great school year!



Mrs. Price's Class News (cont.)

words. Older students will work through their grade level lists and move on to higher grade level words as they are ready.

Homework will be done a little bit differently this year. Each month except August, students will complete a calendar of activities. The calendars will be available on our web page by the first day of school. Students are asked to complete at least three activities each week, but are encouraged to work through as many activities as they like. Activities can be completed in whatever order you choose as long as they are turned in by the due date. Students will earn tokens for our class store for turning their homework in on time. For August, students are required to complete a poster board about themselves, which will be displayed when they are student of the week. The poster board should include pictures of the child and information about their families, pets, what they like, and activities they are involved in, etc. Parents can help so have fun with it!

I so look forward to working with you and your child this year. If ever you have any questions or concerns, please feel free to contact me by phone, e-mail (LFMATyka@cfl.rr.com), or in person. Thank you!

Pre-Primary Class News

Miss Jennifer and Miss Jessica

◆ Welcome new and returning parents! We are ready for an exciting new year! Our VPK students will start off by studying the continent North America and mammals. We have many new and exciting projects lined up for this year. If you are interested in volunteering, we welcome you! Please be sure to ensure your child's lunch is healthy and includes a morning and afternoon snack. Remember to check your family file located in the foyer as that is the way we pass important paperwork. If you have any questions or concerns please see us or email at lfmajessica@cfl.rr.com or lfmajennifer@cfl.rr.com. We look forward to a great year!

Mrs. Manley's Class News

♦ Welcome back! The summer is coming to an end and a new school year is beginning. We are so excited to see our old friends return and we are looking forward to making new friends. I hope your summer was an enjoyable one.

My 3rd, 4th, and 5th graders have an exciting year to look forward to. Mrs. Costello, Miss Kate, and I are ready to kick off our school year with many exciting activities. In our math classes we will be working from two separate texts. One is our newer Saxon math book. We will be primarily working from the Saxon but pulling bits and pieces of lessons from the Harcourt math book as well. In the first couple of weeks of school we will be talking about Dinosaurs in our Science class. In Social Studies, we will be learning about the Early Americans. In reading, our class will be reading chapter books. The first chapter book we will be reading is called The School Mouse. One of the big focuses of 3rd-5th grade is our writing. Every day your child will write. One week we will be doing journals and the following week we will be working on creating and perfecting our own pieces of written work. I will be taking them from the brainstorming process to the publishing process. Our class will also have spelling and vocabulary every week to study for. Our special activities will include art, sign-language, P.E., computer skills, and music.

In addition to learning in the classroom, we will also be taking field trips. We have four field trips scheduled for this coming year. Please see the field trip sheet for more information.

Please remember to have your child dressed in uniform Monday through Thursday. Fridays are dress down days. Children can wear any pattern or design, but it cannot have characters on them. Some examples of these include Hannah Montana, Hulk Hogan, and Winnie-the-Pooh. Please also make sure that your child does not come to school with any bracelets (this includes silly bands), necklaces, or dangling long earrings. With regard to lunch, please be sure to have a protein and a fruit or vegetable in your child's lunch box. Soda, candy, and fruit snacks are not permitted.

Please do not hesitate to call if you have any questions or need help with anything. If email is a preferred way of contact for you my email address is lfmatavin@cfl.rr.com. I look forward to another fantastic year at LFMA!

Mr. Price's Class News

♦ Welcome back! I can't believe how fast the summer has flown by. I'm excited about the upcoming school year and appreciate the opportunity to teach your children. We've had a lot of renovation done over the summer and everything is fresh and new. We've added a concrete slab outdoors which will allow us to engage in a greater variety of activities including tennis, four-square, and basket ball. Let's see what kinds of skills the students are ready to bring in against the old man in a game of hoops. Bring it!

This year I'd like to place a greater emphasis on efficiency and time management. Those who are able to accomplish their core academic goals in a timely manner will have the opportunity to engage in a vast plethora of supplemental educational material. I have set up a part of the classroom specifically for supplemental learning. They will have the opportunity to earn badges which coincide with specific tasks designed to cover topics ranging from microscopic study and robotics to child care and personal development.

I look forward to working with each and every one of you this year and as always, I value your communication and input. Please feel free to share any thoughts or concerns you may have along the course of this year. I am always available and can be contacted via email at lfmagreg@cfl.rr.com.



Nutrition for Kids – Ideas on how to improve your child’s eating habits

Eating right will help provide the nutrients needed to have energy, build strong bones, and fight diseases, and other conditions. Pay attention to what and how much your kids eat. A change in eating habits may be an early warning signal for other problems.

Snacks—Plan Them, Don’t Ban Them!

Unfortunately nearly one-fourth of kids’ daily energy intake comes from nibbling between meals. Much of this nibbling is on prepackaged snack foods, which are high in calories and low in nutrients. But snacking itself isn’t necessarily bad. Young children actually need snacks. Their stomachs are small, so they often can’t get all the nutrients they need in a day through meals alone.

It’s not always easy to persuade your kids to eat healthy snacks and their snacking habits aren’t going to change overnight, but here are a few snack-time tips:

Offer similar choices. Instead of ice cream or pretzels, offer your child frozen yogurt or soda crackers. Provide variety. Be sure to select snacks from a variety of food groups so your kids won’t be bored with their snack choice. Be creative. Dress up fruits and vegetables—offer celery with peanut butter, or carrots with a low-fat dip.

Food Allergies

According to the Food and Drug Administration, up to 6% of children in the U.S. under age 3 have food allergies. They are less common in adults but, overall, food allergies affect nearly 4 million people. Along with milk, eggs, wheat, soy, and shellfish, peanuts are among the most common foods that cause allergies. For some kids, food allergies can cause only minor discomfort, like a little tingling in the mouth. But for others they can be severe, causing difficulty breathing, for example. Try to work with your child’s school to find ways your child can be supervised to prevent contact with allergenic foods. Find out who would give your child treatment and discuss your child’s allergies with that person, making sure that they have any necessary medications and medical information.

Fruit Juice—Friend or Foe?

Although juice does contain some healthy nutrients, it’s high in calories and it may contribute to weight gain and tooth decay if consumed in excess. Some juice drinks, even those with 100% juice, have more calories than sugary carbonated beverages do. Juice also lacks the healthy fiber that whole fruit has. **Tip:** Try adding water or ice cubes to juice. The [American Academy of Pediatrics](#) recommends that children drink no more than two 6-ounce servings of fruit juice a day.

Be careful to get out of experience all the wisdom that is in it – not like the cat that sits down on the hot stove. She will never sit on the hot stove lid again – but she also will never sit down on a cold one anymore.

Mark Twain (1835 – 1910)

