



Celebrating 30 years!

The Lake Fern Montessorian

Volume 30 Issue 3

March 2011

Roxanne's Reflections

News for all LFMA families!

◆ It is that time of the school year again where we have to start turning our thoughts to planning for next year. Registration for the 2011-2012 school year opens on Monday, March 14th for existing students and families. Registration will open to the public on Monday, April 4th. As in years past, we want to remind you how quickly the classes fill. Please make sure to get your registration form and fee in early to reserve your child's spot.

There will be a modest tuition increase this year. We have not had an increase since 2007 and as we all know, everything has increased in cost and we believe that trend will continue due to the federal government's economic policies. So in order to remain viable and continue our quality programs, we must institute an increase.

As I'm writing this month's article, I am outside enjoying the gorgeous spring weather. It is the time of the year when the children get spring fever and don't want to work as hard or as long as they have been. This is where teachers have to be creative and come up with some new and fun ways to keep our students motivated. I know our team is up for the challenge! We are down to the last three months of the school year so it is important to keep our students progressing. During the month of February we received the results of the VPK testing for last years students.

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Mrs. Price's Class News

◆ Spring is in the air, birds are singing, and flowers are sprouting up all over. I for one am thrilled to finally have the warmer weather. Finally, we can get back outside and plan some fun activities in the great out of doors. Over the next several weeks, we will be collecting ants for our ant farm, planting a container garden, and painting landscape pictures. With such beautiful weather, we may even have to sneak out and have some of our lessons outdoors.

This month will be very busy and will probably go by quickly. There are several dates that you should mark on your calendars. The first is on March 16th when we have Teddy Bear Portraits here to take individual student photographs. These are the much anticipated portraits of the year, with a beautiful spring background, perfect for gift giving. Students may wear anything you like for the photographs and there is no obligation to purchase anything. A free portrait gift will be given to every student whose picture is taken regardless of a purchase.

On Friday, March 25th, we will be having our annual Spring Fling. We will have an Easter egg hunt, games, and activities starting at 1:00 in the afternoon. A signup sheet for goodies will be in the foyer. Parents, as always, are welcome to attend.

Our spring break will be from March 26th to April 1st (there is an error in the calendar). The school will be closed during this time so that students and teachers can get some much

Roxanne's Reflections (cont.)

The top score is 200. And - drum roll – LFMA's score was a chart topping 200! As I always say it is important to work on skills at home to fortify what we do at school. This helps the child master skills faster and more permanently. If you need assistance with topics to help your child, please see a teacher.

On Wednesday, March 16th Teddy Bear Portraits will be at LFMA for pictures. These photos are top quality and will be back for Easter and Mothers Day gift giving. Details will be available as the time draws nearer.

Our Spring Fling celebration is scheduled for Friday, March 25th. We play games and of course eat lots of special snacks. If you would like to volunteer to help with games, a sign up sheet will be available a week before the event.

Plan Ahead! School will be closed for Spring Break the week of March 26th through April 1st. Note there is an error in the school calendar, it says the break begins the 28th. Sorry!

When I was young, I found out that the big toe always ends up making a hole in a sock. So I stopped wearing socks.

Common sense is nothing more than a deposit of prejudices laid down in the mind before you reach eighteen.

I never think of the future, it comes soon enough.

Albert Einstein (1879-1955)



needed rest and so the

Mrs. Price's Class News (cont.)

classroom can get a good spring cleaning. I hope everyone will have a safe and fun break and that the students will have wonderful stories to tell us when they get back.

Registration forms for the 2011-2012 school year will be coming out this month for our LFMA families. If your child will be attending classes next year, please return the form as soon as possible. We will be opening registration to the public on April 4th, and there is already a waiting list for some of the classes. If we have not received a registration form by then, slots will be given to the public, and I do not want to see any of our current students lose their space.

Mrs. Manley's Class News

♦ I can't believe we are already in the third semester of school! It seems that the longer I teach, the more quickly the school years pass by. I first want to thank all of our parents who attended the field trip to Peking Acrobats. It was an incredible show! What amazes me about the acrobats is how easy they make it look.

I hope that everyone received their child's report cards. The report cards were placed in your family files Monday, February 28th. I am very proud of all the students effort and the academic gains they are making. I think Lake Fern has some of the best and brightest children and they never cease to amaze me on how much they are willing and wanting to learn.

In March, we will be starting a new book, continue working on new math concepts, and some interesting topics in Social Studies and Science. Be sure to mark your calendars: March 16th for Teddy Bear Portraits, March 25th is our Spring Fling, and March 26th- April 1st is Spring Break (there is an error in the calendar).

Registration opens for existing families March 14th and opens to the public April 4th. Get your forms in early to reserve your spot!

Pre-Primary Class News

Miss Jessica and Miss Jennifer

◆ I think we are all so happy to welcome in March and the warm weather that comes along with it! Please check your child's cubby and exchange their change of clothes for ones more appropriate for the warm weather. You might also want to check their slippers and make sure they still fit.

This month we will continue studying North America and Insects. The letter of the week for March 7th is "J". The letter of the week for March 14th is "O". The letter of the week for March 21st is "P".

On March 16th Teddy Bear Portraits will be at our school. Please send in a change of clothes for your child if what they wear is not appropriate for the rest of the school day. More information about Teddy Bear Portraits will be made available the week prior. Please check your file folders for more information.

On March 25th we will be celebrating our Spring Fling. Sign up sheets for goodies and volunteers will be in the foyer closer to that date.

March 26th through April 1st LFMA will be closed for Spring Break (there is an error in the school calendar). Have a great March!



Study as if you were to live forever.

St. Edmund of Abingdon (1175-1240)

Mr. Price's Class News

◆ Well, it looks like Spring is here! In Florida that would be the two weeks between Winter and Summer. It's a time of renewal and rest in the form a Spring Break! This month is one filled with several goings on. The third grading period will end on March 18TH. Report cards will be passed out on Friday, March 25TH. Teddy Portraits will at our school on Wednesday, March 16TH. Spring Break will be the week of March 26TH to April 1ST.

We will be having our Spring Fling on Friday, March 25TH to kick off spring break. Our activities will be held in the afternoon around 1:00 P.M. A sign-up sheet will be placed out front if you'd like to bring something in for our festivities. We will have field day type activities and snacks. It's always a blast!

We will also begin our open registration period. Current students are given first opportunity to register. Registration forms for the 2011-2012 school year will be coming out this month and will be available in the foyer. If you plan for your child to attend classes next year, please return the form as soon as possible. Open registration will begin on April 4th, please return them by then. We cannot guarantee your slot without a registration form, so please get them in so you don't lose your space.



Hard work and team work = results!

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.



CALENDAR OF EVENTS

- 2011/2012 SCHOOL YEAR REGISTRATION OPENS

- MONDAY, MARCH 14TH

- TEDDY BEAR PORTRAITS

- WEDNESDAY, MARCH 16TH

- SPRING FLING!

- MARCH 25TH

- SPRING BREAK! – SCHOOL CLOSED

- MARCH 26TH – APRIL 1ST (SCHOOL CALENDAR IS IN ERROR)