



Countryside Montessori School

February 2015 Newsletter



Happy February!! February is a busy month at Countryside with our all school field trip and father's night in our toddler and preschool classrooms. This is also a busy month for school tours. If you have not turned in your re-enrollment or summer registration please do so as soon as possible. We have already accepted several children for our summer and fall programs.

Just a reminder, we do not celebrate Valentine's Day at Countryside. If you do celebrate this holiday in your home we hope that you enjoy your celebration!

We have added to our security system and have placed cameras on our playgrounds. And, we have already used footage of the MDO playground to see how an accident occurred. We were fortunate that we had the video to view and find out how one of our little one got hurt. We are also in the process of placing cameras at each of our entry/exit doors.

If you park in the back of our building you may have noticed that we have installed a stop sign at the top of the exit ramp. This is for the safety of our families that walk to our smaller building. This will also help with any issues that could arise as cars are leaving our upper drive. Please make sure you actually stop at this stop sign to avoid any unnecessary accidents. Thank you for your help in keeping Countryside a safe place!

We have our field trip to Myseum on Wednesday, February 18th. We will not hold classes on this day. On the field trip day, Countryside will only be open to the children enrolled in our extended day program (7 a.m.-5:30 p.m.). Countryside has reserved a room for lunch which will be served at 11:30 a.m. If your child is enrolled in our extended day program you have the option of your child remaining at Countryside for the entire day or joining us on the field trip and bringing your child back to Countryside no later than 1 p.m.

Attention Toddler and Preschool Mom's, please mark your calendar for Muffins with Mom (the dates are listed below). This is a special time for you to share a light breakfast with your child in their classroom. This event is not like our Mother's Party in December where you stay for work time this is just a time to enjoy breakfast with your child and then leave and go about your normal day. If you are unable to attend you may send someone in your place.

I took the following excerpt from a Huffington Post article that was posted by Renee Jain, "5 Things You Should Never Say to an Anxious Child". I thought this one was worth sharing. We often look at things from an adult perspective when we really need to look at things from our child's point of view...

Daddy said, "There's nothing to be scared of."

I wish I could have said, "Daddy, remember the first time you asked mommy out on a date? Remember your first day at a new job? Or remember the time when you got in that bike accident? Maybe your parents knew everything was going to be OK, too, but you didn't know that. You experienced real fear. My fear is real, too."

Here's what we know: Research shows anxiety initiates a fear alarm inside your child's mind and body. It's a false alarm, but nevertheless, it feels very real. That alarm is for protection; your child feels "stress" or "fear" in order to survive. To make sure one is really paying attention, the mind might even exaggerate the object of the worry (e.g., mistaking a stick for a snake).

Try this: Validate your child's emotions. You can say, *"I see that you're scared. I've been scared before, too, and I know what that feels like."* You could also add ways you coped with your fears like *taking deep breaths or thinking about happy.*

Upcoming Events:

February 3	TODDLER CLASS FATHER'S NIGHT	6:30 P.M.
4	PRESCHOOL CLASS FATHER'S NIGHT	6:30 P.M.
16	PRESIDENT'S DAY	NO SCHOOL
18	FIELD TRIP (SCIENCE CENTER)	NO SCHOOL
March 3	MUFFINS WITH MOM-UPSTAIRS CLASS	7:45-8:15 A.M.
4	MUFFINS WITH MOM-DOWNSTAIRS CLASS	7:45-8:15 A.M.
13-20	SPRING BREAK	NO SCHOOL
23	SCHOOL RESUMES	

Infant Room

Classroom Phone: 314-873-2262



The beginning of 2015 is moving swiftly with January already here and gone and February isn't moving any slower. No thanks to Pucksataunee Phil the Groundhog, winter will be around 6 weeks longer than we would like. But we will make the best of it. And, our Infant Program friends are on the go and growing strong. At the end of January, we celebrated first birthdays for our friends Irene and Gabriella. It's hard to believe our two friends will soon be transitioning to Moms Day Out. Irene will make her big move this month and we wish her the best of luck in her new adventures in MDO. Gabriella will stay with us a little longer but will be busy learning a few more new skills in preparation for her transition later on. Everleigh has been spending more time awake and participating in more activities such as tummy time and art. Our friend, Jack, has been spending more time sitting up and is enjoying his time in the bumbo saucer which allows him to practice sitting up and he is able interact with our friends who are on the move. Speaking of our movers, Sebastian is becoming braver each day pulling himself to standing position on whatever and whoever he can. Brooke is crawling, as well as pulling up onto her knees. She enjoys getting into the activity bins on the second shelf of our activity shelving unit. Jule is learning to drink from a sippy cup and is doing a good job at it. She is showing off her independence wanting to do new things on her own.

Looking for some February Family Fun?

Think that Mardi Gras is just for adults? Well guess again! Sunday, February 15, 2015 Mardi Gras at the St Louis Zoo is a FREE family fun celebration for kids of all ages! Beads, music and a parade for all! Visit www.stlzoo.org under the "events" tab for more information.

Enjoy the next 6 weeks of winter and we will see you next month!
Ms. Amanda, Ms. Claire and all our Infant Program friends



Socializing with friends!



Some parents teach "SO BIG" and some teach "TOUCHDOWN"



Art Time in the Infant Room



Ball Time!

Mom's Day Out Program/One Year Old's

Classroom Phone: 314-704-5255

The warmer temperatures brought smiles to our faces. It was wonderful to be able to get outside and play. We hope you had the opportunity to do so as a family. The children loved having the freedom to run, climb, slide and swing. Hopefully Spring will come early this year so we can be outside on a regular basis. But, for now we are back to the colder temps. Please make sure your child always has a hat and mittens so we can try to go outside from time to time when we have warmer weather.

Inside the classroom, we have added a very special display. We have a large cookie jar on the wall titled "One Smart Cookie." Throughout the course of each month we will fill the jar with cookies that contain sweet notes about your children. It might be new words they say or skills they have tried for the first time or even mastered. At the close of the month, the cookies will come down and be placed in each child's portfolio, for you to enjoy in the years to come. In the meantime, please stop in take a minute to read some of the awesome things the kiddos are doing. It will put a smile on your face, guaranteed.

We are pleased to announce we have a new friend that has joined our family. His name is Nieko and he is with us on Tuesday and Wednesday's. We also have Irene moving over from the Infant room next week. We are excited to have both of them with us and cannot wait to watch them learn and grow! Here are some exciting things the kids have been doing over the last month. Anderson drank out of an open cup and set it back down on the table with little spillage. Eli has learned to wash his hands with little teacher help, including throwing his paper towel away. Layla seems to enjoy Montessori time and is adjusting well to the routine. Michael loves playing with the purple peg board and claps and cheers when he stacks them high. Molly is repeating everything and is working on how to form two word sentences. Navya took a trip to India and we can't wait to hear about her adventure. Nolan is fitting in well with his new friends and doing great learning the routine. Parker is practicing new words and her favorites right now seem to be "no" and "uh oh." Quinn is showing her independence by washing her hands with little teacher help. Sophia seems to enjoy exploring all of the toys and imitating what her friends and teachers do with them.



Montessori Time



Outside Time



Art Time



A different view from our new friend



Sensory Time



Toddler Program

Classroom Phone: 314-704-3419

The toddler class has been very busy learning and exploring new things! We have put out many new works in our math, language, science, and practical life areas. One of our favorite works right now is scooping snowflakes. This helps with our fine motor skills by scooping the snowflakes with a scoop and transferring them into another bowl. We also love counting candles on our birthday cake math work. We have to match the candles to the color of cake we are counting. As always, we continue our work with letters and letter sounds. Letters and numbers are always a part of our day. We count how many pieces there are in a work or talk about the beginning sound of our names. We have also been talking about and practicing being kind. We use our kind voices, words, and hands. If we hurt someone we say sorry and make sure they are all right.

We also have a new friend joining our class named Riku! We are so happy to have him join us!

In the event that we are unable to go outside we have a gross motor activity planned. These activities include; obstacle courses, small balance beam, ride on toys, a play tunnel, dancing with ribbons/shakers, and our tumbling mat. We try to do 30 minutes of gross motor activity each day. We follow the temperature guidelines from Children's Hospital which tell us how long we can go outside. For example, if the temperature (including wind chill) is between 20-32 degrees than we can stay outside for 10-15 minutes. This is why it is so important that you bring in warm mittens and a hat that properly fit your child along with a warm coat. We will go outside whenever possible. If it is too wet on the playground, we will march on the back lot of the school or do exercises. Thank you for your cooperation.

Please make sure that you are labeling everything you bring in for your child. We want to make sure that what you bring to school goes home, too! Making sure all of your child's belongings are labeled will help our staff know what item belongs to each child. Thank You!

Five Little Snowmen Chant

Five little snowmen on a snowy day
The first one said, "Let's play, what do you say?"
The second one said, "Let's stomp on the ground."
The third one said, "Let's roll around."
The fourth one said, "Let's run and run and run."
The fifth one said, "I'm afraid I feel the sun."
"Oh dear," cried the snowmen, as they looked toward the sky.
And the five little snowmen waved a fond goodbye.

Dance Like Snowflakes (Sung to: Are You Sleeping)

Dance like snowflakes, dance like
snowflakes
In the air, in the air
Whirling, twirling snowflakes
Whirling, twirling snowflakes
Here and there, here and there

The Mittens on My Hands

(Sung to: The Wheels on The Bus)

The mittens on my hands
Keep me warm,
Keep me warm,
Keep me warm,
The mittens on my hands
Keep me warm,
All winter long!



Parent Volunteer
STORY TIME...

The children love it
when their mom
or dad read a story
to the class!

Preschool/Kindergarten Program

Classroom Phone: 314-704-3401

We are well on our way into February!! We would like to remind fathers that our annual "Father's Night" is coming up on Wednesday Feb. 4th @6:30pm, and our Field Trip is Wednesday Feb. 18th, please make sure you return your field trip forms as soon as possible. We also want to remind all our parents that we will not celebrate Valentine's Day, so please keep your candy and treats at home. Show and tell is going great! All the children will have another special day to bring in something from their home.

Lots of things are changing in our classroom. We are going to start talking about Africa. We will be making masks, coloring pyramids and Camels for art, as we talk about the different cultures found in Africa. We will read books about the animals and also watch a short film about Africa too! We have one of a kind musical instruments from Africa we will get out to play for the children.

We are learning new vocabulary words every day, like igloos, Eskimos, and migration. Trying to fill their minds with as much as we can! We have a lot of children reading books everyday and lots of children learning their beginning sounds and are ready to start blending the sounds together to form words. We love to see our students grow and eager to learn new concepts and skills everyday. We will talk about our next landform which is a strait. They will have an opportunity to draw one and make one with water.

In math the children are very busy with worksheets. They are starting to add and subtract in their heads! (And some using their fingers under the table, which is the cutest thing) Some children are writing the numbers in our sand box, and others like to trace numbers using the dots. We have brought out our big teen board for the children to practice their numbers 11-19. All the children love to come into math to explore our new material.

Winter Winter Wonderland (tune: ring around the rosie)

Winter Winter Wonderland
Pockets full of mittens
Snowflakes, snowflakes
We all fall down.

Dance like snowflakes (tune: Are you sleeping)

Dance like snowflakes
Dance like snowflakes
In the air
In the air
Whirling, Twirling snowflakes
Whirling, Twirling snowflakes
Here and there
Here and there

**A typical Montessori day at Countryside
includes children working together...**



Working together
on a puzzle



Friends working together on a counting work



Working together with the red rods

Upcoming Events

Disney Junior Live on Tour Pirate and Princess Adventure

When: Thursday, February 5, 2015 until Friday, February 6, 2015

Where: Chaifetz Arena at Saint Louis University

"This live show features your favorite characters from Disney Junior's hit series, Sofia the First and Jake and the Never Land Pirates. Starting ten minutes before every performance join loveable Doc McStuffins for a special pre-show. You can help Doc take care of one of her beloved toys with her own special brand of love and magic. Free to all ticket holders. 6:00 p.m. (5-6); 3:00 p.m.
<http://www.thechaifetzarena.com/>, (800) 745-3000"

Curious George

When: Friday, February 6, 2015 until Sunday, February 8, 2015

Where: Florissant Civic Center Theatre in the James J. Eagan Center

"Join the inquisitive, lovable little monkey Curious George in this delightful new musical. George takes the audience through a fun-filled adventure in which he learns more about Rome...and meatballs...and the "secret ingredient" to cooking than he'd ever imagined! 7:30 p.m., 2:00 p.m.
<http://www.florissantmo.com/>, (314) 921-5678"

Children's China: Celebrating Culture, Character and Confucius

When: Saturday, February 21, 2015 until Monday, September 7, 2015

Where: The Magic House, St. Louis Children's Museum

"Take a trip to China – no passport required. Experience six engaging and immersive settings that bring Chinese culture to life. Visitors will care for pandas in the panda reserve, participate in a Chinese New Year celebration with a Chinese dragon, explore a contemporary classroom, restaurant, park and more within this one-of-a-kind exhibit. Children's China integrates the time-honored teachings of Confucius, China's great teacher, with a focus on the importance of education and family values.
[http://www.magichouse.org /](http://www.magichouse.org/), (314) 822-8900"

Free Family Nights at the Magic House

When: Friday, February 20, 2015 – 5:30-9:00pm

Where: The Magic House

"The Magic House holds Emerson Free Family Nights every third Friday of the month from 5:30 pm to 9:00 pm. These special nights enable a family (no more than two adults and four of their own children) to enjoy more than 100 hands-on exhibits in the Museum at no charge through the generosity of Emerson. Reservations are not required."

Disney On Ice presents: Frozen

When: Thursday, February 26, 2015 until Sunday, March 1, 2015

Where: Scottrade Center

"Audiences will get to sing along with such musical masterpieces as "Let it Go," "Do You Want to Build a Snowman?" and "Fixer Upper." 7:00 p.m. (26-28); 10:30 a.m. (27); 11:00 a.m. (28-1); 3:00 p.m. (28)
<http://www.scottradedecenter.com> 800-745-3000"

Preschool Science Series

When: 2nd, 3rd, and 4th, Mondays of the month. From 10-11am

Where: The Science Center

“The perfect program for your young scientist! Preschool age children and their adult partner will explore, investigate, and do science together. Each session features a different topic, so you will want to attend often!

Life Underground

Monday, February 9, 10 – 11am

Life Science Lab Classroom – 1st Floor

Investigate underground creatures through a variety of hands-on activities.

To The Moon!

Monday, February 16, 10 – 11am

James S. McDonnell

Planetarium

Hear the story, Kitten’s First Full Moon under the starry sky of the planetarium, then explore the moon through your own model creation to take home!

Geology Rocks!

Monday, February 23, 10 – 11am

Dana Brown Fossil Prep Lab & Dig Site – Lower Level

Discover what the earth is made of and engage in hands-on activities.

Space is limited, To reserve your tickets, please call our Advance Sales Department at 314.289.4424 *One adult per 4 children required.*

<http://www.slsc.org/preschool-science-series-summer-2014#sthash.CFYHU1bN.dpuf>

Mardi Gras STL (Dates Vary)

DATE: TUESDAY, JANUARY 6, 2015 UNTIL TUESDAY, FEBRUARY 17, 2015

HISTORIC SOULARD NEIGHBORHOOD

The Gateway City celebrates its French heritage with fun filled activities throughout the historic Soulard neighborhood. Events include a Wine, Beer & Whiskey Taste (30), Cajun Cook-Off (31), Taste of Soulard (7-8), Beggin’ Pet Parade and PetSmart Wiener Dog Derby (8), Bud Light Grand Parade (14), and the Fat Tuesday Parade (17). <http://www.stlmardigras.org/>, (314) 771-5110

Builders Home and Garden Show

DATE: THURSDAY, FEBRUARY 26, 2015 UNTIL SUNDAY, MARCH 1, 2015

VENUE: AMERICA'S CENTER

Consumer show offering showcasing the latest in Lawn & Garden, Kitchen & Bath, Interior Design, Pool & Spas and Building Projects. <http://www.stlhomeshow.com/>

Ways to Volunteer at Countryside

Mom's Day Out (One Year Old Room) Parents

- ~Making play dough
- ~Donating fresh cut flowers

Toddler Parents: Please see a staff member if you would like to volunteer for one of the following:

- ~Making play dough
- ~Donating fresh cut flowers for the tables in the classroom
- ~Story Time (time and day will vary)
- ~Sharing a special talent

Preschool/Kindergarten Parents: Sign-up sheets are located in the classroom

- ~Making play dough
- ~Donating fresh cut flowers
- ~Wednesday morning story time (8:30 a.m.)
- ~Sharing information about your Culture/Country
- ~Help the staff in the classroom when a teacher is absent

Newsletter: Send information to JM Hanser@aol.com (deadline for submission is the 25th of each month)

- ~monthly community events
- ~child friendly recipes
- ~any idea or information you think other families might enjoy



Please don't forget to send a
hat and mittens each day!!!

Thank You!
The Countryside Staff