



OFFICE NEWS



The first two months of the school year have been such a success as our teachers and children have settled into their daily routines and schedules. They have learned the names of their classmates and teachers, and they have helped to establish the rules for their class. The rules encompass respect and care for self, others and our school. The students have really become great friends with each other.

We are proud of each child's accomplishments and enjoy watching them grow! Attendance plays a big part in the day and life of a child to maintain that continuity. Please try to arrive "on time" each day.

IMPORTANT REMINDERS



Please check your child's backpack daily.



To avoid the loss of personal toys or other special items, please ensure your child leaves them at home.



Please remember to take home all bedding (crib sheets, travel sized pillows etc.) each week to be laundered. Infants are required to take their bedding home daily.



Your child's lunchbox should be sanitized on a regular basis.



Fall has arrived and with it cooler temperatures. The weather is often unpredictable, so please dress your child in "layers" to allow teachers to make adjustments for changes in weather. Also, please put names on all those nice new jackets and coats!

Parent-Teacher Conferences are ongoing during the month of November. If you have not already signed up for a time to meet with your child's teacher, please do so as soon as possible. The sign-up sheets are located outside of each teacher's classroom.

Don't miss this opportunity to meet with your child's teacher. This is the time to express any concerns you may have and also learn about your child's progress.

 <u>IMPORTANT DATES</u> 	
November	Parent Teacher Conferences
November 8	Parent's Night Out
November 10	Social Painting
November 13	Peter McCory The One Man Band
November 15	"Pump It Up" MCHL PTA Spirit Night 6:00-8:00
November 21-23	Thanksgiving Holiday (MCHL closed)
Week of Dec. 3	Scholastic Book Fair
December 6	Pajama Night
December 13	Kindergarten Field Trip Glen Echo Park "The Nutcracker"

"Earlier is not better. All children accomplish milestones in their own way, in their own time."

Maria Montessori

IMPORTANT HEALTH NEWS



Sending kids back to school in the fall is an exciting—and dreaded—time of year. While it is a fun time for kids to make new friends and get back into the swing of schoolwork, it can also be a prime time for picking up germs.

It can be difficult to decide whether to keep kids home from school when they are sick, especially when symptoms seem to be mild. Staying home from school often means more work when kids go back to school. On the other hand, sending a sick child to school could mean a miserable day for them, with the added possibility of getting other kids sick.

Keeping your child at home when they are ill not only helps them rest, but it keeps other children healthy too. Illnesses can spread quickly with young children. One of the best ways to keep sickness at bay is to keep kids home from school when they are contagious.

Consistent with state and local regulations, MCHL cannot admit any child with a contagious or communicable disease or with a fever. Parents will be asked to pick up their child for: conjunctivitis, vomiting, a fever of 100 degrees or higher, unidentified rash or any untreated communicable illness.

Please report the outbreak of any communicable disease to the office immediately (within 24 hours of outbreak) so that we may inform other families and sanitize the classroom if necessary.

A child must be kept home if s/he has any of the following:

Fever

Children are notorious for getting fevers, though the causes are sometimes unclear. Even without an explanation for the fever, your child should stay home.

A fever is a sign that the body is fighting an illness and if it's 100° or higher, wait until your child is fever-free for at least 24 hours without the use of a fever reducer (Tylenol, Motrin, etc.) before sending them back to school.

Diarrhea or vomiting

Vomiting is usually an easy symptom for parents to spot and a child's ticket for a day in bed. Diarrhea can be more difficult to notice, especially for kids who no longer need any help in the bathroom. Both of these symptoms should keep kids home at least for the day. Parents should take care not to send their child back to school too early and wait until they have not had diarrhea or vomiting for 24 hours.

Hand, foot and mouth

Hand, foot and mouth disease (HFMD) is a common childhood illness and highly contagious, though it is generally mild and runs its course on its own. It may begin with a fever and irritability, followed by blisters in the mouth and on hands and feet. Kids with HFMD should stay home until they have no fever and their sores have healed.

Cold or flu

Colds can last for more than a week, which makes it difficult to keep a child home for the duration of the illness. When the cold is at its worst, with heavy coughing and lots of nasal discharge, children need to stay home and rest. Kids who have influenza or a flu-like illness should stay home until they have not had a fever for 24 hours without fever-reducing medications.

MONTESSORI 101

The core of the Montessori curriculum is rooted in the area called “Practical Life”. The exercises in this area of the curriculum are designed to foster independence, self-confidence, coordination, self-control and a sense of order – characteristics that play a critical role in subsequent intellectual growth. Color-coded items and their location on the shelf help categorize the materials needed for tasks of everyday living for the child. The activities in this area of the classroom include the dressing frames, spooning, pouring and a wide variety of activities designed to encourage small motor skills (use of tweezers, small screw drivers, tongs, etc.). The key ingredients of each activity are order, beauty, demonstrated sequence and precision and, on the child’s part, repetition. Order, exactness and detail cultivate aptitude for logic, mathematics and science. Repetition allows for extended concentration, more accurate eye-hand coordination and a feeling of success.

Each exercise includes precise set-up and clean-up routines. Many of the materials include an apron for the child and a small mat to define the space needed for the activity. As part of each lesson, each set of materials is returned to the shelf, cleaned and ready for someone else to use.

Regardless of a child’s age, this is an area that appeals to all of our students and where all of the children feel a sense of accomplishment (“I can tie my shoe!”). The materials are sequenced from very simple to those involving more steps so that there is something challenging for every level.

Our Practical Life materials are frequently changed throughout the school year to complement seasons, units of study and the needs of the children in the class. Not only is it the core of our curriculum but an ever-changing, popular part of the room.



PARENT'S NIGHT OUT



The MCHL PTA is sponsoring a “Parent’s Night Out” on November 8th. This event is for currently enrolled students who are potty trained.

SOCIAL PAINTING



Date: Saturday, November 10, 2018

Time: 9:00 AM – 12:00PM

Location: MCHL/Room 1

Our Social Painting is back! It does not matter if you have not painted before. It is all about having fun and taking home a masterpiece.

Just like last time, Ms. Nilsa will have acrylic paints, canvases and some paint brushes to share. We will start promptly at 9:00 am and be done by noon.

Feel free to invite friends and family. First come, first served. This event is for adults only.

If you are interested in attending, reserve your spot by signing your name on the sign-up sheet, located at the main office, and by paying \$25 dollars (payable to MCHL PTA).

Thank you and let's have fun!

PUMP IT UP

Sponsored by the MCHL PTA



On November 15th, the MCHL PTA will host another fun-filled Spirit Night at “Pump It Up” in Ashburn from 6:00-8:00. Please join us!

PIZZA PARTY

The PTA Membership Drive competition is now over. It was close, but Room 4 won the pizza party!



KINDERGARTEN FIELD TRIP

The MCHL Class of 2019 took their first field trip of the year on October 3rd. They visited Great Country Farms in Bluemont, VA. They ate apples, picked pumpkins and the children could not stop talking about the pig races.



PUMPKIN PATCH AT MCHL

Sponsored by the MCHL PTA



On October 25th, the MCHL PTA created a "Pumpkin Patch" for our students. Each child was able to pick their favorite pumpkin to take home. Thank you to all of the volunteers who helped make this a success!

PARENT EDUCATION RESOURCES

Family Compass Fall 2018 Parent Classes



Family Compass provides early intervention, individual and group therapy for children and guidance for parents. They also offer psychological, neuropsychological and development evaluation and treatment with a strong emphasis on the whole child. The staff at Family Compass will design innovative and thoughtful interventions that respect the individuality of each child and family to promote healthy and positive development.

The next series of parenting classes will be October 30th through December 11th! Each workshop is facilitated by one of their talented clinicians and is offered at \$20.00 per person. As the number of attendees they can accommodate for each session is limited, registration through [Eventbrite](https://www.eventbrite.com) is required.

For more information and to register, please visit their website at www.FamilyCompass.com.

Parenting by Dr. Rene Parenting Workshops 2018 - 19

Join Dr. Rene for a valuable parenting workshop! These workshops are praised for being practical, informative and engaging. All workshops are offered at The Country Day School in McLean. Some of the topics that will be discussed are:

Children's Anxiety, Fears and

Managing Mealtimes: Picky Eaters and Behavior

Wed. Nov. 14 7:00 - 9:00pm

Potty Training

Tues. Nov. 27 7:00 - 9:00pm

Kindergarten Readiness and Early Academic Motivation

Wed. Nov. 28 7:00 - 9:00pm

Motor Development and Importance of Movement

Sat. Dec. 1 9:00 - 11:00am

For more information and to register, please visit:

<https://www.eventbrite.com/o/parenting-by-dr-rene-parenting-playgroups-283710166?s=1328924>.





OCTOBER



MCHL PTA

www.mchlpta.org

RECENT RECAP

PTA Membership Drive: Thank you parents for making the PTA membership drive such a success! We had over 52 members join, with 45% of classroom kids participating, and raised \$2,035 for the school. Room 4 won the class Pizza Party with 70% participation!



Abbott's Ice Cream School Social: We had our first school-wide ice cream social at Abbott's in October, raising \$90 for the school!

Box Tops: Our Fall Box Tops drive was a hit! We collected 951 box tops from across the school, raising \$95.10, with the top 3 finishers as follows: Room 4 with 355 tops; Room 7 with 178 tops; and Room 8 with 116 tops. You can always donate more BoxTops throughout the year by placing them in the boxes by the front office!



COMING UP

PTA Meeting: Our next PTA meeting is Monday **November 5th**, in the school cafeteria at 6pm and is open to all parents. We are beginning to plan a very special large event for the spring – come attend and find out what's going on!

Parents Night Out: Our first Parents Night Out of the year is next **Thursday November 8th**. *You must pre-register your child online a week ahead of time.* MCHL teachers will be babysitting and dinner is provided. Open to potty-trained preschoolers. Register at <https://www.mchlpta.org/events/register>

Bake Sale Donations: We'll have our first bake sale of the year at our Pump It Up Spirit Night on **Thursday November 15**. Sign up to bring your favorite treat today!
<https://www.mchlpta.org/events/help>

Gift Card Sales are BACK! Our pre-holiday gift cards will go on sale **November 14 – December 14th**. Stock up on all your holiday gift cards and commissions go to the school. Look out for more details shortly!

UPCOMING EVENTS

www.mchlpta.org/events

November 5	PTA Meeting @ School Cafeteria (open to all parents)
November 8	Parents Night Out: 6-8:30pm https://www.mchlpta.org/events/register
November 10	Social Painting (Sat 9-12, adults only) https://www.mchlpta.org/events/register
Nov 14 – Dec 14	Holiday Gift Card Sale
November 15	Spirit Night @ 6pm - Pump It Up & Bake Sale (donations needed) https://www.mchlpta.org/events/help
Dec 3 – 7th	Scholastic Book Fair (volunteers needed) https://www.mchlpta.org/events/help
Dec 6 th	Pajama Night w/ Clifford @ 6pm
December 13	Parents Night Out https://www.mchlpta.org/events/register

Check Out

www.mchlpta.org

Affiliate Shopping Links, Calendars, Event Registration, Volunteer sign-ups, School spirit wear, Donations, and more!

ADDITIONAL MCHL PTA PROGRAMS

www.mchlpta.org/support-us

You can help raise funds for the school while you shop! Every year the school can make hundreds of dollars in commissions by encouraging parents to shop at their favorite online stores with our affiliate marketing links.

It's easy! Just go to <https://www.mchlpta.org/support-us> and click on the store logo that you want to buy from. Then add something to your cart and checkout! You MUST add something to your cart right after clicking our link, that's how we get commissions.

13 NEW WAYS TO SHOP ONLINE & RAISE MONEY FOR THE PTA

GYMBOREE

crazy 8

JANIE
AND
JACK

Shutterfly

tinyprints

Mixbook
PHOTO CO.

Craftsy

CustomInk
Design T-shirts Online



PicMonkey



Cricut



mabel's labels

Montessori
Services
smallhands
A RESOURCE FOR FAMILIES

WANT THE LINKS? GO TO MCHLPTA.ORG/SUPPORTUS

AND DON'T FORGET:



**SHOP ON AMAZON USING THE DEDICATED MCHL LINK.
THE SCHOOL GETS 4% OF EVERY PURCHASE!**



**MCHL GETS 10% OF EVERY PURCHASE MADE AT
WWW.PRIMARY.COM/SCHOOL/LOUDOUN**

