



OFFICE NEWS

The first two months of the school year have been a success as our teachers and children have settled into their daily routines and schedules. They have helped to establish the rules for their class. The rules encompass respect and care for self, others and our school. The children have really become great friends with each other. We are proud of each child's accomplishments and enjoy watching them grow!

We need to remember children learn through play and interaction with their peers and adults. Consistency and continuity are extremely important in the development of each child. With consistency, a child learns routines, rules and expectations. We try our best to provide this each day. 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.**

We were also very busy during the month of October. The children were enthusiastic to learn about the different parts of a pumpkin and enjoyed the many "pumpkin" activities at MCHL. In addition to the units of the month and the different areas of learning in the classroom, the children enjoyed a visit to the MCHL Pumpkin Patch to pick out a pumpkin. We also had a great time at our Halloween celebrations. Never a dull moment!



Parent-Teacher Conferences are ongoing during the month of November. If you have not already contacted your child's teacher to set up a time/day to meet, please do so as soon as possible.

The purpose of the conference is to acquaint you with the Montessori approach to education and child development. This also gives new parents an insight into their child's beginning adjustment and reactions to the school.

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

IMPORTANT REMINDERS



All families should be using the Brightwheel App to sign their child in/out daily.



All students are required to have a complete change of clothing in case of an emergency or accident at school. It's also time to switch out your child's current set of clothes with long sleeves, pants, underwear and socks.



Please remember to take home all bedding (crib sheets and blankets) 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. Soda, candy and gum are not permitted. Please read the labels of the many popular "natural" food and snacks – many are loaded with sugars and additives.



The weather is often unpredictable, so please dress your child in "layers" to allow teachers to adjust for changes in weather.

 <u>IMPORTANT DATES</u> 	
November	Parent Teacher Conferences
Week of Nov. 5	Scholastic Book Fair
Nov. 7, 8, 9	Picture Days
November 22-24	Thanksgiving Holiday (MCHL closed)
Dec. 21-Jan. 1	Winter Break (MCHL Closed)

"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 100.4° 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

A fever is a sign that the body is fighting an illness and if it's 100.4° 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.

Rash of unknown origin

If a child develops a rash, they can return to school with a dr.'s note that gives a diagnosis of what the rash is.

PUMPKIN PATCH AT MCHL

Sponsored by the MCHL PTA



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.

MCHL PTA NEWS

The MCHL PTA is a group of parents, whose collective talents provide support to MCHL through fundraising and organizing social events for MCHL families.

The PTA is looking for parents who are willing to donate whatever time they can. Please join us at the next MCHL PTA meeting in the school lunchroom on Monday, November 13th at 5:00 pm.

We have a few open board positions. We also have at-large/general board positions available. If you are interested in volunteering or have questions, email hello@mchlpta.org.

CASCADES CLUB

Upper Level

The Cascades Club meets every day from 3:00-6:00. Each class has a short Circle Time for stories, songs and attendance. The activity of the day is introduced to the children and they are asked if they would like to participate. If a child is not interested in participating, they are always free to choose from a different activity, game or work that appeals to them. We have classrooms full of Montessori materials, games and toys.

Your child's class will spend time outside on the playground, weather permitting. There is also a scheduled gym time and we take advantage of this time when the weather is too cold or severe to go outside.

We plan to start offering simple cooking projects for the children. The preparation is fun but the eating is even better. If your child has allergies, please send in a special treat for your child to keep on hand at school.

There will also be art projects as the children love art! These projects include paint, markers, chalk, collage work, play dough, pin punching and sewing. Many children will participate but some may prefer to play games or play with the toys. No pressure!

MCHL also offers Soccer, Dance, and Piano.

One last note – please remember to sign your child out on the Brightwheel App.

FIELD TRIP

The MCHL Class of 2024 and Elementary students took their first field trip of the year on October 17th. They visited Great Country Farms in Bluemont, VA. They ate apples, picked pumpkins and the children could not stop talking about the pig races.

PARENT EDUCATION RESOURCES



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.

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

HALLOWEEN PHOTOS

If you haven't already done so, please request to be added to our private Facebook page. We would like our families to post photos of their children in their costumes on our private Facebook page. It's always so much fun to see how creative the costumes are!



At MCHL, we have 2 Facebook pages. One is public and one is private. Our private page is for parents only. It contains MANY photos/videos of our students and updates from the MCHL PTA.

Request to be added to our private Facebook account

www.facebook.com/groups/mchlparents/

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 screwdrivers, 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.

