

# Sunrise Montessori School

## Newsletter

Volume 33 Issue 11

November 2011



### Birthdays

The following children are celebrating birthdays in the month of November:

Sadie Eisele	11-06	Mikayla Jemmett	11-25
Axel Tavis	11-08	Emery Phillips	11-26
Rozlynn Kagemann	11-11	Angel Raybourn	11-26
Ryleigh Desch	11-17	Ethan Mancilla	11-29

For the preschool and extended day classes, please send in your child's picture for each year of his life either on his birthday or on the school day closest to the birthday and we will have a special birthday ceremony at school. Each child will receive their own birthday crown. The elementary students need to bring in photos they can use to create a birthday book. These will not be returned. Scanned/color copies are okay.

PLEASE remember: No special birthday snacks or treats!



### Elementary Happenings



Elementary studies during the month of November are:  
 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> years: time, amphibians, paragraphs, experiments, parts of the root, Thanksgiving, history of native Americans & pilgrims, Africa, graphing, story writing, sound, writing process, atoms, and Thanksgiving.  
 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup> years: Ancient Egypt/ Mesopotamia, elements of a story, Egyptian Tales, Eukaryote cells, bacteria, decimals, divisibility, & multiples. The class is reading Best Halloween Pageant Ever by Barbara Robinson.



### Preschool & Kindergarten Activities

During the month of November, the preschool and kindergarten children will be learning about transportation, Thanksgiving, Europe, and birds.



### Toddler Happenings

In October, the toddler class enjoyed the petting zoo very much. In November, we will use materials that explore wild animals, autumn, and Thanksgiving.



### Physical Education



The elementary will be stretching, running sprint races, wind sprints, and playing bocce ball. They will practice their soccer skills with penalty shoot outs, soccer relays, street soccer games with tennis balls, and playing a header game.

The kindergarten & preschool will be playing soccer and learning to dribble, pass, and kick. A soccer game will be played with small goals. They will also play bocce ball, tag games, and jump rope.

Please remember to send your preschool, kindergarten, and elementary child in comfortable tennis shoes, shorts or pants, and your Sunrise t-shirts on P.E. days. Please NO crocs, flip-flops, jewelry, or dresses on your child's P.E. day.

North Campus: Tuesday – AMElementary  
 (Except 2<sup>nd</sup> grade girls)

Wednesday – Toddler  
 All preschool  
 Kindergarten  
 2<sup>nd</sup> grade girls

South Campus: Friday – all students



### School Picnic Sunday, November 6<sup>th</sup>

We are anticipating a wonderful day for our annual school picnic. This year the picnic will be held at Rio Vista Park at Thunderbird and 91<sup>st</sup> Avenue from 1 PM until 4 PM. The PSG passed out information about the picnic and what everyone should bring last week. If you have any questions, please call Alyssa Eisele at (602) 703-9458



## Art

The kindergarten & elementary students are studying the following in art:

**Kindergarten** will be studying shapes and form.

**1<sup>st</sup> years:** In art history continuing with Mesopotamian art, creating a cylinder seal, & intro to Ancient Egyptian art.

In creating art: creating an abstract collage using elements of shape & balance.

**2<sup>nd</sup> years:** In art history: continuing Early Jewish, Christian, & Byzantine art, creating paper mosaic, & intro to Islamic art.

In creating art: collage landscape using shape and rhythm.

**3<sup>rd</sup> years:** In art history: continuing Northern Renaissance art & artists, creating a painting based on a Northern Renaissance artist.

In creating art: abstract collage weaving using shape & movement.




**4<sup>th</sup> years:** In art history: continuing Baroque & Rococo art & artists, In creating art: acrylic still life painting using shapes and patterns

**5<sup>th</sup> years:** In art history: Independent artist study.

In creating art: acrylic still life painting using shapes and patterns









## Elementary Needs

-  cinnamon sticks
-  CD Player
-  headphones







## Preschool/Kindergarten Needs (North)

-  Indian corn for decoration & discussion
-  Orange/ yellow tissue paper
-  Kindergarten cooking helper
-  Brown paper lunch bags (100)
-  Picnic Tables
-  Trampoline



## Preschool/Kindergarten Needs (South)

-  bread for slicing
-  straws for cutting
-  play doh
-  orange straws



## Kindergarten Field Trip

The Kindergarten students will be visiting Tolmachoff Farms on Thursday, November 3<sup>rd</sup>. They will be taking a tour and visiting the pumpkin patch.



## The Dentist Talks about Healthy Teeth



On Friday, November 4, Dr. Johnson will come to talk to the elementary, kindergarten, preschool, and toddler classes in the morning at both campuses. He will discuss healthy teeth and oral hygiene. All PM preschoolers are welcome to attend the morning class the day of Dr. Johnson's visit.



## PSG Meeting

The Parent Support Group will be meeting at the north campus on Wednesday, November 9<sup>th</sup> at 6:00 PM. We are busy planning a very special event - the Christmas shopping. Please come! Child care is provided.



## Cooking Day

The kindergarten children will cook on Tuesday, November 8<sup>th</sup> at the north campus and on Thursday, November 17<sup>th</sup> at the south campus. Please mark the response form if you can help with cooking day.



## Operation Christmas Child

Please bring your shoeboxes, items, and/or money to the school no later than Friday, November 11<sup>th</sup>. The Elementary class will be delivering the shoeboxes the week of Nov. 14<sup>th</sup>.



## Kindergarten Art

The kindergarten class at the north campus will be participating in art this month with Betty Jo on Monday, November 14<sup>th</sup>. The south campus kindergarten will join Betty Jo on Tuesday, November 15<sup>th</sup>.



## Elementary Field Trip

The Elementary class will visit the Arizona Museum for Youth on Thursday, November 17<sup>th</sup>. They will be taking a guided tour and participating in an art project.



### Elementary Pizza Lunch

Elementary pizza lunch is Friday, November 18<sup>th</sup>. If your child is participating in Pizza Fridays, they do not need to bring a lunch to school on that day. Pizza and juice will be served.



### Thanksgiving Break

There will be no school or MDO on Thursday, November 24<sup>th</sup> and Friday, November 25<sup>th</sup> for Thanksgiving break. The children will celebrate Thanksgiving in class on Wednesday, November 23<sup>rd</sup>.



### Holiday Shopping Boutique

The children will be 'shopping' for Holiday gifts for their families through a boutique set up by the PSG on Monday, December 5<sup>th</sup> for the south campus and Tuesday, December 6<sup>th</sup> & Wednesday, December 7<sup>th</sup> for the north campus. Each family will be asked to send in the number of gifts equal to the number of persons for whom the child will be shopping, plus an extra men's gift (we are always short on these). Each child will bring a quarter to 'purchase' each gift they choose. Please send in gifts valued at NO MORE THAN \$3 each! We do not want to set up a false sense of reality for the children (purchasing a \$10 gift for a quarter), so please send in reasonably-priced items. They can even be homemade! We will need lots of volunteers to help the children shop and to wrap their gifts. Labeled shopping bags, money envelopes, and gift tags will be handed out this month with information and a volunteer sign-up sheet. Wrapping paper and tape will also be greatly appreciated!



### Elementary Bake Sale

The annual elementary bake sale will be held during the Christmas program. If you would like to help, please see Heather in the elementary class. Thank you!



## Thank you!

To the **PSG** for paying for the petting zoo to come to both campuses

To the **all the Parents** who helped with picture day and the Halloween parties. The parties were fun for all!

To **Elizabeth Bolin** for helping with cooking day at the south campus

To **Jim Brown** for bringing in coffee for the north campus teachers

To the **Christensen Family** for a large pumpkin for the north campus preschool/kindergarten

To the **Duff & Lavigne Families** for pumpkins and gourds for the north campus

To the **Edgin Family** for bringing in fall leaves and pictures for the north campus preschool/kindergarten

To the **Osborne Family** for donating a Halloween book to the north campus preschool/kindergarten

To the **Schepemaker Family** for making birthday crowns for the north campus

To **Juliana Pitruzello, Angie Casey, & Julia Wright** for volunteering to listen to the children read in the elementary class

To **Tracie Prall, Trisha Lavigne, Barb Bajpai, & Lisa Fortini** for volunteering in the elementary classroom

To **Pam Silliman** for coordinating & helping to put the scrapbooks together and for maintaining the fish tank for the elementary class

To **Rosalia Vallenga** for volunteering her time to work with the elementary class on scrapbooks & for donating classroom materials



## Congratulations!

To the **Osborne Family**  
on the birth of **Brooklyn Olivia**





## School Yearbook

Please submit pictures (preferably in a digital format) to the school for use in the yearbook. If you have any questions or are interested in helping with the yearbook, please contact the school office at 602.843.6053.



## Comfortable Clothing

Please send your toddler and preschooler in clothing that they can easily manage while going potty. Elastic waist pants or shorts work best. Belts, suspenders, and tights make it difficult for the children to remove their clothing in a timely manner, causing more potty accidents.



## Extra Clothes

If your child was sent home in extra clothes from the school, please wash and send those clothes back to school. Also, please send in a set of extra clothes for your child to keep at school in case of accidents.



## Labeled Clothing

Now that cooler weather is approaching, please make sure to label your child's clothing, especially their coats and sweaters. This is very important to help our school run smoothly. This will ensure every child takes home the correct clothing.



## Holiday Celebrations



During the holidays, we share the story of baby Jesus' birth and talk about Hanukkah. We are looking for some parents to help share the Hanukkah story and/or latke making with our children. Also, if anyone has a favorite family holiday story you would like to share with the children, please mark the response form at the end of this newsletter.



## Parent Articles

Each month, information about the Montessori method of education will be included in the newsletter. This month's articles are about the Montessori curriculum.



## Fry's Shopping

Please make sure you are linking your Fry's card to Sunrise Montessori School. Give the bar code to friends, family, and neighbors and all of their purchases will be added to our school total. If you need another paper with the school's bar code, please ask. We have them in the office.



## Boxtops for Education

Keep saving your General Mills box tops. **REMEMBER** every box top is worth 10¢. Shop online at [www.boxtops4education.com](http://www.boxtops4education.com) to make even more money for the PSG. You can shop at Staples, Eddie Bauer, Nordstrom's, Oriental Trading, and many, many others.



## Cartridges for Sunrise PSG

Please remember to keep sending in those empty printer cartridges. The PSG makes some money each year because of your efforts. A collection box is located in the office of the south campus. Thanks for recycling!



## Great News for Arizona Taxpayers

The Arizona state tax credit law allows a married couple to assign up to \$1000 of your state taxes to the Arizona Scholarship Fund and receive a dollar-for-dollar tax credit on your Arizona state income tax.

Important facts to know:

- The private school tax credit is constitutional.
- Your check must be made payable to the Arizona Scholarship Fund, a separate 501C (3) entity set up to receive tax credit funds.
- Your check must be received by December 31, 2010, in order to qualify for a 2010 Arizona income tax credit.
- Assigned funds need not be made in one lump sum, but can be made throughout the tax year.

We have several students attending our kindergarten and elementary whose parents have gotten friends and relatives to use this tax credit to pay for their child's tuition.

For more information, please contact the Arizona Scholarship Fund at P.O. Box 2576 Mesa, AZ 85214-2576 or at 480.497.4564 or on the web at [www.AZscholarships.org](http://www.AZscholarships.org)



## Arizona Scholarship Fund

Sunrise Montessori School is again offering a drawing for a free month's tuition. Your name will be entered for every \$100 given to the Arizona Scholarship Fund in lieu of state income taxes. If you and your spouse assign the maximum of \$1000 for a married couple, your name will be entered 10 times! Please watch for a letter with more information coming soon.



### Importance of Hand Washing

Every day, throughout the day, the children wash their hands while at school. It is considered a practical life activity as well as help in preventing the spread of germs and disease. The Arizona Republic, in an article on hand washing, quotes Dr. Ida Crocker-Sabbath, a Scottsdale physician, "Hand washing is the first line of defense not just for influenza, but for most of the cold bugs you'll encounter in the season." To help avoid colds and flu, the American Medical Association recommends four principles of hand hygiene:

- Wash hands whenever they are dirty and before eating.
- Don't cough into hands.
- Don't sneeze into hands.
- Don't put fingers into eyes, nose, or mouth.

At school, we encourage the children to cough or sneeze into their elbows and to wash their hands immediately.



### Too Sick for School?

Good reasons to give your child the day off when she says she is not feeling well:

- ◇ **She has a fever of 100.5°F or higher.** She may not be very sick, but she'll probably be sleepy and weak, so let her rest. She cannot return to school until her fever has been gone for 24 hours, even if she feels better.
- ◇ **She is vomiting repeatedly or has diarrhea.** She could become dehydrated, so keep her home and load her up with fluids. She needs to stay home until she is no longer vomiting and does not have diarrhea for 24 hours.
- ◇ **She has a sore throat and fever or fatigue; or she has a sore throat that's lasted for more than a day.** Forget school and take her to the doctor to rule out strep.
- ◇ **She has chicken pox, with a fever and new lesions.** She is still contagious and should be kept out of school for five to seven days.
- ◇ **A cold is dragging her down.** Once symptoms pop up, a cold is not very infectious, so it is okay to send her off to school. But if she is lethargic, let her take a day off and rest.
- ◇ **She has conjunctivitis (pink eye).** Some types are very contagious, so she needs to stay home for 24 hours after the antibiotic cream has been administered.
- ◇ **She has a bad tummy ache.** If severe pain woke her up and it has not gone away, there is also a high fever

or vomiting, or her belly stays tender to the touch, take her to the ER. She may have appendicitis.

For anything else, use your judgment, says Rani Gereige, M. D., a member of the school health committee of the American Academy of Pediatrics: "You know your own kid best."



### A Time to Be Thankful

The holidays are a time to pause and consider the many things for which we are truly thankful. As parents, we want to instill in our children not only a sense of gratitude for holiday gifts, but also for special moments in their lives that they might otherwise take for granted. Here are some ideas to help inspire a sense of thankfulness now and throughout the year.

1. **Every Day Counts** - Teaching gratitude in our children is important but we need to enforce it all year round and not just during the holiday season.
2. **Be a Role Model** - As parents you can guide your children by setting various examples of gratitude. Celebrate your children and your own parents with thanks and vocalize your appreciation.
3. **Charitable Cheers** - Involve your family in charitable giving this season throughout your community. Donate old toys and food, give to a needy family or visit a nursing home to spend time with elderly residents who may not have a family of their own to visit them. (As seen on: [www.iparenting.com](http://www.iparenting.com) "A Time to Be Thankful" by Melissa Granberry)

### This year let the children say GRACE for Thanksgiving dinner!



**Encourage them to speak from their heart and thank God for what He has done for them this year. They can even sing it. Don't forget that they can even just use an old standby like the following:**



God is Great  
 God is Good  
 Let us Thank Him for our Food  
 AMEN

(more on back)

**Another Grace to learn:**



"To God who gives our daily bread  
 A thankful song we raise  
 And pray that he who sends us food  
 May fill our hearts with praise."  
 ~Thomas Tallie (1505 - 1585) ~

**Grace**



Thank you for the world so sweet  
 Thank you for the food we eat  
 Thank you for the birds that sing  
 Thank you, God, for everything!  
 ~Edith Rutter Leatham~

**Table Blessing**



God, we thank you for this food  
 For rest and home and all things good  
 For wind and rain and sun above  
 But most of all for those we love.  
 ~Maryleona Frost~

**Another Grace**



Father high in heaven

All by you are fed  
 Hear your children thank you  
 For our daily bread.

You send sun and showers  
 Birds sing overhead  
 While the corn is growing  
 For our daily bread.  
 ~Anonymous

-from Annie's Thanksgiving grace page



**Thoughts about Thanksgiving**



Nothing is more honorable than a grateful heart.  
 ~Seneca

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?  
 ~Erma Bombeck

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. ~Erma Bombeck

On Thanksgiving Day, all over America, families sit down to dinner at the same moment - halftime. ~Author Unknown

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude. ~E.P. Powell

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy

He who thanks but with the lips  
 Thanks but in part;  
 the full, the true Thanksgiving  
 Comes from the heart.  
 ~J.A. Shedd

Thanksgiving was never meant to be shut up in a single day. ~Robert Caspar Lintner

For each new morning with its light,  
 For rest and shelter of the night,  
 For health and food, for love and friends,  
 For everything Thy goodness sends.  
 ~Ralph Waldo Emerson

We give thanks for unknown blessings already on their way. ~Author Unknown

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven. ~Johannes A. Gaertner

A thankful heart is not only the greatest virtue, but the parent of all the other virtues. ~ Cicero

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds. ~ Theodore Roosevelt

Grace isn't a little prayer you chant before receiving a meal. It's a way to live. ~ Jackie Windspear



### **NOVEMBER RESPONSE FORM**

\_\_\_\_\_ Yes, I have returned my elementary and kindergarten student's field trip forms.

\_\_\_\_\_ Yes, I can help with the kindergarten cooking day.

\_\_\_\_\_ North Tuesday, November 8<sup>th</sup>

\_\_\_\_\_ South Thursday, November 17<sup>th</sup>

\_\_\_\_\_ Yes, I will be attending the PSG meeting. I need childcare for \_\_\_\_\_ children.

\_\_\_\_\_ Yes, I will be attending the fall picnic and I have returned my response form.

\_\_\_\_\_ Yes, I can help with the Holiday Shopping Boutique.

\_\_\_\_\_ North

\_\_\_\_\_ South

\_\_\_\_\_ Yes, I can help with a holiday celebration:

\_\_\_\_\_ Hanukkah

\_\_\_\_\_ Christmas

\_\_\_\_\_ Other \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (        ) \_\_\_\_\_

Email: \_\_\_\_\_

# **HAPPY THANKSGIVING**

