



Living Montessori Connection

Living Montessori Education Community

June 2011 Newsletter

2445 140th Ave. N.E., Suite B-200, Bellevue, WA. 98005

Mother's Tea

On May 6th, children at LMEE and LMA prepared a morning tea just for their mothers. In the preschool, kindergarten and lower elementary classes, the children set the tables and served tea and breakfast to their mothers. Along with honoring their mothers, the children learned important lessons in appreciation of others, Practical Life and Grace and Courtesy. Practical Life work teaches children to focus, complete a task with logical and sequential steps, to concentrate, to make intelligent choices and to see a task from start to finish. Grace and Courtesy gives children the vocabulary, actions and steps required to build awareness and responsiveness of those around them. The mothers who attended said they enjoyed themselves, and some commented that it was a special treat to be appreciated, served and pampered!



Reminders

Classes begin at 9 a.m. at LMA and 9:30 a.m. at LMEE. To be respectful of other children, if you are dropping off after 9 a.m. at LMA or 9:30 a.m. at LMEE, please check in at the front desk and a staff member will escort your child to class.

As summer approaches, please remember children are required to wear closed-toe shoes at all times while at school, both indoors and outdoors.

“One test of the correctness of educational procedure is the happiness of the child.”

– Dr. Maria Montessori

Living Montessori Summer Camp

Spaces for summer camp are almost gone! As we wrap up the last few weeks of school, our teachers are busy preparing an exciting summer for your child. Your child will enjoy a summer full of fun as they participate in cooking projects, skits and plays, sports, games and much more! If you haven't registered yet, please e-mail JenniferB@livingmontessori.com to reserve your spaces...we only have a few left!

Bringing Montessori Home

BMH For Toddlers : Separation Anxiety? 7 Tips to Saying 'Goodbye'

By Natasha Wagner, Montessori Teacher, Living Montessori Early Education

Drops off can be a difficult time for a toddler and his or her parents. There are several tips and techniques teachers suggest for this time period. By working together with your child's teacher, anxiety around drop offs can be alleviated for both child and parent.

- 1) **Communicate with your child's teacher** – Your child's teacher can be an excellent resource. The classroom teacher will be able to communicate accurate details regarding your child's behavior during the time after you leave the classroom and will have many age-appropriate guidelines for the best approach.
- 2) **Be consistent** – From a young age, your child will benefit from the same drop off routine day-to-day. When the child knows what to expect, he or she will be less anxious about the process. Develop and stick to a set routine.
- 3) **Don't sneak out on your child** – Leaving without saying "goodbye" will undermine your child's trust. Always make your departure clear.
- 4) **Don't insist on a goodbye** – After you say "goodbye" to your child, leave the classroom in a timely fashion. Many parents make the mistake of waiting too long after saying "good bye" in order to wait for a response. Some children will respond and others will not. However, if a parent lingers too long in the classroom, it can confuse the child and make him feel like he doesn't know when his parent is really leaving.
- 5) **Prepare your child for the drop off** – As you approach the school each morning, prep your child for what is about to happen. Take a few minutes to describe your set routine. Knowing what is coming next will go a long way toward making your child feel comfortable.
- 6) **Include your child in the process** – Children feel empowered when they are included and have some control over their environment and what happens to them. Give your child set tasks to complete upon entering the classroom. Your child can help hang up her coat, or put extra clothes into her cubby. The more included she feels in the process, the more comfortable she will be.
- 7) **Be positive** – Drop offs can be just as hard, if not harder, on parents. It is extremely difficult to leave your child when you feel he is sad, or upset. Remember that your child takes his cues from you. If he can sense that you are anxious, chances are he will be anxious too. However, if you are happy and excited about going to school, then your positive outlook will rub off on your child, too.

BMH For Preschoolers: Guiding Independence

By Ms. Julie Barker, Montessori Teacher, Living Montessori Academy

"Little children, from the moment they are weaned, are making their way toward independence."

–Maria Montessori

Children are constantly observing, learning and mimicking the adults in their lives. And imitation is the truest form of flattery, is it not? So why is it we often stifle the success of our children with our eagerness to perform tasks they are perfectly capable to do for themselves? Sometimes we do this in an interest to save time, but mostly we do it from a place of love. We love our children and spend years being their sole caretaker. However, at some point, we have to present our children with opportunities to succeed and aid their move towards independence. Our love does not change or become less it just changes form.

Here are 5 simple tasks that will help your child feel more successful and independent.

- 1 Provide your child with shoes that are easy to put on and off by himself and allow him to do so.
- 2 Place child-size glasses in a low cupboard and a pitcher of water on a low shelf in the fridge so your child can get water on her own.
- 3 Arrange clothes on a low rod in your child's closet so he can access his clothes to get dresses as well as to put his clothes away.
- 4 Give your child a chore she can do by herself each week. This will let her know she is a contributing member of the family.
- 5 Make a schedule for your child's morning/evening routine. If your child cannot read, you can use picture cards. This allows your child to be proud of completing a task and teaches him about time management. It also brings harmony to your busiest time of day.



The "Real" Meaning of Yoga

By Gina Mead, Yoga Instructor, Living Montessori Academy

Yoga is a word derived from the Sanskrit root "yuj," which means to connect, join or balance. In each children's yoga class I teach, I try to impart the true meaning of yoga. After all, it is only when we can see ourselves in another person that we can truly begin to understand one another, without judgment and without separation. This is one of the most simple and age-old philosophies, yet the sages teach us that it is our human condition to struggle to understand and incorporate this idea into our lives, and as a result, suffering continues. As you can imagine, this is a pretty heady concept for most adults to grasp, let alone very young children! So, how do we begin to teach our children this vital, yet complex concept of seeing ourselves in the eyes of others?

In yoga at LMA, we start each class with three simple rules:

Rule #1: Respect yourself.

I remind children to always respect themselves by listening to their bodies and getting in touch with what they are feeling inside their bodies. If their bodies hurt while doing a certain yoga pose, they have permission to try something different or sit out for that pose.

Rule #2: Respect others.

I remind children to be respectful of others by not interfering with another child's yoga practice and by not speaking when another child or adult is speaking. In turn, when it is their time to speak or demonstrate a pose, everyone else is expected to show them that same level of respect.

Rule #3: Respect your things.

I remind children that their things (like yoga mats) are valuable and it is important to treat them with respect. We show respect to the mats by not folding them or wearing shoes on the mats.

After reviewing the rules at the start of each class, I will often refer back to them throughout class (especially Rule #2) to help remind the children to be respectful of each other. It's simply not OK to speak when someone else is speaking or to step onto someone else's mat in class. I might ask, "How would you feel if another child stepped on your foot while you were doing yoga?" The other critical way I can teach children the true meaning of yoga is by modeling it to them. I try to show the same respect to the children as I expect back from them. I try to give each child an appropriate challenge and celebrate their successes. I work to create a space of healing, peace and joy rather than one of punishment, guilt or shame. To close each class, we end by singing the Namaste Song. "Namaste, namaste. The light in me sees the light in you. I am very special, you are very special. Namaste!"

In addition to modeling this concept on the yoga mat, I am certain it is modeled by all the other teachers at LMA in their classrooms as well as by parents in the home setting. Together, we can continue to teach our children (and more likely learn from them!) the "one-ness" that is at the heart of peace.

On a different note, I am sad to be leaving the LMA team as my family and I are relocating to California this summer. Thank you for the opportunity to teach yoga to your children this year. I can honestly say I have learned more from your children than I ever could have taught them and I will miss seeing their bright and lively faces each week. Best of luck and many blessings to all of you and your families--Namaste!



Looking for things to do in your area with your child?

Red Tricycle is a local guide offering ideas for cool things to see, eat, make and do with your kids in your neighborhood. Red Tricycle helps parents have more fun with their kids. Whether that means throwing a super cool dinosaur birthday party, experimenting with chopsticks in a downtown noodle house, building a rocketship out of recycled parts, or exploring the tidepools on a secluded beach. Visit redtri.com to learn more.



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2445 140th Ave. N.E., Suite B-200
Bellevue, WA. 98005

Principal

Afroze Amlani

Admissions Director

Aliya Hirji

Education Director

Celeen Durham

Editor, Marketing Director

Farah Hirji

Phone: 425.373.5437 (KIDS)

E-mail: info@livingmontessori.com



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PREPARED FOR LIFE



*Mother's
Tea*



Enrichment with Ms. Xenia DeLeon

The end of the school year has come, which also signals the end of our parent-pay enrichment classes. We have had a great year dancing in ballet, tumbling in gymnastics, drawing and playing the keyboard and piano. The students I had in drawing compiled a variety of drawings of animals, faces and creatures. My keyboard and piano students have been working hard practicing, progressing and having fun learning how to read music!

If you would like your child to continue in his/her class in September or you would like to sign your child up for a new class, you are encouraged to sign up now in order to reserve a space. Please e-mail me to reserve a space for your child in a class (xeniad@livingmontessori.com). Your card will not be charged until the September session starts.

Thank you for your support of our parent pay enrichment classes and have a fun summer!

*Upcoming Events &
Important Dates*

June 10: Father's Day Breakfast

**June 15: Parent Education Seminar @
4:30 p.m.**

June 17: School Ends

June 17: Kindergarten Graduation

June 20: Summer Camp Begins

**July 1: In-Service Day—LMEE Open
7 a.m. to 12 p.m.**

**July 4: School Closed in Observance of
Independence Day**

■ = Both Schools ■ = LMEE Only ■ = LMA Only