



HAPPENINGS

18323 Kuykendahl Rd, Spring TX 77379

Telephone (281) 370-6100

www.cypresswoodmontessori.com

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A very Happy, Prosperous and Peaceful New Year to Y'All!

Welcoming New students to our family

We would like to welcome all the new children to our small family of Cypresswood Montessori.

Computer Classes -THANKS to the Bosco family!

We thank Dave and Krista Bosco , parents of Aiden and Bella for donating a new computer to the school! We have started Computer classes for the Pr-Pr II students this month.

Thank you to ALL our parents:

We would like to thank Nasreen (Iliyaan's mom) for donating some wonderful foam (The students made snow people). Cara, Paul's mom for all the cards, Denise, Alexis's mom for books and toys . Thanks to all the parents who have brought goodies to eat for the Cypresswood Montessori staff all through out the year. Sorry if we forgot anyone!

Toddler's Class I & II

We are concentrating on using our words, and labeling the things that we do everyday and the emphasis this month is on the five senses. We are very delighted to say that Toddlers I are doing great with Mrs. Jhanshi. They are now well adjusted and acquitting very well with her in the daily routine of the classroom.

Pre-Primary II class

The Kinder Kids in had a great time wrapping up like mummies with our Africa theme.



Pre- Primary Curriculum for January: Africa, Polar Region, Weather and Texas

- Cowboy Gear, The Texas flower- Bluebonnet
- Parts of horse, Armadillos
- And much more

Is your child a Picky Eater ?

Yogic Breathing Techniques

It can be used to reduce stress.

The Bee's Breath: (Lowers high blood pressure)

Breathe in and have your breath out---lightly tap on your chest.

The Dragon's Breath: (clears out toxins)

Breathe in through your nose and let everything out and stick out tongue. (Mouth open wide)

The Om breath: Hands together like praying.

Breathe through nose and inhale and open mouth and say Om, and then close mouth and do it.

What to do when baby cries, from Montessori life Magazine

Try to identify the kind of cry and what the baby's behaviors telling you. Use clues like when did the baby had last nap, diaper change, and time of last feeding. Sometimes if they are overly stimulated it can add to the cry.

1. Walk with the baby. Even rock up and down or gently sewing.
2. Use white noise or motion. Parents say that they set their infant on a washing machine, or use a "white noise" machine to soothe the baby.
3. Another way to quiet a fussy, unsettled baby is called a "football hold." Placing the baby across your forearm on their belly, chest in your hand, legs and arms dangling, your other hand securely on his back, you can gently rock the baby up and down. When the baby begins to quiet, they will lift their head and look around. This method can offer a short break for desperate parents.

Director's message:

We appreciate each and everyone of you and the team here really nurture your children!

You beg, you plead, you bargain, you worry. But no matter what you try, your child refuses to eat anything but grilled cheese, no crusts allowed. Your child violently opposed to vegetables of all kinds and colors, and seems to have a love/hate relationship with the few fruits he/she will eat. How can a child who eats so little stay so healthy? The fact is, most kids do quite well nutritionally despite erratic eating habits. Your child might not eat very much, but he doesn't have to. Kids get the nutrients they need from a helping about a tablespoon per year of age. Although it might not seem like it, a bite of this and a piece of that do add up to a nutritious diet. This is where you come in. As a parent, it is your job to decide what you child is offered to eat, and as well as when and where and even whether he is offered something to eat. It's the child's responsibility to choose how much to eat. As members of a population where fully 67 percent of adults are overweight, we need to allow our children the option of not eating too much. We tend to love our children with food. In fact, parents need to learn trust their child's judgment. There are also a lot of control issues when a baby moves from babyhood to childhood. If your child doesn't eat don't get uptight. There are lots of alternative source of calcium, like yogurt, cheeses, and leafy vegetables. If your child won't eat meat, use alternatives like eggs, beans, or wheat germ. It's ok to be creative.

Warm jackets and extra clothing:

Please make sure to bring extra LABELLED change of clothes for your child to keep as spare. We have a very slim supply of extra school clothing. Few get returned and this puts us in the scarce. With the cold weather, please send labeled jackets, mittens and hats. Children will go out, get some fresh air and warm up running around!

Tuition Reminder: Just a friendly reminder that tuition is due on 1st of each month and considered late after the 3rd of the month. It really helps us to have tuition paid in a timely matter so we can fulfill all of our financial obligations each month. We appreciate your support in this matter. The 15th payments are due on the 15th with no grace period. If you are paying late, please add \$5 late fee per day.