



# HAPPENINGS

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**"Punishment demands obedience.  
Consequences permit choices."**

**A very Happy, Healthy, Prosperous and  
Peaceful New Year to All!!**

## **Is your child a Picky Eater ?**

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.

## **CONGRATULATIONS 😊**

Ms. Kimberly Torretti was awarded the Teacher of the Year Award. Her involvement in the school is tremendous and we thank her very much for all that she does for the students and school!!

## **Classroom Happenings:**

**Infant Room:** We have a mixed age group, our children range from 6 wks to 18 months of age. The older children have begun to put away the toys after playing, and by seeing this behavior the younger infants will adapt similar behavior. Our baby room is a very busy with constant activity such as reading books, singing songs, playing outside with the older ones who are starting to walk, and lots & lots of interaction with the babies.



**Toddlers:** This month we talked about snowmen, reindeer, snowflakes and snow. They sang "Frosty the snowman", Rudolph the Red Nose Reindeer", and "Jingle Bells". Children practiced transferring bells with tongs and spoons. In January children will be discussing cold and hot weather. We will talk about the clothes we wear in the cold weather (hats, gloves, scarves, etc.) We will talk about animals that like cold weather.



**Pre-Primary I:** Children have been busy with Christmas celebrations. Singing Christmas carols and getting snowman and lacing cards ready for the Christmas trees at home. Our children have been talking excitedly about seeing Santa Claus at the mall and the presents they are expecting to get at Christmas and guess what, whenever they are not ready to listen in class there is always a song that settles them down that is "Santa Claus is coming to town". With the start of the New Year our class is getting ready to explore new topics. In the month of January we will be talking about weather and how it affects us. We will also be exploring life in the polar region, the Continent of Africa and our state Texas.

**Pre-Primary II:** Our classroom pet SKIPPY (the antlion) has some new buddies. We named them Max, Sponge Bob and Pokie. The children also have been observing a Monarch butterfly that emerged with deformed wings. We have been feeding it sugar water daily and have enjoyed the close encounter with taking care of flip flop. The life span of the adult Monarch varies, depending on the season in which it emerged from the pupa and whether or not it belongs to a migratory group of Monarchs. Adults that emerged in early summer have the shortest life spans and live for about two to five weeks. Those that emerged in late summer survive over the winter months. The migratory Monarchs, which emerge from the pupa in late summer and then migrate south, live a much longer life, about 8-9 months. In January, the classroom will be learning about Africa. The children enjoy learning about Ancient Egypt, mummies, pyramids, and pharaohs. It is always a hot topic.

## 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.

These wonderful yogic breathing techniques can be used anytime and anywhere even at work or office. You can do these breathing techs to release the stress and toxins out of your body.



## Thank you to ALL our Parents:

We would like to thank Joan (Brady's Mom) for the huge stack of Christmas cards donated to the school, and bringing lunch for the staff. Lindsay (Kai's mom) for donating useful items. 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!

## Thanking the staff members!

We would like to thank our wonderful staff members for a great year. They really are a difference maker in the children's lives.

**Earn 10% off your 1<sup>st</sup> month's tuition by referring someone to our school!!**