

HAPPENINGS



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"The important thing is not so much that every child should be taught, as that every child should be given the wish to learn."

-John Lubbock

Benefits of YOGA

As part of our school curriculum we integrate Yoga as part of our body movement for our primary children. Yoga improves body awareness physical confidence and self expression.

Yoga improves flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the overall of the body. Yoga also helps increase the good energy. It also helps improve the focus. Since young children have a short term attention, Yoga involves attention and focus children boost their ability to concentrate, which has benefits for work and play.

Yoga provides the means for people of any age to get and stay in shape but also to develop balance, coordination, and a sense of centeredness. It renews, invigorates, and heals the body- stretching and toning the muscles, joints, and spine and directing and oxygen to the internal organs (including the glands and nerves).



Downward dog yoga pose

Outside Play

Outside time is an important time for each child. The child is able to use his/her gross motor skills. We provide outdoor activities such as jumping, climbing, sliding, as well as learning to take turns. We have a nice sand area where the children can learn to build, create and play dramatically.

There are also many more reasons why young children should spend time outdoors as much as possible! Not only is the outdoors the best place for children to practice and master emerging physical skills. But it's also the place where children are likely to burn the most calories, which helps prevent obesity. Also, the outside light stimulates the pineal gland, which is the part of the brain that helps regulate our "biological clock" is vital to the immune system, and makes us feel happier. Outside light also triggers the synthesis of Vitamin D. And a number of studies have demonstrated that it increases academic learning and productivity. These are just some of the reasons why recess is so important!!

Thanking the staff members!

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

Wishing you a very Happy Holiday season and a Very Prosperous, Happy and Healthy New Year!

Toddlers and Infants

Our toddlers and infants are building up their vocabulary with the words like sharing, snowman, reindeer, stars, decorations, giving, etc. They will be learning all these holiday related vocabulary and making arts and craft projects. Please do reinforce these vocabulary words with your child at home so they can retain these words with the help of the parent's repetitions.

Holiday Party Tues, December 16th

All the classrooms are practicing Holiday songs that they will be singing for their friends and staff.

The children and staff will be dressed up and will be enjoying the atmosphere and all the goodies!

Primary Classroom

For the month of December, our Primary children are learning about the symbol and facts of Christmas trees. They've also learned about the holidays around the world and their significance for the occasion. Like in Germany, they believe that Weihnachtsmann (St. Nicholas) walks the streets on the night of the 6th and leaves presents in the children's shoes which they have left "outside" their door. If their behavior was bad he leaves switches or coal. If they were good he leaves candy and goodies.

Some facts about the Christmas tree:

- Christmas trees take 7-10 years to mature.
- Christmas trees remove dust and pollen from the air.
- In 1856 Franklin Pierce, the 14th President of the United States, was the first President to place a Christmas tree in the White House.
- President Coolidge started the National Christmas tree Lighting Ceremony on the White House Lawn in 1923.
- In 2002, 32 percent of Christmas trees displayed in United States were real; 49% were fake!

Wishing you all a wonderful, safe and happy holiday season from all of us here at Cypresswood Montessori!!



Ingredients

- 2 cans (8 oz) Pillsbury refrigerated dinner rolls
- 1 pack (8 oz) cream cheese, softened
- ½ cup sour cream
- 1 teaspoon dried dill weed
- 1/8 teaspoon garlic powder
- 3 cups finely chopped assorted vegetables.

Directions

1. Heat oven to 375 F. Remove dough from cans in rolled sections; do not unroll. Cut each section into 8 slices.
2. Place slices, cut side down, on ungreased cookie sheets to form trees. To form each tree, start by placing 1 slice for top; arrange 2 slices just below, with sides touching. Continue arranging row of 3 slices, then row of 4 slices, ending with row of 5 slices. Use remaining of slice for trunk. Refrigerate one tree while the other bakes.
3. Bake one tree 11 to 13 minutes or until golden brown. Cool 1 min; carefully loosen with pancake turner and slide onto cooling rack to cool. Bake and cool second tree.

School Closures: The school will be closed the following days:

Wednesday, December 24th - Christmas Eve

Thursday, December 25th - Christmas Day

Thursday, January 1st - New Year's Day

We would greatly appreciate if you would let us know of your holiday plans and when your child will not be at the school. This will allow staff to plan some time off.