

Élan Vital Newsletter



Élan Vital Montessori School

Grandparents Day—Celebrating Generations

Grandparents Day is an officially recognized national holiday that falls each year on the first Sunday after Labor Day.

However, many schools and community groups are organizing Grandparents Day (or Intergenerational Day) events at any time during the year as a way to bring together families and build community.

Children have an opportunity to show their appreciation and love toward their grandparents (and other special older adult friends), and grandparents feel valued as their role is validated.

These events can also be a steppingstone for creating long-term intergenerational programs.

At Élan Vital, our Grandparents Day event will involve both biological Grandparents and "Grandfriends" or other older adult mentors. It's a celebration of the value of all generations and the special relationships between them.

Grandparents should plan to arrive at 10:00 am and join their grandchildren in their classrooms. There will be a variety of activities – some the grandparents and grandchildren do together, while others involve children showing grandparents their projects or other things they've learned or done in class. At 11:30, the half-day students will be dismissed (with their grandparent, if parental permission is granted).

Grandparents of full day students are welcome to stay

and lunch with their grandchild. Weather dependant, we'll picnic with bag lunches brought from home either outdoors or in the classrooms. Parents may supply the bag lunches for both grandparent and child or the grandparent may bring their own. After lunch, the Grandparents will leave and the students will finish their school day.

**EVM's
Grandparents Day
will be celebrated
on March 19, 2010
beginning at
10:00 am.**

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Important Contacts

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**An Élan Vital Montessori Summer
information is now on our website
under Programs. Enrollment is
limited, so reserve your child's
spot today!**

**Refer another family to EVM
and you both save money!**

Details to follow!



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MONTESSORI SCHOOL Inc.
BATON ROUGE, LOUISIANA



Apple Squares



Healthy Snack Recipe for Kids

Prep Time: 25 Min; **Cook Time:** 30 Min; **Ready In:** 55 Min

Ingredients

- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 cup butter or margarine, melted
- 1/2 cup packed brown sugar
- 1/2 cup white sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup chopped apple
- 1/2 cup finely chopped walnuts
- 2 tablespoons white sugar
- 2 teaspoons ground cinnamon

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch pan. Sift together flour, baking powder, salt,

and 1/4 teaspoon of cinnamon; set aside.

2. In a large bowl, mix together melted butter, brown sugar, and 1/2 cup of white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, and then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.
3. Bake for 25 to 30 minutes in preheated oven; finished bars should spring back when lightly touched. Cool in the pan, and cut into squares.

Nutritional Information

Apple Squares

Servings per Recipe: 16

Amount per Serving

Calories: 119

- **Total Fat:** 3.3g
- **Cholesterol:** 21mg
- **Sodium:** 103mg
- **Total Carbs:** 21.5g
- **Dietary Fiber:** 0.5g
- **Protein:** 1.2g

Primary Snacks for the week of:

3/1 — Emilia W.

3/8 — Ani W.

3/15 — Noah W.

3/22 — Elizabeth A.

3/29 — Brinkley A.

Montessori Concepts and Terminology

“Work”

The Montessori education concept is based on going from concrete to more abstract lessons, referred to in Montessori lingo as “works,” which are really just manipulatives.

These well-designed, highly specialized manipulatives for each “work” make the abstract ideas much more accessible to a child.

Each new work is introduced to the student only via a one-on-one lesson with the teacher.

Thanks to this individualized instruction, the teacher can wait

until each student is ready for the next level of abstraction before introducing it.

There can be no “skipping” lessons in the Montessori curriculum. Mastering each lesson is a means to an end in each competency.

So much of the “work” that is being accomplished during the year is invisible to you. Your child cannot bring home the pink tower or the metal insets, and often your child will be able to tell you only what was for snack and who made a disturbance in class.

You, of course, may ask your child's teacher for information

on what happens during the day, but coming to observe your child is the best way to find out what your child is doing.

In the meantime, look for the “work” that will come home from time to time. Sit with your child and go through the collection together. Encourage your child to talk about what he or she has brought home to share with you, for in the eyes of your child, what is being showcased is nothing less than the very best.



Primary News

What a busy month we have had!

Thank you to everyone that helped and donated things for our Mardi Gras and Valentine's celebration. The children had such a wonderful time, and Catherine and I are so happy that they were able to have the parade. We were so worried that they would not be able to because of the snow day. Can you believe that it has snowed three times this year?

Also thank you for donating the items for the Haiti kits. They have all been put together and are headed to the Methodist church. We are so sad now to hear the news about the earthquake that occurred in Chile. Catherine and I will be talking with Heather Day, who helped organize the Haiti kits, to see if there is anything we can do to help the people there.

Soccer will be starting soon! The children talk about the soccer team a lot at school and are so excited to have a team! Thank you so much to the Funes family for organizing this!

The children have been busy little bees in the classroom! So many of our children are reading and bringing home books every day to share with their parents. We are so proud of this. The children have responded very well to Catherine and me choosing some of their works each day. We will continue that for as long as they seem to need it.

Peace!
Katie and Catherine

Elementary News

The Elementary class has doubled in size! In January, Ethan joined us. Then in February, we were joined by London and Ra. The students have done a great job in welcoming them to Élan Vital.

We had many fun and messy days preparing for the school wide Mardi Gras parade. There was lots of painting of WhoDat masks and the sides of the floats. Getting to pull their primary friends during the parade was definitely a highlight.

The class requested a lesson on CPR.

After learning about emergencies and how they can help, we brought out the CPR mannequins and practiced giving compressions and breaths while calling 911.

In science, the class has learned about what the Earth is made of and its different layers along with how an electron's charge can cause static electricity. Bringing out balloons and testing the charge on all types of surfaces caused much excitement.

In preparation for the 2010 Winter Olympics, we read books about the first Olympics. The class just could not believe that women were not allowed to participate or even watch at the first Olympics in Greece.

There is much anticipation for warmer weather so that the class can learn diving skills at the deeper outdoor pool during our Friday visit to the YMCA pool.

Heather

Student Reporter

Each Month we will be featuring a different student reporter to give us a child's perspective

Heather: Why should students come to our school?

Kenneth: helps you learn lots of exciting things and it is fun.

Heather: What is your favorite part of school day?

Kenneth: swimming

Heather: What are you looking forward to learning about next month?

Kenneth: The kinds of things that live underground.

Heather: What new things have you learned lately?

Kenneth: multiplication on the checkerboard

Heather: What do you think about having more students in your class?

Kenneth: We should get two more students. That would be cool.

Heather: What is your favorite area in the classroom?

Kenneth: The math area.



This month's student reporter is **Kenneth Menville** in the Elementary class.

Follow the Child

Zebras Are Black and White, Parenting Is Not

There is a dizzying array of parenting advice out there and countless methods to solve every parenting issue from potty training to temper tantrums. Some is congruent and complimentary and some is quite contradictory. It can be absolutely maddening!

This array exists because no one single method is likely to work for every child. With so many different personalities and preferences to navigate, one method alone will not be successful for most children.

Furthermore, to choose a method without considering your child's temperament is like grabbing a pair of pants without considering the cut, color or size.

While conventional parenting focuses on the problems, Montessori parenting phi-

losophy focuses on your child. Rather than tackling parenting issue by issue, support your child's development stage by stage. Conventional parenting advice looks like this: "When children do x, then do y." If only it was that easy! Raising kids would be like baking a cake. Unfortunately, this is a highly oversimplified attempt at a solution.

Zebras are black and white. Parenting is not. A rigid, black and white approach is counterproductive. Effective parents successfully adapt their approach to their unique children and life's ever-changing circumstances.

I learned the need for flexibility by spending nearly a decade as a Montessori preschool teacher. Some children could manage well with few limits and restrictions, while others required a different approach. This is to be expected. That's why Maria Montessori advocated for, "following the child."

"Follow the child" does not mean to let the child do what he wants. It is not a submissive, hands-off approach to parenting. It is simply an acknowledgment that the child has his own unique needs and temperament. We need to take into account where the child *is*, rather than impose our idea of where he should be. We need to parent with the child's perspective in mind.

Emily Geizer
Real Parenting Solutions



Save the Date!

May 22, 2010
Rain Date June 5

It's time to clean out your closets, garage, and attic and donate your unwanted "stuff" to Élan Vital Montessori's First Annual Community Yard Sale!



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MONTESSORI SCHOOL Inc.
BATON ROUGE, LOUISIANA

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