



November 2016 Newsletter

Dear Parents,

It is hard to believe that it is now November, and your child's first progress report will soon be sent home. The growth that the children have accomplished in just a few months is fascinating to watch. Every day the teachers and I are so happy to work with the children. With so much technology, and so many choices of activities to do in our busy lives, it is nice to acknowledge that the parents of Sunrise Montessori School are doing a beautiful job with guiding their children. Thank you.

Amy Gilman – Jackson's mom, launched our Nutritional Program on Healthy eating at school recently. Amy is a Registered Dietitian Nutritionist (R.D.N.), and she shared healthy tips for eating well with our Sunrise children this week. Amy read a book and talked to the children about why the colors of certain foods are good for certain parts of your body. There are so many different colors of food, and when Amy was done with the Nutritional presentation, she gave each child **"The Super Crew Colorful Food Tracker Chart"** to be filled out by your child and you. If you need another copy of the Food Tracker Chart, please just ask at the office or view it on the [school's website](#) under the Digital Backpack link.

Thank you so much Amy – your presentation was special.

In each upcoming newsletter, you will find a kid-friendly recipe that both you and your child can prepare together.

The Super Crew® Kid's Pumpkin Pancakes

INGREDIENTS

| | |
|---------------------------------------|---|
| 1 egg | ¾ cup unbleached white flour |
| 1 cup 1% milk | ¾ cup whole wheat flour or oat flour |
| ½ cup cooked pumpkin | 1 tablespoon sugar |
| 2 teaspoons baking powder | ¼ teaspoon ground cinnamon |
| A Pinch of nutmeg and powdered ginger | 2 to 4 tablespoons vegetable oil, as needed |

DIRECTIONS

Mix all ingredients (except oil) in a large bowl. Heat 1 teaspoon of oil in skillet. Add ¼ cup of pancake batter at a time, cooking until bubbles form around edges. Flip and cook 1 to 2 more minutes, until light golden. Repeat with remaining oil and batter. Then enjoy!

*****Nutrition Tip:** Orange foods, like pumpkin, are full of Vitamin A and beta-carotene. They keep your skin and eyes healthy. Beta-carotene helps you see in the dark.

Offering quality Montessori preschool, pre-k transitional and kindergarten programs since 2005.

31 Hayward St., PO Box 515, Franklin, MA 02038

www.MySunriseMontessori.com

Syed Azhar has prepared the Small Hands Montessori Services Catalogs, and they are now ready for you to order. You are welcome to order on line, too – just remember to use the School's code: 130331 and the school will receive the points towards a discount on their order in February. There are so many nice items in the catalog; the quality of the items is excellent. I order for my grandchildren each year, and they continue to play with the items I ordered.

Buy Back Halloween Candy – Thank you to all the families who donated candy for the troops overseas. 60 lbs were given by Sunrise Montessori School's Families – thank you so much. I am sure the troops, who are serving our country, will enjoy the delicious candy and the cute notes that will be sent to them. Thank you to Arcadia Dental for helping us to participate in this program. The school raised \$100.00 by participating in this program. Thank you to Saghi Saadi and Amanda, the Tooth Fairy, who gave all our children a tooth brush and tooth paste. Amanda also did a short presentation on how to take care of our teeth and how to brush our teeth twice or three times a day.

Upcoming Events

Food Pantry Walk is an Annual Event at Sunrise. This year it will be held on Monday, November 14th. The children enjoy donating food items to families in Franklin, and they do a wonderful job walking to the Food Pantry. Once we arrive at the Food Pantry, a Food Pantry Volunteer gives a presentation on the history and the purpose of the Franklin Food Pantry. We unload our wagons and then we take the journey back to school with many of the older children riding in the wagons and the little ones very content to walk all the way back to the school. We do need adult volunteers to walk with us (and to sing). Join us if you can. Please make sure your child is dressed appropriately for the weather. If it is cool in the morning, please send in a pair of mittens and a hat. Also remind children to wear comfortable shoes – preferably sneakers. The Food Pantry isn't that far from the school, but along the way we want to make sure your children are comfortable.

Preschool Fair

The Preschool Fair (hosted by the Franklin MOMS Club) will be held Tuesday, November 15th at the Norfolk Public Library from 5:00 – 7:00pm. If you have a neighbor or friend looking for information on preschools, then this is the fair to attend. Sunrise will have a table this evening as well, and we will answer any questions families have about Montessori Education and our school. Typically the preschool fair encourages families to visit our school for observations or to come to our Open Houses in January and February.

Picture Day is Wednesday, November 16th – just in time for the holiday season. Please return your packets by Tuesday, November 15th – so we can hand them to Mr. Vicario as he takes each child's picture. If you just want a class picture only, please let your child's Lead Teacher know. The cost of one classroom picture is \$9.00.

Thanksgiving Feast is on Tuesday, November 22nd. This is when both classrooms will come together to share food with each other. Every child from Sunrise is invited to the Thanksgiving Feast. The children will be making and baking their food. This year they will be making apple sauce, butter and baking corn bread. Served with the food that they make will be a choice of water or apple cider. Place mats and name tags will also be made by the classrooms.

Tuesday, November 29th A representative from the MA Department of Early Education and Care will be coming to renew our license. Our Licenser will be with us all day, and she will check that everything is up to date and in order; this includes medical forms, including vaccinations (or exemptions) and lead screening. If I have given you reminder notes, please complete this request before November 29th. Also, whenever your child goes for an annual wellness physical, the school needs to have a copy of the most recent form on file. Thank you.

Looking Ahead

Parent / Teacher Conferences

On Friday, December 2nd there is no school due to conferences and on Monday, December 5th dismissal time for everyone will be at 12:00 Noon. Conferences will take place in the afternoon on that day.

Pot Luck Supper, Wednesday, December 21st – Sunrise Montessori's Pot Luck Suppers are always fun to attend. Please bring a dish of food that would be enough for your family; it will be placed on the table for everyone to share. We will post a sign up list the week before the Pot Luck Supper and families can write down what they plan to bring. This is a family event and usually the children participate in some kind of entertainment so if grandparents want to come too, they are welcome. Just let us know so we can order enough tables and chairs. Thank you.

Please stay safe and healthy,
Karen Roeber, Director

Keeping in touch

If you have any questions or comments, please know that you can reach us via email. As the teachers are working with the children during the day, please note that a reply to your question may come after the afternoon dismissal or later. If your message is urgent and you need to reach someone right away, please call the school at 508-541-8010.

Director, Karen Roeber: Director@MySunriseMontessori.com

Lead Teachers: Andrea Koska: Andrea@MySunriseMontessori.com

Elizabeth Mason: Elizabeth@MySunriseMontessori.com

Kara Stegeman: Kara@MySunriseMontessori.com

CALENDAR OF EVENTS

Please note that all current events, news and the academic year calendar are also found on the school's website:
www.MySunriseMontessori.com

Friday, November 11th – Veteran's Day holiday. No classes, no extended day.

Monday, November 14th – Food Pantry Walk. Please make sure your child is dressed for the weather!

Tuesday, November 15th – Preschool Fair at the Norfolk Library beginning at 5pm.

Wednesday, November 16th – School picture day.

Tuesday, November 22nd – Thanksgiving Feast in classrooms.

Wednesday, November 23rd through Friday, November 25th – Thanksgiving Break.

Friday, December 2nd - Conferences; all day – No school; no extended care

Monday, December 5th - Classes in morning; Conferences in afternoon; no afternoon extended care