



June 2017 Newsletter

Dear Parents,

It is so hard to believe that we are approaching the end of the school year. It was such a wonderful year and a pleasure to work with so many beautiful children. Every child has grown so much, and the teachers and I are so proud of their accomplishments. Some children who were initially shy at the beginning of the school year are now telling us long stories that are very cute and descriptive. When one works with children, every day is a special day. Thank you for sharing your children with us.

Well, I felt really guilty about our field trip to Stony Brook and the fact that it rained. Once again, we have rain this week. The odds were very much against us. On the bright side, our gardens are so green, and haven't needed to be watered. However, I now think the rainy days are leaving us and yes, we do need families to sign up to water the Community Garden on King Street at least once throughout the summer months. It is in a beautiful location, and the children can play on the playground after they water the garden. This year we have tomatoes, squash, eggplant, kale and beans. The strawberries are nicely growing at the end of the garden. Please help yourself and eat the strawberries while you are watering the garden. All the food that we grow will be donated to the Franklin Food Pantry. The Food Pantry families love receiving the fresh vegetables from Sunrise all summer long. Thank you for your help.

Father's Day Breakfast

The children are so excited about the Father's Day Breakfast. They are planning special things for dad. The breakfast will be served as you walk in, but the special performance is scheduled to happen around 9:25am for Classroom B and at 8:55am for Classroom A. We hope that you love pancakes because there will be a lot of pancakes. Coffee and orange juice will also be served.

End of the School Year Ceremony

The invitations for the End of the School Year Ceremony went out last week. If you have any questions, about when, where, or how the ceremony happens, please don't hesitate to ask. Most important is to wish for a sunny or fair weather day – (which means “No Rain”). However, if it does rain, yes, we will plan for an inside ceremony. Not as pretty, not as quiet, and not as peaceful. But still nice. Just wanted you to be prepared. See everyone soon and bring your camera!

Cubby clothing, slippers and medication reminder

Don't forget to collect your child's belongings by the end of the Teddy Bear picnic. Also, if your child has any medications at school, please come see me, and I will return those to you. Note, we *can't place medications in a bag that goes home with your child* – we need to hand all medications to an adult.



In the event you've forgotten something, don't worry; we will be at school throughout the week. Just call ahead before coming in.

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

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

www.MySunriseMontessori.com

Health & Nutrition corner

by Amy Gilman – Registered Dietitian Nutritionist (R.D.N.)

Sweet Potato Macaroni and Cheese (superkidsnutrition.com)

This is a gluten-free version of a kid favorite. Pasta made with beans (such as chickpeas in this recipe) provides a significant protein boost! Cook this pasta for about a minute and a half less than the instructions. It's better al dente. Sweet potatoes have many health benefits. They are high in anti-inflammatory benefits. One sweet potato contains about half of the daily recommended intake of vitamin C. Vitamins A and E also support a healthy immune system and are powerful disease-fighting antioxidants. Sweet potatoes taste good in a variety of recipes.

Ingredients:

- 2 boxes Banza Chickpea Pasta Mac and Cheese Classic Cheddar
- 1 box Banza Chickpea Pasta Mac and Cheese Deluxe
- ½ cup milk
- 3 tablespoons butter
- 1 cup pureed sweet potato

Directions:

1. Cook pasta according to package directions and set aside.
2. In a large saucepan over medium-low heat, heat milk and butter. Add the two powdered cheese packets from the two boxes of Banza Classic Cheddar and the creamy cheese packet from the box of Banza Deluxe. Stir in sweet potato, stirring frequently, until heated thoroughly.
3. Mix in cooked pasta and serve.

Makes: 6-8 servings

Keeping in touch

If you have any questions or comments, please know that you can also 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:

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Don't forget to sign up for the Summer Program! It is a great way for your children to stay in touch with their classmates, meet new friends and experience age-appropriate and exciting themes.

Please call the office
for late registration

Week 1: June 26 – June 30



Under the Sea

Week 2: July 10 - July 14



Transportation

Week 3: July 17 – July 21



Outer Space

Week 4: July 24 – July 28



On the Farm

Summer Program

Ms. Andrea and I are looking forward to the summer program. Week 1 focuses on the Ocean. We both have a unique love for the ocean and can't wait to share it with you. Our story teller, Dianne Edgecombe, will be coming that week to tell us all a mysterious ocean story. For Transportation Week (week 2) we invited a Transit Authority person to discuss train safety. Week 3 features outer space, and I'm sure there are quite a few aspiring astronauts in the group. During the final week of our summer program we have a Puppet Show based on the popular book *Tops to Bottom*. Again, our summer will be an adventure and so much fun.

Thank you to Rebecca Baril

We can't thank Rebecca enough for being a great Parent Representative for Sunrise Montessori School this year. We wish her and her family well, and we hope that they will visit us often. Thank you again for all that you did with Sunrise Parent Association Meetings, fundraisers, board meetings, and so much more.

Announcing Sunrise's participation in Amazon Smiles

I wanted to pass along some exciting news for the school – we now participate in the Amazon Smile program. AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Every item available for purchase on www.amazon.com is also available on AmazonSmile (smile.amazon.com) at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

When you shop online, please keep Sunrise Montessori School in mind. Tell your family, friends, co-workers, neighbors.....every eligible purchase helps our school. Thank you to Syed Azhar for setting this up for Sunrise!

Sunrise Montessori School logo apparel

Thank you to everyone who placed an order for Sunrise Montessori School logowear. The order has been placed and your items will be available soon. If you missed the order deadline, don't worry. We will include information in the upcoming summer packet. Another order will be placed at the end of the summer.

Have an awesome summer!

Karen Roeber, Director

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

Thursday, June 8 and Friday, June 9 – Father's Day Breakfasts

Wednesday, June 14 – End of School Year Celebration in the Courtyard of Moseley Mills beginning at 10:45am. The day will conclude with a picnic lunch on the playground.

Monday, June 26 – Week 1 of our Summer Program begins.