



March 2017 Newsletter

Dear Parents,

I hope you had a chance to enjoy the snow this week. It pretty to watch as it came down and rolling the snow into a snowman was possible. My grandchildren and I made our snowman – I do have to say all that activity did wear me out a little. It was such a heavy snow and by the time we made our snowman, it was sleeting outside. So much for spring, but we do know warmer weather is just around the corner. Nevertheless, please continue to provide the children with all their snow gear. Thank you.



Enrollment

At this time, our enrollment is filling up quickly. It is wonderful to see so many returning students and alum families. The age range of the children next year spans from 2.9 until 6, and we are excited about the group of Kindergarten children. If you would like to know about the Kindergarten Curriculum please visit our web site to see the list of topics we cover for the year. If you know of anyone with Preschool or Kindergarten age children, please encourage them to take a tour.

Summer Program

If you are planning to enroll your child in the summer program, but you haven't sent in your paperwork yet, please do so as soon as you can. The deadline is April 28th with a maximum enrollment of 20 students per session. We would like to have an early head count so we can plan ahead. Thank you. We are looking forward to the 5 half and 5 full day options this summer because this is a change from previous years. We can't wait to see how it works out. In addition, we have many special activities planned such as a story teller, a puppeteer and more. Absolute fun!

After School Program – Thank you to Jessica Muccarione, who does a beautiful job with the after school program. Jessica has been with Sunrise for many years, and the children love her enthusiasm. Many of the children don't even want to leave at the end of the day. (Even the children who stay until 5:30). This program has grown from 5 children in previous years to 12 children this year. Each day Jessica plans a craft and story with the children. If your child is interested in joining us, please let me know.

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.)

Purple Power Smoothie Bowl (www.superkidsnutrition.com)

Smoothies are great on the go meals, but if you have a few minutes to sit down with the kids, go with a smoothie bowl. It's a great way to slow down and enjoy your food. Plus, pouring in a bowl is way to let kids get creative with toppings. Here are some ideas for toppings:

- Chia seeds, ground flaxseed or hemp seeds – all are great sources of omega-3 fatty acids.
- Old-fashioned oatmeal – a complex carbohydrate which is a source of sustained energy released slowly to your body.
- Nuts (slivered almonds, walnuts, crushed pecans) or a dollop of almond butter – all are heart healthy fats that can provide additional satiety, so you aren't hungry an hour after eating.
- Dark chocolate pieces - full of flavanols that help the heart pump blood more efficiently by dilating arteries.

Ingredients: (Serves 2)

- ½ cup fresh or frozen blueberries
- ½ cup fresh or frozen blackberries
- 1 banana
- ½ cup plain Greek yogurt
- 1 cup baby spinach
- ¼ cup 100% pomegranate juice or cherry juice
- 1 cup water (less if not using frozen berries)
- Toppings: Pick your favorite super foods! Some options include sliced banana, walnuts, chia seeds, hemp seeds, ground flaxseed or dark chocolate pieces

Directions:

- To a blender, add juice, water, yogurt, and fruits.
- Blend on high speed for 30-60 seconds or until mixture runs smoothly and is completely mixed.
- Pour into two bowls and add your toppings.

Enjoy!

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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Lead Teachers:

Andrea Koska:

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Elizabeth Yered:

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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 send in your application and deposit no later than Friday, April 28th.

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

Music and Spanish

Every other week we alternate Music and Spanish in the curriculum. Caitlyn Hart teaches Spanish and Mary Rett teaches music. Caitlyn prepares activities to go along with learning the Spanish words for colors, or numbers, or shapes and more. Mary Rett has taught the children many different and enjoyable, fun songs. I hope that the children are sharing with you a lot of what they are learning.

Chair Fundraisers

The chairs have been completed for classroom B. Each chair has a Sunrise family name on it. The chairs look so nice and neat. We have completed the first 20-chair order. 10 more chairs are on order and then, the last 10-chair order will follow. It does take a while to receive the chairs, but so worth it because they are beautiful. Thank you to Elizabeth Yered, who printed the names of families on the chairs. We also thank everyone who donated toward the chair fundraiser. The names are printed in a variety of colors, and the artwork looks professional. Classroom A's chairs should be completed sometime this spring.

Upcoming Events

Save the Date

From now until May 6th – you will be hearing a lot about our Spring Fair. We have 4 special parents already working on the Silent Auction and the Raffle Table. They are: Chair Person – Amy Gilman, Rebecca Baril, Elizabeth Orlando and Allie Lutkevich. This is such an awesome event, and it is our biggest fundraiser for the school. The event is open to the public so invite your friends, family and co-workers. There is something for everyone. If you would like a flyer to post to help get the word out, stop by the office or email me. The bouncy house from Franklin Party has been ordered and the train ride from Let's Party has been ordered, too. Amy Gilman and Rebecca Baril have provided us with a balloonist for that day who also does beautiful face painting. If you can help out the day of the fair (even for one hour), please let either Amy Gilman or Rebecca Baril know. Thank you.

Looking forward to warmer weather and Spring!

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

Friday, March 31 – Parent/Teacher Conferences all day; no classes, no extended day

Monday, April 3 – Morning extended day and morning classes only; dismissal at Noon.

Parent/Teacher Conferences in afternoon; no afternoon extended day

Friday, April 14 – Good Friday holiday; no classes, no extended day

Spring vacation – **April 17 – 21** Enjoy the time with your family

Annual Fair – Saturday, May 6 – Save the date. Open to the public. Invite friends and family.

Wednesday May 10 – Mother's day Tea; classroom B at 11:30am

Thursday May 11 – Mother's day Tea; classroom A at 11:00am

