



## January 2017 Newsletter

Dear Parents,

Welcome to the New Year! The children are settling into the colder weather, and they seem happy about all the snow. The snow is pretty for now. Please continue to send in your child's boots, gloves, hats and snow-pants. We go outside if the temperature and the wind chill factor are not below 15 degrees. We have a lot of new snow toys for the children this year, and we can't wait to see the children use them. There are snow blocks, snow shovels, snow ball scoopers and more. We also have plastic sleds for sliding down the playground hill.



### Pot Luck Supper

The Pot Luck Supper was an enjoyable evening and a great way for parents to meet each other. The children did a beautiful job singing, and the food was delicious. See the pictures on page 4 of the newsletter. There are a few spoons and a silver plastic dish left over from the pot luck. These items can be picked up in the entranceway of the school if they are yours. Mr. Roeber fixed our microphone, and someone can now be way across the room to speak.

### Chairs

Thank you to all the families who signed up to donate a chair to the classrooms. In total, we have 15 chairs to order for the New Year, and I will send in that order on Saturday, January 14th. That is enough to complete one classroom; we hope that we will soon be able to replace all the older chairs in both classrooms. Elizabeth Mason did a beautiful job marketing the chairs during the pot luck – thank you, Elizabeth. Her voice was heard. If you haven't already sent in your donation for the chair(s), please do so this week. Your check can be made payable to Sunrise. Please be sure to indicate on the memo line that the money is for the classroom chair(s). All donations will be acknowledged with a thank you note which will include the school's tax ID number.

### Uno's Restaurant Night

Thanks to Amy Gilman and you, the school had the best restaurant night ever. So many families attended, and the school raised \$182. It was also Lillian Zhou's birthday, and Uno's sang Happy Birthday to her. I am sure Lillian will remember her birthday for quite a while. How special.

### Giving Tree

Thank you to the Chisholm family for taking a leaf off the Giving Tree. The item listed on the leaf is Fun with Magnets from the Montessori Services catalog. The leaves on the Giving Tree have now turned into snowflakes, and there are quite a few items from which to choose. It is always fun to choose an item from the Giving Tree to give to the classroom.

### Small Blankets/Throws

At rest time, the children only need a small blanket/throw. Quite a few children are bringing in large blankets or rolled comforters. We realize these might be your child's favorite blanket, but we really don't have the room to store them. Please – only small blankets/throws. Thank you.

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

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

[www.MySunriseMontessori.com](http://www.MySunriseMontessori.com)

## Health & Nutrition corner

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

The cold weather and an early sunset during the winter brings up a question to many parents – What are we going to do with these kids today? Here is a healthy snack that is fun for cold, snowy days when you're stuck inside.

### Frosted Apple Donuts ([superkidsnutrition.com](http://superkidsnutrition.com))

The base of this recipe is apples. Apples are packed with fiber, which is important for heart health at any age. Apple skins are also a good source of quercetin, a plant compound that is a phytochemical, which helps fight off disease. Quercetin helps protect us against asthma and appears to be important for memory and brain health.

Don't be intimidated by the beet juice ingredient! You can buy vacuumed sealed beets at Trader Joes. Use the liquid from the package and it will be more than enough to color your yogurt. You can also make and freeze beet juice in ice cube trays for later use if you want to try this recipe a different day, or even as a natural food dye for other dishes.

### Ingredients:

- 1 large apple
- 4 tablespoons 0% plain greek yogurt mixed with 1 teaspoon of honey
- 1-2 teaspoons 100% beet juice
- Diced strawberries
- Chocolate chips
- Unsweetened shredded coconut
- Granola

### Directions:

1. Core and slice apple cross-wise into 4, 1/4" thick 1/4 slices
2. Combine yogurt and 1 teaspoon of beet juice in a small bowl -add more beet juice if you want frosting to be a deeper pink color
3. Spread 1 tablespoon of the pink yogurt frosting onto each apple slice then lightly drip with honey
4. Top each "donut" with strawberries, chocolate chips, coconut, or granola

## 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:

[Director@MySunriseMontessori.com](mailto:Director@MySunriseMontessori.com)

### Lead Teachers:

#### Andrea Koska:

[Andrea@MySunriseMontessori.com](mailto:Andrea@MySunriseMontessori.com)

#### Elizabeth Mason:

[Elizabeth@MySunriseMontessori.com](mailto:Elizabeth@MySunriseMontessori.com)

#### Kara Stegeman:

[Kara@MySunriseMontessori.com](mailto:Kara@MySunriseMontessori.com)



### Session 2 of the pizza program is underway.

Additional forms are available from the office or may be downloaded from the school's website. Look under the Digital Backpack link under Current Events.



## Upcoming Events

### 2017 – 2018 School Year

The priority enrollment period for current students, their siblings and alumni families will be held from January 9<sup>th</sup> through February 13<sup>th</sup>, and application forms for the 2017 – 2018 school year have been distributed. There is no cost to register your child at Sunrise (siblings and new applicants to Sunrise do pay a \$50 application fee), but you should return the enrollment form no later than February 13th to reserve a spot for the upcoming school year.

**The Children's Museum in Easton** will be at Sunrise on Thursday, January 12<sup>th</sup> to present a program titled, *Shhh, Hibernating and Migrating*. In the classrooms, the children have been doing activities and listening to stories on hibernating and migrating animals. Now that we have had snow, the children can also observe which animals stay active all winter long. All Sunrise children are welcome to attend this program on Thursday from 10 to 11am.

### Sunrise Parent/Family Association Meeting

Thursday, January 19th @ 6:00pm – Pizza, salad and water will be provided. Some of the topics we plan to discuss include: Getting to know each other, **Vendor Night** – February 3rd, (more details to come on this, but you can be part of the planning). **Annual Fair** – May 6th – in need of a lot of helping hands. **Summer Program** – great ideas and thoughts are needed. **End of the Year** – Field Trip, Gardening and much more.....Hope to see you all there.

**Admissions Open House** – Saturday, January 21 from 11:00am to 1:00pm. Please tell your friends, neighbors and co-workers about our upcoming open house. (We will also hold an additional one on February 11<sup>th</sup>) Parents and their children are welcome to explore the classrooms, meet the teachers, watch a Montessori lesson and learn more about our programs. Open House events are open to current families and the general public. No RSVP is necessary.

Application forms for the current and upcoming year will be available. If you know someone who is interested in enrollment, please refer them and remind them to list your name on their admissions questionnaire.

### Family Bowling – January 29<sup>th</sup>

Splitsville Bowling – 2:00 – 4:00 pm, Foxborough. Organized by Amy Gilman – thank you, Amy.

Flyers will be going out soon with more details. Participation by Sunrise students is free (paid for by the activity fee) – the cost for each sibling is \$8.00 - which is due no later than Friday, January 27th.

A sign up list will be available during the week of January 23rd.

## Looking Ahead

### Summer Program Surveys

Please remember to return your summer program survey. Additional copies are available upon request or you may download one from the school's website – see the Digital Backpack section under Current Events. Even if your child did not attend the summer program last year, we appreciate your feedback on the programs and services we offer.

Wishing you a Happy and Healthy New Year!

Karen Roeber, Director



### Weather delays and closures

As a reminder, Sunrise follows the Franklin Public School policy on delays/closings. Also watch Channels 10 and 12 for updates.

**For a 1 hour delay**, classroom A will begin at 9:30AM and classroom B will begin at 10:00AM.

**For a 1 ½ hour delay**, classroom A will begin at 10:00AM and classroom B will begin at 10:30AM.

**2 hour delay** means there will be NO morning programs but full-day children may come to school at 12:00pm. (Please bring your lunch).

For clarification on snow days and delays, you are welcome to call the school @ 508 541 8010



### 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](http://www.MySunriseMontessori.com)

**Monday, January 9** – Priority enrollment for current students, younger siblings and children from alum families. Application forms for the 2017 – 2018 school year will be distributed in early January.

Open enrollment will begin Monday, February 13<sup>th</sup>. Please tell your friends, co-workers and neighbors.

**Thursday, January 12** – Onsite visit by the Easton Children's Museum beginning at 10:00am

**Monday, January 16** – Martin Luther King, Jr. holiday; no classes, no extended day

**Thursday, January 19** – Sunrise Parent Association Meeting (SPA) at 6:00pm. All parents are welcome.

**Saturday, January 21** – Admissions Open House from 11:00am to 1:00pm. Currently enrolled families and the general public are welcome. Please help spread the word about Sunrise and our Montessori Programs.

**Sunday, January 29** – Family Bowling Day at Splitsville Howl in Foxboro.

**Friday, February 3** – Vendor Night

