

MEC Message

February Calendar	
Spring Fair Meeting 6:00 PM	2nd
4-H Meeting	5th
Chick-fil-A Night	9th
Math-a-Thon Meeting 8:30 AM	10th
Mardi Gras	15-16th
School Pictures	23rd
Parent/ Teacher Conferences	25th
School Holiday	26th

MISSING

Many of the primary aged children are missing their canvas take-home bags, and several of the 9-12 children are missing their take-home folders. Without them, papers cannot be sent to parents.

Please help us locate the folders and bags by looking on car floorboards and under beds, coffee tables and sofas!

Observing Heart Health Month

February is Heart Health month. Help your children make a commitment to live heart healthy by giving their school lunches a make-over.

Many of the lunchtime meals we are seeing sent for the children contain foods high in sugar, carbohydrates, and sodium. While packing pre-packaged foods are quick, easy and convenient for parents, they are usually not the best choices nutritionally.

Lunch ideas are sometimes difficult to come up with, so we would like to give you a few ideas to help you and your children.

Heart healthy foods begin with whole grains, fat-free and low-fat dairy products, vegetables, and fruits. Some great items to pack in your children's lunch boxes include the following:

Baby carrots and cut-up celery sticks with light ranch dressing

Sliced apple, banana or peach with plain low-fat yogurt

Pretzel sticks with chopped dried fruit

Whole grain bread with tuna or turkey

Unsalted nuts or popcorn (elementary

children only)

Graham crackers

Low-fat cheese

Unsweetened juice

Cherry tomatoes

Sliced bell pepper, cucumbers, or avocados

Rice cakes

Hard boiled eggs

Salsa, hummus, or bean dips, with baked chips and veggies or fruit

Give it a try and see if you can help your children develop healthy eating habits that will last a lifetime.

Registration Deadline Has Passed

Registration for currently enrolled students has passed. Beginning today, we will start scheduling interviews and accepting registration from new students. Siblings of

students already enrolled will be given priority for vacancies.

If you have a friend or family member that is interested in becoming a part of our Montessori community,

please have them contact the school office for a tour. New families are advised to turn in an application soon. We do not expect the vacancies we have to last long.

Spring Musical

This year's musical theme is **Cirque du Monte**. We will be performing several songs from various Cirque du Soleil shows. All sixes (first graders) will need to wear a black long-sleeve shirt and black warm-ups. These are currently on sale at many stores for winter clearance. All other students may choose from various costumes they may already own. You may seek ideas from the pictures on www.cirquedusoleil.com. Have fun with face paint, masks, wigs, hair-color spray, tights, and

anything else. All I ask is that you seek appropriate clothing that is below the knee and not strapless.

We are excited to announce that we will be performing at the Kress Building in the Black Box theater. We have outgrown our great room. This will ensure our comfort. However, I will need volunteers to dress the set on Monday, April 19th. Please call Mrs. Rozas at 487-6518 or 451-2784 to sign up. We will also

have a dress rehearsal downtown on the 19th. The students will do a light dress rehearsal for the primary classes on the 20th in the morning. The show will be on Tuesday, April 20th, immediately following the annual meeting at 6:00 p.m. We have to clear the set completely before we leave, so all hands will be needed! The students are excited about this new venture, but it will require much help from our many supportive adults.

School Policy Regarding Illness

Many children in the school have experienced illness in the past few weeks. It is flu season and we have had rounds of stomach virus and strep throat as well. Now is the appropriate time to remind families about the school policy in illness. Please review the following excerpt from the Parent Handbook:

A child who develops any of the following symptoms must be picked up from the school:

Fever
 Vomiting and/or diarrhea
 Red Throat
 Severe common cold
 Croup
 Excessive coughing
 Conjunctivitis (pink-eye) or other eye infection
 Any skin infection, such as boils, ringworm, impetigo, or unexplained rash
 Any symptom of a childhood disease,

(i.e. scarlet fever, measles, mumps, chicken pox)

Any lice or nits

A child must be free of fever, vomiting, and diarrhea as well as the symptoms (without being given medications), for at least 24 hours before returning to school. He/she must also be sufficiently recovered to be able to go outside and play at recess.

School Yearbook

The yearbook is coming along nicely. We have two pages left if you are interested in purchasing an advertisement. Please contact Dawn in the office if you wish to do so.

We need soccer pictures and photographs of other school activities. You may submit your photos via the www.schoolannualonline.com website. Once there, the school

username is 400007878 and the password is comicbook.

We will be taking picture retakes on Friday, February 5.

Amos/Snipes

Our children returned from their holidays ready to work, and are beginning to see big results—several of our 5-year-olds have finished writing to 1000, and we have added new readers to our roster.

The children have done some paper-weaving and tracing of ocean creatures. We had a special guest visit us for one show-and-share. Keiasia's Paw-paw Ulysses spoke to the children about "just saying no" to drugs and alcohol, as well as reading a story about responsibility. Thank you for a delightful visit.

We are looking forward to February (our heart month). Thank you to parents who have sent special snacks.

Hayes/Rodgers

The class attended the Rapides Symphony Orchestra's production of *Peter and the Wolf*, January 25th. The children enjoyed riding a school bus with the 9-12 class to the Coughlin Saunders Performing Arts Center almost as much as they did the performance. We completed reading *Charolette's Web* this week and look forward to our visit from Andrew's chickens on January 29th. Peyton has begun the decanomials and many in the class have been working hard on New Orleans Saints player, uniform, and mascot researches in preparation for the Super Bowl. The class has added *When The Saints Go Marching In* to their song repertoire.

Carlin/Reed

We welcomed a new student to our class. Kalynne joined us this month. She is getting used to our routine and her new classmates.

Mrs. Reed finished her last week-end of Montessori training in Hammond. She will be busy writing her papers now.

Our class is back to work doing reading and math jobs on the circle and our children are working with those materials.

We finished showing our globes and world hemisphere puzzle map on the circle. Ask your children to name the continents if they bring a map home!

GO SAINTS!

Voorhies/Runyan/Clabo

The 9-12 class had a very busy January; we have been working hard and accomplishing a lot. We had a Geography Bee on January 8. Congratulations to our winner, Christopher Aguilar. We have collected many items to send to Zimbabwe! Thank you for all of your support.

We attended *Peter and the Wolf* performed by the Rapides Parish Symphony Orchestra. The children enjoyed it.

The entire class read *Three Cups of Tea* by Greg Mortensen, and we had a book discussion on Friday, January 29th.

We will begin another geography research during the month of February. We will also have another 4-H meeting Friday, February 5th. Byron and Dana Cammack will speak to us about life in The Dominican Republic and ministering to the Haitian people.

Clair/Sharkey

January is a very settled time in our class. After the holiday excitement, we are glad to be back into the routine of language, numbers, practical life and sensorial jobs. We have seen a lot of growth in the children.

The cold weather has given us the opportunity to experience all things winter—snow, "Frosty the Snowman", the "Snowkey-Pokey", snowflake cutting, and punching, and learning to put on our own gloves and mittens. We are all working on those pesky separating zippers so that we can fasten our own jackets. Remember, Mrs. Sharkey is part polar bear—it doesn't get too cold for us to go outside.

We have a few housekeeping reminders for our parents. Please remember that we have 19 children at rest time. If your child needs a pillow, please make sure it is very small and thin (about 9x12). We have storage issues. The cold wet weather makes very attractive mud puddles on our playground, as well as inspiring more bathroom accidents. Please make sure your child has a change of clothing. We don't like to interrupt anyone's day to bring clothes, but we have no extras. Our classroom has tile floors. While some boots are very cute, those with high heels and hard soles are very noisy and distracting. They also slip on our floors. We have had a couple of accidents. Let's stick to soft soles, please. They are better for the playground as well.

Thank you to everyone who attended Parent Education Night. It was great to see such a good response. Welcome to our new student Alayna Jones. Alayna is three-years-old.

Gaiennie/Caraveo

Mrs. Gaiennie's students have has a busy start to 2010. They got right to work and are keeping their teachers busy! They look forward to new lessons in math, and everyone is busy with new language jobs. Of course, we are preparing for Valentine's Day projects and Mardi Gras. And, also, GO SAINTS !

4-H CLUB NEWS

We have been very busy in 4-H. Last month we collected items to send to Zimbabwe. Thank you for donating items to send. This month our community service will focus on the tragedy in Haiti. Please watch for information to be sent home detailing how you can contribute to this worthy cause. Thank you for all of your support.



Building A Strong Foundation For
Future Success

We're on the web
www.cenlamontessori.org

School Builds Points Through Reward Programs

Did you realize that many of the products you use every day can be turned into valuable rewards for the school? Currently, the Montessori Parents' Association collects **Box Tops for Education** (which can be found on many grocery items), **Community Coffee Labels, Coke Rewards** (on all Coca Cola products), and individual juice pouches (like **Capri Sun** and **Kool-Aid**).

Items recently received by the school rewards program include soccer balls, rhythm instruments, astronomy books, paper, jump ropes and art supplies. Some of the rewards are redeemed for cash. Please continue your support of the school by collecting these items and turning them in to the school office.

During the first week of February, Coca-Cola will double the value of all points redeemed. Please turn in as many points as possible this week!

Montessori Parents' Association

MPA will be selling short-sleeved t-shirts in February. They will be, royal blue with the Montessori logo on the front of the shirt. Order forms will be sent out soon.

The Parents Association will be hosting a **family dinner night at Chick-fil-A on Tuesday, Feb. 9.** Please join us from 5:00 to 7:00. Montessori Educational Center will receive 10% of all sales between these times. Plan on joining us the second Tuesday of every month for the rest of the school year.

Montessori Educational

Center participates in Box Tops For Education. If anyone is interested in assisting with this project, please contact Ladonna Hargis at lghargis@suddenlink.net.

Mark your calendars for the **Spring Scholastic Book Fair** on March 1-5. The potluck dinner was a success so we are going to try an Ice Cream Social on Thursday March 4th. Plan on bringing your family's favorite ice cream and toppings to enjoy while shopping for books.

The Annual Spring Fair is set for April 24th. The

first **planning meeting** will be **Tuesday, February 2, at 6 PM.** The meeting is open to anyone interesting in helping with the fair. We need a lot of help so please join us!

