

SANDS MONTESSORI REPORTER



THE SANDS MONTESSORI PARENT ORGANIZATION NEWSLETTER

OCTOBER 2011

BOOK FAIR

New this Year: Online ordering with expanded selection and no shipping costs! Begin your book fair shopping at <http://www.scholastic.com/schoolbookfairs/2908291>

Oct 3-6 Students will be able to shop during their Media Center time

Oct 3 Open House-you can shop up until 8pm

Oct 5 Safe Routes to School Kick Off-you can shop until 8pm

Please consider shopping for your child's classroom wish list too!

Cash or credit/debit cards ONLY

Contact: Mrs. Paulette Simpson
Sands Media Specialist 513-363-5064

SAVE THE DAY

Oct. 3 Open House 6pm-8pm

Oct. 9 Sands Carnival & Hike*Bike*Run

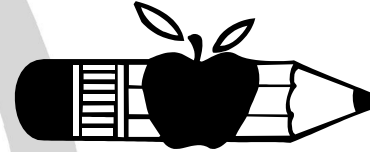
Oct. 14 Grandparents Day 9:30-10:45

Oct. 15 Box Tops for Education Due

NEWSLETTER

Articles, ideas, and comments regarding the newsletter are always welcome. Please email Alyssa Brandt before the 21st of each month at alysabrandt@amberlith.com
Articles may be edited for length and content.

FROM THE PRINCIPAL



What an exceptional team we have! From providing our students support during transitions, to guiding their learning activities, to supporting a nourished body, to keeping our environment clean, to being positive models of love and respect! Although we currently serve in many different roles, our impact is not prioritized based upon our title but rather, it is constructed based upon the whole experience, we as a team provide for our children and each other. I have served in various capacities (parent, administrator, paraprofessional, clerical substitute, teacher, mentor...) and if there is one lesson I've learned time and time again, it is that we are not in this alone! It is indeed with much appreciation, that I thank EACH of the members of our team for the work that we do every day to ensure success for ourselves and our students. I am proud of the work our team is engaged in and look forward to continued accomplishment.

Respectfully,

-Julie Ayers

Quick Tips for Helping Children Become Emotionally Secure:

Be clear what behaviors are acceptable and what behaviors are unacceptable. Rules must be based on what can reasonably be expected from children at their current stage of development. If rules change from parent to parent or day to day, this can create confusion and anxiety for children. Use a calm reaffirming voice when stating expectations.

State rules in positive, simple ways like, "I cannot allow you to wake the baby." Or "No, you may not touch the stove. It is hot and could hurt you."

Express pride, interest, and pleasure toward children and their daily activities.

Example: "I am so proud of the way you picked up the items in your room."

Children learn to trust us when they know they can count on us to support and understand them. Be reasonable with expectations, let your child know you love them and you will instill self-confidence that will lead to success.

**SANDS MONTESSORI
PARENT ORGANIZATION
"NO COST"
FUNDRAISING**

This is how you can raise money for Sands by just doing things you do already.

~Buy groceries at Kroger or Biggs; earn 4% of total purchases that go directly to Sands. Shop at Target; a percentage of your purchases go to Sands. Collect Box Tops, Tyson labels, Campbell's labels, drink pouches and earn money for Sands. For details on all these opportunities, go to smpo.net. Click, Fundraising; Click, "No Cost" Fundraising. Questions? Call or email David Doepke at 513-281-2739, smpo-fundraising@yahoo.com

~Don't forget to collect your Box Tops! Please deliver them to the Media Center by October 15. For more information about the Box Tops Program go to smpo.net

~Throughout the month of October, you can get a no-obligation auto or home insurance quote with Liberty Mutual, and \$5 per quote will be donated directly to the SMPO! It costs you nothing! You may get your quotes by phone or in person. Sherri will also be at the Sands Carnival with more information. With strong community participation, we hope to exceed our goal of raising \$1,000 from Liberty Mutual! Call Sherri Moore if you have any questions! (C) 513-479-2996

SANDS VOLUNTEERS

We have had an amazing response to SMPO volunteer requests. As of September 18, one or both parents of 318 students have offered their help with one or more SMPO events this year. That's almost 50% of the student body!

Montessori philosophy is based on the teacher-student-parent foundation and at Sands we are doing an AWESOME job on all three. The SMPO now has a volunteer database that has been shared with all

event owners and The Rudder so that when the need comes they can call on those volunteers to help. You should expect a call as the events are getting close. Thank you for answering the call!

Please visit us at Rudder meetings or contact me for an assignment.

Alma Bartos
Volunteer Coordinator
513-418-8217
BartosI@fuse.net

BED BUGS ARE BACK!

- Bed bugs move quickly over floors, walls ceilings and furniture. Bed bugs are wingless, approximately 1/4 inch in length with a flattened oval shape and rusty brown in color.

- They are active travelers, usually transported in luggage, boxes, clothing, furniture and even hair.

- Check for bed bugs on mattresses, bed frames and head boards, behind baseboards, picture frames, windows, door casings, loosened wall paper, curtains, cracks in plaster, and electrical wall plates.

- Bed bugs feed on any bare skin exposed while sleeping. Red itchy welts are an indication of an infestation. Another sign is small rusty spots on your mattresses and bed linens.

WHAT YOU CAN DO:

1. Reduce the amount of clutter and eliminate hiding places.

2. Vacuum mattresses, box springs and carpets, dispose vacuumed contents in a sealed plastic bag.
3. Cover mattress and box spring with plastic covers.
4. Spray bed bugs with alcohol in between professional treatments.
5. Wash bedding and garments in hot (120°F) water.
6. Put clothing in a dryer for at least five minutes to kill bed bugs.
7. Inspect any furniture or luggage being brought into your home.

This information is supplied by the Cincinnati Health Department. If you have any questions please call them at 513-591-6000 or Sands School Health Assistant.

Mrs. Judith J. North
School Health Assistant
Sands Montessori
513-363-5021
northju@cps-k12.org

SANDS CARNIVAL IS COMING

Date: Sunday October 9th **Time:** Hike/ Bike/ Run: 10-12 Carnival: 12-4

Place: Spirit of 76 shelter at Lunken Airport Go to smpo.net for more information.

The Sands Montessori Carnival: From a Student's Point of View

Head over to the Sands Montessori Carnival on Sunday, October 9th at the Lunken Playfield, otherwise known as a social sugar fest. This annual day is full of cotton candy, cake, soda, prizes, and fun.

In the past, my friends, siblings, and I have won six cakes combined in the Cake Walk: chocolate devil, red velvet, vanilla, you name it! When you leave the prize area you're thinking, "Why didn't I get that!" When you watch the principal get dunked or your teacher pop out of the water soaked, you can't help but chuckle or crack a smile.



This Sands family get together is one of those things you just can't miss!

-Olivia Reblando Room 2013

CPS DISTRICT WIDE SPEAKER SERIES AT SANDS MONTESSORI OCT 5TH AT 7PM

To kick off the Sands Montessori Safe Routes To School Initiative, Sands will host the CPS Positive Community Culture Speaker Series on October 5th at 7pm, featuring keynote speaker Julie Ispording. Former Olympic Marathon runner Julie Ispording is an award-winning radio host and the author of several books, including *Get Happy, Get Healthy: How to Make Small Changes That Give You Big Results*. The event is free and open to the public, though seating is limited.

CPS has been selected as one of the first large school districts in Ohio to participate in the federal Safe Routes To School (SRTS) program. Safe Routes to School (SRTS) is a national and international movement to create safe, convenient, and fun opportunities for children to bicycle and walk to and from schools. The program has been designed to reverse the decline in children walking and bicycling to schools.

The Safe Routes To School program fulfills three of CPS' goals:

Safety (It improves the safety of the neighborhood makes it more walkable for everyone.);

Health & Wellness (Walking and biking to school is one way to increase the fitness of students and reduce the risk of chronic diseases such as diabetes and heart disease while improving joint, bone and muscle health.);

Environment (Reducing the use of cars and buses reduces traffic congestion and improves air quality.)

AFTER SCHOOL YOGA FOR PARENTS & STAFF

Drop in for a yoga class taught by Cezarina Trone in the music room every Wednesday starting at 4:15pm. Cezarina already teaches our children yoga through the SEP, and she does it whole-heartedly. She enjoys getting to know our kids immensely, and is eager to expand that joy to the adult Sands community!

The yoga class for parents and staff at all levels. You may move at your own unique pace. There is no fee, but donations are appreciated. Bring a yoga mat, and wear comfortable clothes.

For questions contact:
Cezarina Trone
513-432-4887



CLIP & SAVE CALENDAR

Here is a listing of important dates and upcoming events for 2011-2012 .

- October 3 Open House
- October 5 Safe Routes to School Kick Off
- October 9 Hike, Bike and Run and CARNIVAL at Lunken Playfield
- October 14 Grandparent's Day
- November 10 International Night
- November 11 No School
Veteran's Day
- November 23-25 No School
Thanksgiving Holiday
- December 3 Breakfast with Santa
- December 16 Second Quarter Ends
- December 19 January 2 No School
Winter Break
- January 3 School reopens
- January 16 No School, MLK Jr. Day
- February 10 Family Fitness Night
- February 16 No School for preschool and kindergarten children
- February 17 Records Day
No Students
- February 20 Presidents' Day
No School
- March 9 Third Quarter Ends
- March 26-March 30 No School
Spring Break
- April 2 School reopens
- April 27 General Parent Meeting/
Ice Cream Social
- May 28 Memorial Day No School
- May 30 Last Day of School for Students
- May 31 Teacher Appreciation Luncheon

The dates above are subject to change; please check SMPO.net for updates or additions.

FROM THE KITCHEN

My name is Stephanie Neal, and this is my third year as the Lunchroom Manager here at Sands. I just wanted to take a minute and introduce myself and make sure everyone knows about the new things happening in the kitchen.

NEW COMPUTER SYSTEM: Over the summer, Food Services launched a new computer system so that all schools are linked with the same information. We also implemented a PIN NUMBER for every CPS student. Please work with your child and make sure that they know this 5-6 digit number. Since this is the way students are identified when they make any purchase (hot lunch, milk, or water) in the cafeteria, it is very important that the student's know this number. This is also the number they will use for their career in CPS when making purchases from the cafeteria, elementary or secondary.

PRE-PAY LUNCH SYSTEM: With the new system, it becomes easier to pay for your student's lunch. Lunches can now be paid for online through the PAYPAMS system. You can find the link from the general information link at the CPS website. You can also bring cash to the cafeteria and pay the Lunchroom Manager directly. For more information on the Pre-Paid lunch system contact me at 513-363-5098 or Food Services at 513-363-0800. This is a great idea even if your student rarely buys lunch. Things happen to packed lunches (being lost or forgotten, spill accidents, etc), this way your student will never have to worry about not having a back-up plan if something happens to their packed lunch.

NEW ITEMS AT BREAKFAST: Did you know that every student in CPS has the option of having breakfast for FREE? And we have some great new items (yogurt, cinnamon raisin pretzels, crunchmania) along with cereal, graham crackers, and pb & j bars. Students are also given the option of skim milk and orange juice.

FREE and REDUCED LUNCH APPLICATIONS: Regardless of whether your student purchases lunch or packs lunch every day, please take the time to fill out the application. Some of our funding is determined by the number of free or reduced students we have in the building, not by whether they eat hot lunch or not. Plus someone may qualify for paying \$.40 instead of \$1.85 per day and that can make a big difference!

FOOD ALLERGIES: For students with food allergies, it's important to go online and fill out the **CPS Food Services Department Special Dietary Needs: Eating and Feeding Evaluation Info Sheet**. Even if your student packs lunch every day, things happen and we may need to feed a student (lost or forgotten lunch, spills, etc). Please fill out this form, so I have the necessary information to give your child safe food choices.

If anyone has questions feel free to contact me at 513-363-5098.

Stephanie Neal
Lunchroom Manager

