

## REMINDERS

### PICTURE DAY

WEDNESDAY, OCTOBER 2<sup>nd</sup>

### PARENT NIGHT

THURSDAY, OCTOBER 24<sup>TH</sup>

6:00 p.m.

### NO SCHOOL

FRIDAY, OCTOBER 25<sup>th</sup> &  
FRIDAY, NOVEMBER 1<sup>st</sup>

### HEALTHY LUNCHES

If your child eats lunch at CHMS please remember:

- Pack quantities your child will be able to eat during their lunch time (around 30 minutes total).
- Check the sugar content of items you are sending.
- Include a form of protein your child enjoys.
- We provide orange juice (which contains the most vitamin C), milk or water. There is no need to send your child with an extra, sugary juice.
- We provide plates, glasses and cutlery.

Please help us to reduce our carbon footprint by packing your child's lunch in labeled, reusable containers.

### ILLNESS POLICY

Please review our illness policy. A child cannot return to school until 24 hours has passed without symptoms. They must remain home for: vomiting, diarrhea, fever, rash or lice.

## A Word From Ms. Megan

Hello Families, The first weeks of the new school year have been a whirlwind of learning new routines and reminders of the familiar. All classes have been focusing on taking care of ourselves and in turn taking care of others. For our youngest friends this means saying a confident goodbye, changing shoes on their own and washing their hands. As a child grows they then begin to see how these simple, daily tasks impact others. We can help a friend tie their shoes, we can put away our shoes in order to keep the path clear for the safety of others, we can wash our hands to stop the spread of germs. The children at CHMS, from our toddlers to our sixth graders, learn life skills which will benefit them for their entire lives. Our lessons in Practical Life skills at all ages support self regulation and community building. New seasons often inspire us to make changes or adapt to changes in our environment. I encourage you to support your child in each season of their life. They are growing and changing each day. Current behaviors or habits will not last. The wonder of childhood is in the constant growth and change. I invite you to see your child as they are now, how have they changed since school began? How is their school experience supporting positive growth and change. I will also remind you that in Montessori our focus is not only on academics. We acknowledge that the academics will not be supported without the development of self regulation, fine and gross motor control and independence.

October offers you the perfect opportunity to see what your child experiences during their day. For our ***Primary Community*** parents we will host a parent night with information about your child's development. This will be held on ***Thursday, October 24th in the evening at 6:00.***

I recognize that Montessori education is unique from what many of us remember from our childhood. I encourage your questions via email, brightwheel or in person.

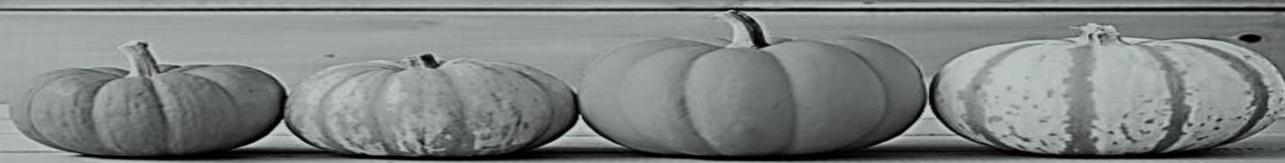
With warm regards,  
Ms. Megan

Class & Individual Picture Day



Wednesday, October 2<sup>nd</sup>

Picture galleries and order instructions will be emailed from Lucidity Photography following picture day. Please allow 2 weeks for your gallery to be emailed.



# OCTOBER NEWS

## PRIMARY COMMUNITY

Hello Primary Community Families, Welcome to a new month of learning and a brand new season! We have been practicing new routines and skills in independence during our first full month of school. We appreciate your patience and understanding of your child and their quest for independence. We recognize that much of this is new and can seem foreign at first, but we promise that you are supporting your child's optimal development by allowing them to become independent. Practicing fine and gross motor skills by putting away their own items and changing their shoes, practicing self regulation and emotional awareness and by saying a brief but loving goodbye each day all supports them. Studies have shown that school environments where a child is able to practice these skills at a young age are developing important self-regulation skills at an earlier age and setting them up for emotional happiness and success in school, even as early as age five. I look forward to sharing more with you about our methods and process during our parent education night later this month. I also always welcome questions via email or brightwheel.

This month our young friends will learn more about the world around them. They will have fun exploring the parts of a leaf and trees. In **geography** they will learn about their home where we live. We will also explore some basic landforms such as islands, mountains, gulf and peninsula. We will continue to practice our **language** skills through songs, new vocabulary, conversations and stories. We will practice number sense with puzzles, counting and building.

We are so grateful for all of your support and for the opportunity to be with your children each day. Our hope is that each child is supported in their development, at their own pace, recognizing the unique qualities of each person.

Best,

Ms. Megan and the Primary Community Team

## PRIMARY COMMUNITY OCTOBER SNACK CALENDAR

### CHMS REMINDERS:

Wednesday, October 2nd: Picture Day

Thursday, October 25th: Parent Night 6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2 PICTURE DAY	3	4
	Oliver Mini Bagels Cream Cheese Berries	Evelyn Cuties Pretzels	Nathan Bananas Sun Butter Whole Wheat Bread	Samantha Applesauce Teddy Grahams
7	8	9	10	11
Eve Blueberries Oatmeal	Milo & Selah Cucumber Crackers Cheese	Kai Goldfish crackers Apples	Stella Celery Sun Butter Raisins	Remy Snap Peas Wheat Thins Hummus
14	15	16	17	18
Cereal (no nuts) Milk Bananas	Xavier Cheese Tortillas Oranges	Jackson Waffles Berries	Kennedy Flowers for Arranging	Alyvia English Muffins Jam Fruit
21	22	23	24 PARENT NIGHT	25 Fall Conferences
Ridge's Birthday Celebration!	Jack Nilla Wafers Grapes	Ari's Birthday Celebration!	Vrisha Veggies Dip Wheat Thins	No SCHOOL
28	29	30	31	Fall Conferences
Henley Grapes Cheese Pretzels	Hank Waffles Sun Butter Apples	Sammy & Soney Mini Tomatoes Tortillas Cheese	Halloween Celebration 9:45 a.m.	No SCHOOL

Please note your snack day. If you are unable to send snack, please contact us.

### Suggested Portions

Crackers - 2 Boxes  
Breads - 2 Packages  
Spreads - 1 Jar  
Dips/ Yogurts - 1 Container  
Cheese - 1 pound  
Whole Fruits/Vegetables - 8  
Frozen Fruit - 1 Bag  
Waffles - 1 Box

Thanks for remembering this is a  
  
Peanut/Nut  
Free School



HALLOWEEN  
CELEBRATION

THURSDAY,  
OCTOBER 31ST  
9:45 a.m.  
No costumes  
please.



NO SCHOOL

FRIDAY,  
OCTOBER 25<sup>th</sup>  
&  
FRIDAY,  
NOVEMBER 1<sup>st</sup>