



Montessori Minutes -

Corpus Christi Montessori School

February 2019

CCMS LOVES THEIR STUDENTS

Dear CCMS Families,

The students are so enjoying the cool weather and now the sunshine bringing a little warmth to our afternoons. It is wonderful to watch our community dig in the garden, play games outside and enjoy their time together. The next few months are chocked full of events. Please take time for rejuvenation with your family. Please be sure to enjoy the article on managing stress with deep breathing and hydration. Our wonderful PTO is beginning some exciting things next week. On Tuesdays, they will have a Creative Crafting Club for Upper Elementary and Middle School students. I am excited to see what fabulous crafts they create. PTO is also starting "Hot Lunches" on Fridays. The lunches are catered and include a hot meal and a side or salad. Delicious! Be on the lookout for more information going home today. We are excited to host "The Montessori Journey" on our campus Saturday, February 23rd. If you have not already signed up, please take the time to do so. This is an amazing opportunity to see the Montessori Communities and work with the Montessori Materials. You become the student and see what your child experiences each school day. Information will be coming out soon for our National Montessori Week activities. We look forward to seeing the children present lessons to their parents and grandparents. We are still in need of drivers for our school wide field trip to the National Seashore. We would love to have you if you are available. Have a wonderful weekend with your family. We look forward to seeing all our students back on Tuesday, February 19th.

Ms. Cerise

Library Wish List

Ottomans or stools for benches Kid magazines
craft making items for Makerspace
Legos (the students are having a blast with the Legos)

Upcoming Events

- | | |
|---------------------|---|
| February 15 | No School –
Chuck E Cheese
Fundraiser 3-8 p.m. |
| February 18 | No School – Staff
Development |
| February 20 | MAST Board Meeting
12:00 p.m.
Farmer’s Market 5-8 |
| February 21 | 12:30-4:00 p.m.
All School Clean up |
| February 22 | National Seashore
Field Trip |
| February 23 | Silent Montessori
Journey 8:30 a.m.-
12:30 p.m. |
| February 25-March 1 | National Montessori
Week |
| February 25 | Open Enrollment
begins |
| February 26 | Family Poetry Night
6 – 7:30 p.m. |
| February 27 | Farmer’s Market 5-8 |
| February 28 | MD Anderson
presentation – Middle
School |
| March 1 | Family Picnic 12 –
1:30 p.m. |
| March 8 | Open Enrollment ends |
| March 9-17 | Spring Break |

When Nuthin' Goes Right for Nobody

By Maren Schmidt

Ever have those frazzled times with the kids? And spouse? Where everyone seems irritable? Where each family member appears to be a nemesis to each other's happiness? Ever have a day, a week or more when *nuthin'* went right for nobody?

Sometimes when our family is in a tizzy and a funk, a solution seems invisible, and the emotional energy in our home feels like a keg of warm TNT. There is one solution for calming and redirecting a situation that is always available to us. It is so simple that it is easy to forget, much less remember to help others learn.

**The secret? Breathe.
Breathe deeply and repeat!**

Julia Cohn, a mother of two children under the age of five, was frustrated with dealing with the emotional ups and downs of her children's behavior. Julia found herself becoming negative about her family situation and realized that her emotions permeated her entire family. The old adage stood: If momma ain't happy, ain't nobody happy. Change needed to occur, and it had to begin with her.

Drawing on her previous work with meditation and yoga, Julia began to focus on her breathing and found that life became calmer. She realized that if she taught her children these breathing techniques, it could only be helpful. As she introduced her children to simple breathing techniques, Julia found that her children loved doing the exercises, and they learned to focus on their breathing when life started doing the jitterbug.

To help the rest of us, Julia wrote a book for children. Illustrated with child-like drawings by Gerarda Connolly, *Just Me and The Trees* steps through a simple breathing exercise. The illustrations will help even a three-year-old remember the simple sequence.

Getting more oxygen to our brains and to our muscles is the key ingredient to having our mind and our bodies work better. We have two easy ways to do that: breathing deeply and drinking adequate water.

Our bodies are 65 percent water. Our brains are 75 percent water. Water, H₂O, is made from two atoms of hydrogen and one of oxygen. Our minds and our muscles need oxygen and water for optimum functioning. To help us be our best, what do we need to do? Breathe effectively and stay hydrated.

When body oxygen levels drop, decision-making abilities are diminished, and reaction time is slower. Headaches and muscle aches are a common side effect of oxygen deprivation.

Don't have time to learn a yoga breathing technique? Dr. Phil McGraw, in *Family First*, writes that one of the most efficient and effective ways for calming emotions and stimulating brain function is breathing. No drugs necessary. To focus and engage the mind, Dr. Phil recommends inhaling for a count of five and exhaling for a count of five.

When "nuthin' is going right for nobody" remember to get a drink of water and breathe

Practice daily with your child so that efficient and effective breathing becomes a habit and a behavior management tool for all your family members.

SAVE THE DATE

THURSDAY, FEBRUARY 21ST 12:30 – 4:00 P.M.

HELP US SPRUCE UP THE GROUNDS, PREPARE OUR SPRING GARDENS AND BEAUTIFY THE CAMPUS

ITEMS NEEDED:

GARDEN SOIL (3 BAGS)

PLANTS FOR STAIRWAY CONTAINERS –
COLORFUL AND DROUGHT RESISTENT

CHICKEN COOP -CHICKEN WIRE
1X6X6FT CEDAR PICKETS
LONG SCREWS

WOODEN TRELIS SHEETS FOR BACK FENCE (6)

BRING YOUR SHOVELS, RAKES AND GLOVES