



WATERDOWN MONTESSORI SCHOOL
1921 SNAKE ROAD,
BURLINGTON, ONTARIO, L7P 4Y2
www.waterdownmontessori.com

NEWSLETTER JUNE 2010

The staff at Waterdown Montessori School would like to thank all of our families for their continued support throughout the year. We are so grateful to you for entrusting your children to our care, and for the many contributions you make to the life of the school. We could not do it without you.

Best wishes for a safe and happy summer holiday.
We look forward to seeing you again in the fall.

Ann Dudman

Julie Coulter-English

Sue Orton

Wyn Andress

Matt Langhorne

Phyllis Zachariah

Barbara Grynja-Kochaneczyk

Sue Reid-Kulpaka

Grace Salter

Judy Clark

May Birthday Corrections

Anissa's birthday should have read May 21, (she is now 9) and her sister Aundia turned 4 on May 11.

June Birthdays

Somya will be 4 on June 2.
Jacob will be 6 on June 4.
Johnathan will be 6 on June 6.
Sam will be 4 on June 8.
Zoey will be 7 on June 10.
Jacob will be 5 on June 14.
Hudson will be 6 on June 18.
Lesley will be 4 on June 19.
Madeline will be 4 on June 23.
Matteen will be 7 on June 24.

July Birthdays

Nolan will be 6 on July 13.
Faith will be 4 on July 15.
Dorothy will be 4 on July 17.
Thomas will be 6 on July 17.

August Birthdays

James will be 5 on August 6.
Ethan will be 5 on August 12.

HAPPY BIRTHDAY, ALL OF YOU!

Dates to Remember

- ❖ June 3 – Jump Rope for Heart
- ❖ Coffee Club – June 8 (9:00)
- ❖ June 9 – Graduation
- ❖ June 10 – Play Day
- ❖ June 11 – Last Day
(School ends at 11:45)
- ❖ June 14-25 – WMS June Camp
- ❖ July 5 – WMS Summer Camps begin

June Coffee Club Morning

Our last coffee club morning will take place on **Tuesday, June 8**. Mary Ann will be our host.

Nancy will be present to lead a brainstorming session about fundraising ideas for next year.

We welcome as many of you as are able to attend.

Lost and Found

Some of our lost and found items have been claimed, but there are still a number of items left. Please remember to check them. Any contents still remaining after school ends, will be donated to a charity.

Casa and Elementary Graduation

Each June, we acknowledge the children who have completed one of the three-year cycles in our Montessori programme: children who are completing the casa or the lower elementary programme. Families of these children are invited to join us on the playground (weather permitting) at 11:00 on Wednesday, June 9. (If your child is involved, you should have received an invitation before now. If you are unsure, please ask!) We look forward to seeing you.

Friendship Tree



Perhaps this is your child's last year at Waterdown Montessori School. It might even be the last year for your whole family! Some families choose to have a leaf engraved as a lasting memento: of their child's graduation, or of their family's years in the school. Some years, parents of the graduating students have purchased a leaf together in the class' name ("Mrs. Barbara, Class of 2010" for example.) If any of these options interest you, please ask the office for more information.

Play Day

Play Day will take place on **Thursday, June 10** this year, in the morning. Teachers are planning the activities, and the Elementary students will be acting as group leaders. We are looking for ten parents to run events. Please see the sign up sheet on the community bulletin board, or call the office. Thank you.

This is a fun, non-competitive morning to celebrate the end of a school year. The children will be divided into groups including different ages and classes, and will rotate through a series of games and activities, with a summer treat halfway through. We will be outside for the morning, so please remember to apply the sunscreen and to send your child with suitable clothing, and a sun hat.

Parent Handbook

As usual at this time of year, we are busy putting the finishing touches on the Parent Handbook. While much of the content remains the same, there are some variations from year to year. Handbooks will be mailed out in late July, or early August. A letter, drawing your attention to any changes in policies or routines, will accompany them. I would like to urge returning parents to read through the package carefully. **Copy the calendar dates onto your home calendar right away.** For that matter, photocopy the calendar and post it in a prominent place! We have done our best to book as many events as possible in advance, to give you ample time to make any necessary plans.

Last Day

The last day of school is **Friday, June 11**. Please remember that school ends at 11:45. There will be no Extended Care provided.

Please note, also, that staff will be in the school the following week, if you should happen to need anything. The school will be closed for the summer, but we will be picking up mail and phone messages, and will return calls as needed. Happy Holidays!

Connon Nurseries

If you make any purchases at Connon Nurseries, remember to ask them to make a donation to Waterdown Montessori School. The school will receive 5% of your purchase.

This programme runs year round.

If you have any questions, please ask at the office. Thank you.

Jump Rope for Heart

For the sixth year in a row, Waterdown Montessori School is taking part in the Heart and Stroke Foundation fundraiser, Jump Rope for Heart. Mrs. Barbara is organizing the event again this year. It is scheduled for the morning of this **Thursday, June 3.**

The elementary class will run various stations on the playground, and one class at a time will participate. Pledge envelopes should be returned by that date.

ALL ENVELOPES MUST BE RETURNED EVEN IF THERE ARE NO PLEDGES!

Preserving Children

1 large grassy field
6 children
3 small dogs
Narrow brook with:
✓ pebbles
✓ hot sun
✓ flowers
✓ deep blue sky

Mix the children with the dogs and empty into the field, stirring continuously. Sprinkle the field with flowers, pour the brook gently over the pebbles. Cover all with the deep, blue sky, and bake it in the sun. When children are well browned, they may be removed.

They are now ready to be set to cool in the bathtub.

WMS Montessori Toddler Program Opens this September!

We are so excited to announce that our brand new Montessori Toddler Program will be up and running for September! We are in the process of hiring, and will be working through the summer to have the classroom ready to go for the fall. We have had a wonderful response to date; space is limited to a maximum of 10 children


Parent Survey

Thanks to Amanda, this year's Parent Survey is online! You should have received an email with a link to this survey.

All you need to do is click on the link and you will be directed to the survey. It should take between 5-10 minutes to complete and your responses are anonymous, so please be honest.

This is your school and we need your feedback to help make WMS better for our children.

We appreciate your feedback,



Remember that
you may still sign up
for summer camps
after school ends!
Call the school and
leave a message.

Parents' Day Tea Recipes

Crab Pinwheels

(Mrs. Phyllis)

1 package (8 ounces) reduced fat cream cheese

1 can (6 ounces) crabmeat, drained, and cartilage removed

¾ cup finely chopped sweet red pepper

½ cup shredded reduced-fat cheddar cheese

2 green onions, finely chopped

3 tablespoons minced fresh parsley

¼ to ½ teaspoon cayenne pepper

6 flour tortillas

In a small bowl, beat cream cheese until smooth. Stir in the crab, red pepper, cheese, onions, parsley and cayenne.

Spread a 1/3 cupful over one side of each tortilla: roll up tightly. Wrap in plastic wrap and refrigerate for at least 2 hours or overnight.

Cut and discard ends of roll-ups. Cut each into six to eight slices. Arrange nicely on tray. Serve.

Two-Peppered Cornmeal Muffins

(Ms. Wyn)

1 egg

1¼ cups milk

¼ cup oil

1 cup all-purpose flour

1 cup yellow cornmeal

½ cup grated Parmesan cheese

1 tbsp baking powder

1 tbsp sugar

½ tsp dried rosemary, crumbled

½ tsp salt

1 jalapeño pepper, seeded, finely chopped (optional)

½ cup finely chopped sweet red pepper

In large bowl, combine egg, milk and oil. Mix well. In separate bowl, combine flour, cornmeal, Parmesan cheese, baking powder, sugar, rosemary, salt and peppers. Mix well.

Stir wet ingredients into dry, mixing just until blended. Spoon batter into greased or paper-lined muffin cups and bake at 400° for 20 – 25 minutes or until muffins spring back when lightly touched. Serve warm.

Makes 12 muffins.

Lemon Poppy-Seed Pound Cake

(Ms. Wyn)

2 cups flour

½ tsp. baking soda

¼ tsp. salt

¾ cup butter at room temperature

1 ½ cups sugar

3 large eggs at room temperature

3 Tbsp. poppy seeds

1 Tbsp. grated lemon zest

1 tsp. vanilla extract

1 cup light sour cream or plain yogurt

Preheat oven to 325°. Grease and flour a 9-by-5-inch (2L) loaf pan.

Sift together flour, baking soda and salt. Set aside. In a mixing bowl, combine butter and sugar; beat with an eclectic mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. Add poppy seeds, lemon zest and vanilla, and beat well. Add the flour mixture alternately with the sour cream, making three additions of flour and two of sour cream. Beat at low speed until smooth.

Spoon batter into prepared pan. Shake the pan to level the batter. Bake for 1¼ to 1½ hours or until the top is springy and a cake tester inserted in the centre comes out clean. Let the cake cool in the pan on a rack for 10 minutes. Remove the cake from the pan and let cool completely.

Fresh Strawberry Sorbet

(Madame Sue)

1 cup water
1 cup granulated sugar
4 cups ripe strawberries, washed and hulled
Juice of 2 oranges
Juice of 1 lemon
Fresh strawberries for garnishing

Bring water and sugar to a boil, stirring, to dissolve sugar; boil for 2 minutes and let cool. In food processor or blender, puree strawberries. Combine strawberries, syrup, orange juice and lemon juice; mix well.

Freezing Instructions

Method 1 – Ice Cream Machine: Follow manufacturer's instructions.

Method 2 – Food Processor: Freeze in metal pan or bowl until hard. Process in food processor until mixture is a hard slush. Return to freezer until needed.

Method 3 – Hand method: Freeze in metal pan or bowl until barely firm. Beat by hand or electric mixer until slushy. Return to freezer until needed.

To Serve: Sorbet should not be rock hard. If necessary, transfer to refrigerator 15 minutes before serving or process in food processor. To serve, spoon sorbet into individual dishes or stemmed glasses and pour sauce over it. Garnish each serving with fresh strawberry.

Ginger Shortbread

(Madame Sue)

2 cups all-purpose flour
1 cup dark brown sugar
2 tbsp ground ginger
1 tsp baking soda
Pinch salt
1 cup butter, softened
2 tbsp crystallized ginger finely chopped

1. Preheat oven to 325⁰F. Lightly butter and flour two 9" round (or square) cake pans.
2. In a large bowl toss together the flour, sugar, ginger, soda, and salt. Blend in butter with your fingers or a pastry blender, until mixture forms fine crumbs. Add crystallized ginger.
3. Press mixture into the two prepared pans to form a smooth, even layer. Prick surface all over lightly with a fork.
4. Bake in preheated oven for 40-45 minutes until edges are lightly browned. Let cool in the pan for 5 minutes, then cut into narrow wedges (or squares) and cool on racks. Store in an airtight container.

Variation: Add 1 oz (30 g) finely grated unsweetened dark chocolate to half the mixture. Bake as above.

Turn off the TV for better language development



Recent studies indicate that young children exposed to TV viewing from infancy can experience a delay in speech and know fewer words than children who didn't watch television. But up until very recently it really wasn't understood why. Research points to fewer words being uttered around the house by caregivers in the presence of audible television. Therefore, turning off the TV can promote better language skills for children and adults alike.

A total of 329 children were observed in a home-based study lead by researcher Dimitri A. Christakis, MD, MPH, director of the Center for Child Health, Behavior and Development at Seattle Children's Research Institute and professor of pediatrics at the University of Washington School of Medicine. The children wore a small, business card-sized recorder on random days monthly for up to two years. The recorder captured everything the child said and also heard during continuous 12- to 16-hour periods. The recorders were removed only for naps, baths, nighttime sleep, and car rides. A speech identification software program processed the recorded files to analyze sounds children were exposed to in their environment, as well as the sounds and utterances they made.

The results of the study, published in June 2009, were eye-opening. During each hour of audible television, significant reductions in child vocalizations, vocalization duration and conversational turns occurred. On average, each additional hour of television exposure was also associated with a decrease of 770 words the child heard from an adult during the recording session. From 500 to 1,000 fewer adult words were spoken per hour of audible television. Adults generally speak more than 900 words per hour. However, that amount is nearly obliterated when the TV is on.

According to recommendations by the American Academy of Pediatrics (AAP), children under the age of two should not watch television. Instead, spend time reading, talking and singing to your child to promote brain and verbal development.

After age 2 is reached, children can watch age-appropriate programming, but keep it to a minimum -- no more than two hours per day. Here are other recommendations to follow.* During meal times, keep the TV turned off and engage in conversation.

* Don't leave the television on for background noise. When it is not being watched, keep it off.

* If you are watching television together, talk about what you are watching. Make TV viewing a chance to talk and interact as well.

* Don't have a television in your child's bedroom. Otherwise you may have difficulty monitoring how much and what is being watched. (MS)

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