

WATERDOWN MONTESSORI SCHOOL  
1921 SNAKE ROAD,  
BURLINGTON, ONTARIO, L7P 4Y2  
[www.waterdownmontessori.com](http://www.waterdownmontessori.com)

NEWSLETTER JUNE 2011

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

Phyllis Zachariah

Julie Coulter-English

Barbara Grynia-Kochanowicz

Sue Orton

Julie Greener

Kristy Adams

Julie Greener

Wyn Andress

Judy Clark

Deb Grasley

Sue Reid-Kulpaka

Melissa Fellows

Grace Salter

### June Birthdays

Somya will be 5 on June 2.  
Johnathan will be 7 on June 6.  
Sam will be 5 on June 8.  
Jacob will be 6 on June 14.  
Hudson will be 7 on June 18.  
Lesley will be 5 on June 19.  
Matteen will be 8 on June 24.  
Davana will be 4 on June 30.

### July Birthdays

Faith will be 5 on July 15.  
Dorothy will be 5 on July 17.  
Ernest will be 8 on July 24.

### August Birthdays

James will be 6 on August 6.  
Ethan will be 6 on August 12.  
William will be 3 on August 13.  
Ella will be 2 on August 19.  
Erik will be 2 on August 27.

HAPPY BIRTHDAY, ALL OF YOU!

### New Arrival

Nolan, Adam and Olivia have a new baby sister! **Natalie Grace** made an unscheduled early appearance on May 11<sup>th</sup>, weighing 3 pounds. She is now at St. Joe's in Hamilton and is doing much better. They say there that she will be able to come home either the first or second week of July, but her family is hoping that if things keep progressing well they might let her come home before then. After all, she has already been early once! Congratulations to Maren and Gus. We are all looking forward to meeting Natalie.

### Dates to Remember

- ❖ June 1 – Jump Rope for Heart
- ❖ June 8 – Graduation
- ❖ June 9 – Play Day
- ❖ June 10 – Last Day  
(School ends at 11:45)
- ❖ June 13-24 – WMS June Camp
- ❖ July 4 – WMS Summer Camps begin

### Lost and Found

There are a number of items in our lost and found bin. Please remember to check them. Any contents still remaining after school ends, will be donated to a charity.

Just imagine! If everyone were to use  
“Mabel’s Labels”  
we might not NEED a lost and found bin!



This year’s Mabel’s Labels campaign will end on June 30. You still have a few more weeks to place your order. Don’t miss out! Go to:

[www.waterdown.mabel.ca](http://www.waterdown.mabel.ca)

### 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 10:30 on **Wednesday, June 8**. (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 9** 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 10**. 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.

## Sleeping Children Around the World

We did it! Between them (and with your help) the children raised enough money to purchase ELEVEN bedkits this year, one more than last year.

This is what the students made:

Toddlers: *Banana Muffin Mix*

Mrs. Julie and Ms. Wyn's class:

*Herb vinegars and Ranch dressing / dip mix*

Mrs. Phyllis and Mrs. Judy's class:

*Marvellous Mocha Mix*

Mrs. Barbara's class:

*Bread and Chocolate chip cookies*

Thank you to everyone who purchased something the children made.

## 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 this morning, **Wednesday, June 1.**

The elementary class will run various stations on the playground, and one class at a time will participate.

One of the main purposes of hosting this event is to give the elementary class the opportunity to play a leadership role in the school. The students brainstorm ideas for the different stations and practice how they will instruct the casa children at each one. They make posters of each activity and set up the playground the morning of the event. Some years we spend more time before the day working on skipping skills with all the children, and discussing healthy living. This year, because of the timing of our "SCAW" campaign, there was less emphasis on Jump Rope for Heart. The focus will be fun, exercise, and trying new activities.

Pledge sheets did not arrive until the day of the event. If you would like to contribute something, please do so. Please note the ENVELOPES MUST BE RETURNED WHETHER OR NOT THEY CONTAIN ANY PLEDGES.  
Thank you.

## The WMS Kilometre Club



Our Kilometre Club has been a resounding success



this year! Virtually every child who stays for lunch has participated.



Eight students have run more than 100 kilometres over the course of the year, (four from the elementary class and four from the casa classes), and

**Nicholas** ran over TWO

HUNDRED KILOMETRES!! Altogether the school has run a grand total of 1666.8 kilometres. Unbelievable!

## Casa Contributions

Mrs. Julie has some budding authors in her class. Some of the third year casa students wanted to write their own books. Using the moveable alphabet, Mitchell and Brayden spelled out the following tales, which Mrs. Julie copied verbatim.

### The Frog by Mitchell

The frog.

The green frog.

The frog cachis a fly.

Bzzzz!

The frog lands on a lilee pond.

Ribit!

The End

The Frog and the Croc  
by Brayden

The tiny frog jumps on a log.  
The frog had a rest.  
The frog jumpt on a green log.  
Golp!  
The green log was a croc!  
The croc ayt the frog.

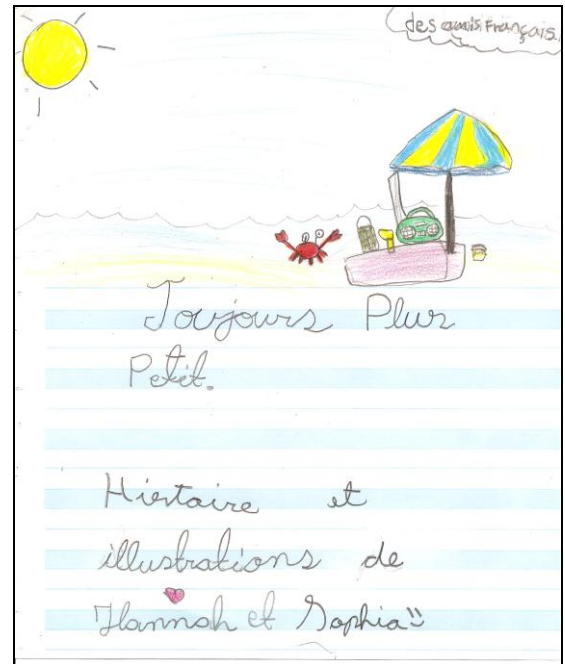
The End

Elementary French

It is always interesting to note what captures the interest of different students. I recently read a simple story called “Toujours Plus Grand” to the elementary class. It was a pattern book, where on each page something was bigger than the previous item. (“A raspberry is bigger than an ant. A snail is bigger than a raspberry.”) I suggested to the class that they could make their own story if they wished. They would have to choose a theme (the story I read was about a picnic) and could decide whether to make the items increasingly larger, or turn the idea around and make them smaller.

Two stories were written. Sophia and Isla chose a beach theme and worked together to create the first one, adding their own twist at the end (“Where is the sunscreen?” They had ‘hidden’ a bottle of sunscreen on every page.) Note how the time changes throughout the story. Max also liked the idea of making each object smaller. His theme was camping; his is the second story.

TOUJOURS PLUS PETIT



2.

Un seau est plus  
petit qu'un radio.

des  
amis  
Français

4

Une crabe est plus  
petite qu'une pelle

des  
amis  
Français

3

Une pelle est plus petite  
qu'un seau.

des  
amis  
Français

des lunettes de soleil sont  
plus petites qu'une crabe.

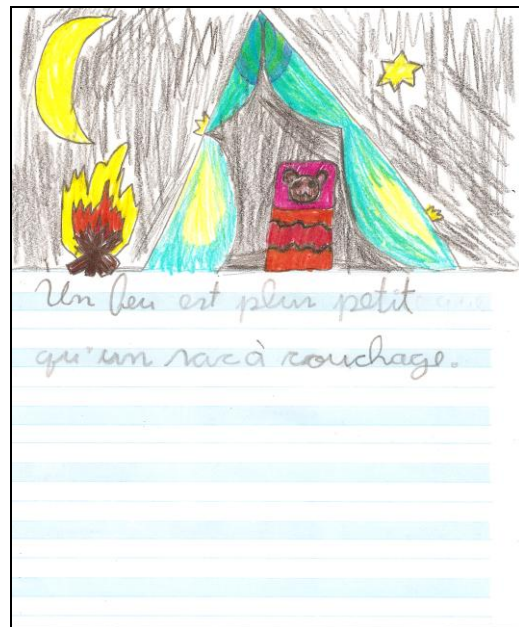
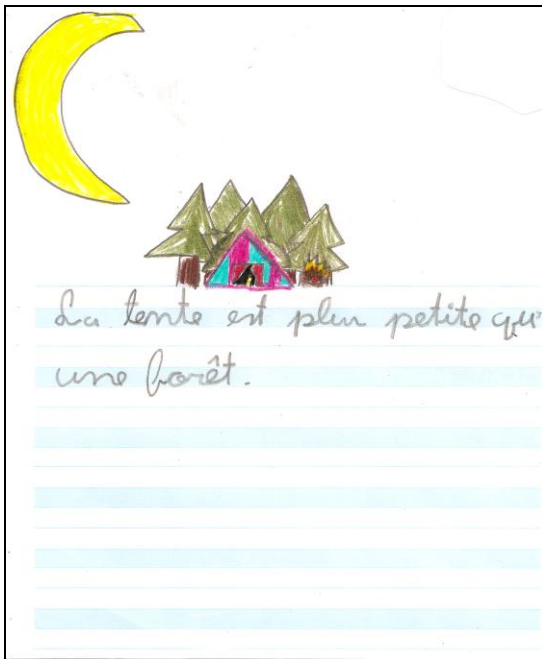
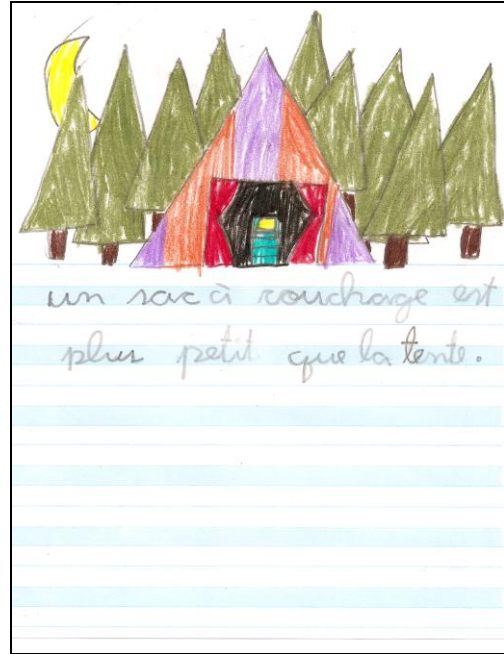
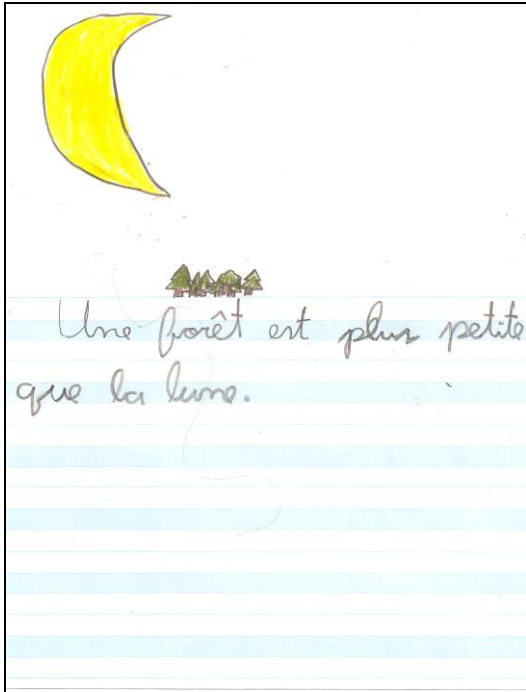
FLIP →

des  
amis  
français

Où est l'écran solaire?

l'écran solaire

## TOUJOURS PLUS PETIT



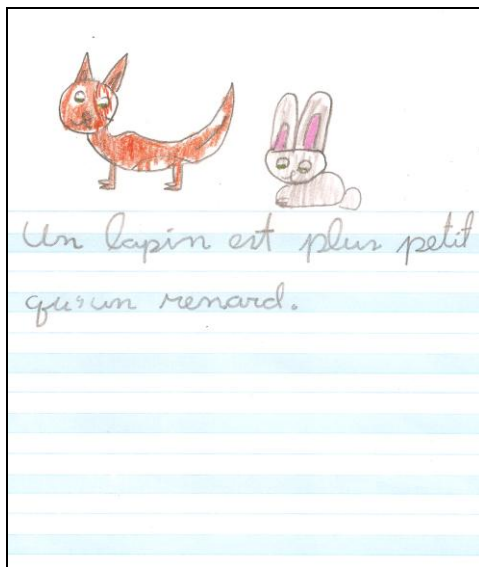
## The Importance of Self-Regulation

I had the privilege of attending a recent CCMA conference to hear Dr. Stuart Shanker, Professor of Philosophy and Psychology at York University, talk about self-regulation and its importance in our lives. With a team of early childhood healthcare professionals, he runs a government funded, state-of-the-arts clinic for children with needs ranging from autism to learning disabilities to behavioural problems and everything in between. Dr. Shanker links self-regulation to happiness and says that his goal is that “every child is happy to be alive”.

Self-regulation can be loosely defined as the ability to sustain or switch attention as needed, to inhibit impulse behaviour and to deal with frustration, delays and distractions. On a higher social plane, self-regulation keeps us within the bounds of socially acceptable behaviour and higher still, prompts us to develop true values and empathy. According to Dr. Shanker, the ability to self-regulate in this way is learned in the first year of life from our mother (primary caregiver). In other words, we are not born with a self-regulating mechanism. Nor are humans born stupid, bad or lazy, he says. It is how we as adults interact with children that will influence the development of those attributes.

According to Dr. Shanker, self-regulation is not a matter of willpower, analogous to muscles where the more you exercise the stronger they become. He says it’s more like a car running on a full/empty tank of gas. If our tank is full, that is, if we are not subjected to too many stresses and stressors in our daily life, we will be able to self-regulate.

Why is it so difficult for some children to develop self-control? Dr. Shanker suggests that we need to understand why some children have so much more trouble learning the skills that support self-control and what we can do to help them master these skills. Using the car analogy, he reminds us that



whatever a child is doing demands fuel, and the amount of fuel needed will vary according to the activity, the situation and most importantly, the child.

I came away from the conference with new insights into children's needs and behaviour to bring to the classroom. For anyone who is interested, I have handouts from the conference that I would be pleased to share. Below I've listed further reading and websites.

Mrs. Julie

Suggested Reading:

From Neurons to Neighbourhoods: The Science of Early Childhood Development, National Research Council, and Institute of Medicine

Calm Energy: How People Regulate Mood with Food and Exercise, Robert E. Thayer

Websites:

[www.casel.org](http://www.casel.org)

[www.imbes.org](http://www.imbes.org)

[www.mehri.org](http://www.mehri.org)

Thoughts for the Summer Months:

If you want children to keep their feet on the ground, put some responsibility on their shoulders. ~Abigail Van Buren

**It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself. ~Joyce Maynard**

Don't worry that children never listen to you; worry that they are always watching you. ~Robert Fulghum

Too often we give children answers to remember rather than problems to solve.  
~Roger Lewin

The hardest part of raising a child is teaching them to ride bicycles. A shaky child on a bicycle for the first time needs both support and freedom. The realization that this is what the child will always need, can hit hard.  
~Sloan Wilson

**When you teach your son, you teach your son's son. ~The Talmud**

And On a lighter note...

A suburban mother's role is to deliver children obstetrically once, and by car forever after. ~Peter De Vries

It would seem that something which means poverty, disorder and violence every single day should be avoided entirely, but the desire to beget children is a natural urge. ~Phyllis Diller

The beauty of "spacing" children many years apart lies in the fact that parents have time to learn the mistakes that were made with the older ones - which permits them to make exactly the opposite mistakes with the younger ones.  
~Sydney J. Harris

Before I got married I had six theories about bringing up children; now I have six children, and no theories. ~John Wilmot

Children are a great comfort in your old age - and they help you reach it faster, too. † ~Lionel Kauffman

**The quickest way for a parent to get a child's attention is to sit down and look comfortable. ~Lane Olinghouse**

*Have a wonderful summer – and enjoy your children!! See you in September,*

*Madame Sue*