

Parent Points

An information newsletter promoting full family learning at The Family Learning House.

September 22, 2006

The fish said "Ocean, you do not know me for you cannot see my tears" And the Ocean replied "Fish, of course I know you, for you are in my heart."

—Chinese Proverb

CALANDER POINTS

September 29, 2006

Half day of School
For all children

October 2—6, 2006

No Classes
Chinese National Holiday

October 9, 2006

7—8PM
Moon Festival Celebration
TFLH Garden

The Family Learning House

B7 Li Yuan Xiao Qu
Xiangjiang Bei Lu
Beijing 100103

(8610) 8430 2547

www.thefamilylearninghouse.com



School of Fish

Children in the Infant Community were delighted to arrive to the classroom on Friday, September 15 to find an aquarium full of tiny fish. Our very large white fish is now considerably smaller and our aquarium has about 60 new occupants.

Before class began on Friday, Xiao Wang was quick to remove the adult fish from the tank to protect the baby fish. Children in the classroom will continue to observe the growth of the fish over the next few weeks before the adult fish will be introduced back into the aquarium.

Dental Health Visitor

Dr. Dong from He Ping Hospital answered questions about oral hygiene and dental health on September 14, 2006 as a wrap up to two weeks of work studying the virtue of cleanliness.

This visit was the first session in the Virtues Visitor series that will accompany the "Virtues In Us" curriculum currently being taught in the Primary Classroom. Every two weeks TFLH will host a guest visitor that will discuss how they use and promote various virtues. Our next visit is September 28, 2006.



Moon Festival at the FLH

On Monday, October 9, 2006 we will be hosting a family gathering in celebration of the Mid-Autumn Moon Festival. Our program will begin at exactly 7:00 pm with the children making paper lanterns, followed by special presentations of dancing, music and storytelling. We will also share moon cakes and seasonal fruit as we enjoy the beauty of the Harvest Moon.



Hong Yan's Health Tip

Dental Health is an important part of a complete daily health routine. Limiting the amount of sugar children eat and ensuring that they follow meal and snack time with a gentle tooth brushing helps prevent cavities and fights tooth decay. Practice good oral hygiene with your children every day to be sure that they maintain a healthy smile for life.

Virtue of the Week

Every two weeks our character education program brings a different virtue into focus.

Please take a minute to review the following information to help demonstrate the place our virtue of the week has in your life. Remember, the best way we can guide our children is to model the behaviour we expect to see in them.

COURTESY

Courtesy is being polite and to have good manners. It is to be considerate of others. It is a way of speaking and acting with people which gives them a feeling of being valued and respected. "Please", "Thank you", "Excuse me", and "You're welcome" are courteous expressions which let people know you appreciate them and care about their feelings. Courtesy brightens people's lives. It helps make life graceful.

I am practicing courtesy when I...

- Show others that I value and respect them
- Remember to treat elders, parents, teachers and children politely
- Think about how my actions affect others
- Eat, speak, and move graciously
- Make requests instead of demands
- Greet people with a smile

I am courteous. I speak and act in gracious ways. I show others that I value and respect them.

After School Activities

After school activities begin session on October 9, 2006. The following is our after school activity schedule:

Monday	Yoga	3PM - 3:30PM
Tuesday	Chess	3PM - 3:30PM
Wednesday	Story Telling	3PM - 3:30PM
Thursday	Ballet	2:45PM - 3:30P

These activities are available to full day children at an additional fee payable to the teachers of each session. If you have any questions or would like to enroll your child in any of these activities please contact Helen at 8430 2547 ext. 81.

PARENT REMINDERS

Children in the Primary Classroom go to the washroom by themselves. As we encourage your child's washroom independence in the classroom we request that you also do so at home. Help to guide your child through the washroom procedure so that they are independent in this process. And remember: Always leave the washroom ready for a friend!

Primary Classroom parents please remember to drop your children outside the front door of the school. We have staff ready and willing to help your child in the cubby and to the classroom door.



Kate's Corner

The Prepared Environment: Home Edition

Our Montessori classrooms are prepared environments. Thought and care have been put into the classrooms to ensure that they meet your child's developmental needs. Careful preparation of the home environment will help your child develop independence; doing things for themselves. The following ideas will help you to plan your home with the whole family in mind making your house a prepared environment for your child that can change as they grow.

KITCHEN IDEAS

- Have a low sink in kitchen so that children can wash the dishes (or have a stepping stool readily available)
- Save the bottom shelf in the refrigerator for food the children can get themselves
- Have some chairs and tables that are your child's size
- Save bottom drawers for children's things in the kitchen
- Show your child how to prepare certain foods. Make sure all the necessary ingredients are there so the child can complete this task successfully without you (making tea, peanut-butter sandwiches, juicing citrus fruits, fruit salad, crackers and cheese, yogurt and granola, etc.)
- Ensure that your kitchen is equipped with child size plates, glasses, cutlery, etc. and encourage your child to set the table for themselves or for the whole family.
- Allow your child to help prepare meals (stirring, cutting with serrated knives, washing vegetables, peeling vegetables, etc.)
- Encourage your child to clear the plates after supper, wash dishes, dry dishes, wipe the table, sweep the floor, etc.

BEDROOM IDEAS

- Low hooks for children to be able to hang up their own coats, etc.
- Low shelves where children can access needed supplies
- Sort and categorize your child's drawers so that there are simple choices of clothing and allow your child to choose the clothing that they would like to wear.
- Make sure your child's bed is low to the ground (a mattress on the floor is the best for infants and toddlers) and show your

child how to make their bed. (See image above)

- Provide a library for your child and place books so your child can see the front cover. Display only a few books at a time and rotate them regularly.
- Remove the clutter from the bedroom. Make activities on the shelves simple and purposeful. Remove things that aren't used by your child.
- Ensure that light switches are low or that there is a lamp your child can access to turn on the light quickly at night.
- Make sure that this space is truly a space for your child. They need to feel comfortable and at home in this space.

BATHROOM IDEAS

- A low sink or stool for the child to clean themselves (brush teeth, wash face, etc) or an accessible stool.
- Save the bottom drawers for your child so they can access the needed supplies and organize this drawer with baskets for various items (toothbrush, comb, lotion, etc).
- Have a low towel rung and small towel so your child can access their towel when needed.
- Size your toilet seat so that your child can use your toilet and provide a stool.
- Lower the temperature of your hot water so that your child can turn on the hot water tap and not be scalded.

Always show your child how to do the activity before having them do it and give them lots of time. Trust that your child can and will do things for themselves. The above are only ideas; there is really no limit to this exercise. It is necessary for us to find a way to live in harmony with our children, providing as much thought for the needs of our children as we do for ourselves.

Kate Millie is an AMI trained Montessorian with a Masters of Education degree from Loyola College in Baltimore, Maryland. Kate is the Primary Directress at the Family Learning House.

“Education is a natural process carried out by the human individual, and is acquired not by listening to words, but by experiences in a prepared environment.” — Maria Montessori