



October 14, 2009

### **Hand Washing**

Thank you assisting us in having the children wash their hands as they enter the casa. By doing this, everyone's health risk will be decreased. Also, our nurse consultant (from MVNA – Minnesota Visiting Nurses Association) suggested that siblings who do not attend LFM do not enter the rooms and all adults picking children up use antibacterial gel before entering the school.

As flu and cold season is upon us, the following is a chart to help determine whether your child has the flu or a cold from Clorox (<http://www.clorox.com/>).

*It's hard to tell the difference between flu and common cold symptoms. Both are respiratory illnesses, but they are caused by different viruses. Here is a simple breakdown of symptoms to help you determine if you should be treating a cold or the flu:*

<u>Flu symptoms</u>	<u>Cold symptoms</u>
Sudden onset of illness	Slow onset of illness
High fever	Low or no fever
Extreme fatigue	Mild fatigue
Dry cough	Severe cough and runny or stuffy nose
Achy head	No headache
Achy muscles	No achy muscles
Chills	No chills

For more information on the flu, please visit the following websites:

<http://www.cdc.gov/h1n1flu/sick.htm>

<http://www.health.state.mn.us/divs/idepc/diseases/flu/index.html>

### **A Parent's Point of View**

We are inviting anyone who would like to write a short article about their experiences raising a Montessori child to please do so for a future Family Folder. It gives another point of view for all parents. If you would like to or have further ideas, please email Preethy at [preethy@littleflowersmn.org](mailto:preethy@littleflowersmn.org).

### **School Pictures**

*Lifetouch* is coming on Wednesday, October 21 for school pictures. Please return the order forms as soon as possible. Please note, there will not be the

option of having photographs done with siblings and there will be only 1 background to choose from.

The pictures will be taken in the Piano Room. This year pictures will start at 8:45am with the Toddler Community. The Children's Houses will follow. Each class takes about 45-60 minutes. Please have your child here on time. We do not want to disrupt the picture taking sessions.

### **Montessori Services – The Small Hands Catalog**

The Small Hands order forms are due today!

If we can get a total of \$500.00 ordered, shipping is free. The catch is all orders must be turned in today.

Please make your checks payable to Little Flowers Montessori School. The orders will be sent to the school and we will disseminate accordingly. Please note on your order form if the order is a gift for your child. We will be sure to keep it in the office, out of sight.

Thank you to those who have already placed an order.

### **Happy Halloween**

For the Children's Houses Halloween party on Friday, October 30, we are asking that children do not bring in any candy to share.

Have your child come to school in their costumes with clothes to change into (*the children in the Toddler Community do not dress up in costumes*). Do not worry if your child does not want to dress up. They can enjoy the parade and the party just the same, with or without a costume.

When selecting costumes please be aware that:

- Some of the children can be frightened by scary costumes (please, no weapons)
- Masks that cover the child's face, especially the eyes, can be dangerous when walking.
- Make the costumes simple so there are not too many small pieces to lose.

### **Conferences**

Conferences will be held on Friday, November 6. If you have yet to sign up for conferences, please do so. The signup sheets are posted right outside each room. There is no school for the children that day. Come prepared with any thoughts or questions that you may have. Each conference will last for 20 minutes. If the discussion is not over, we will schedule another time to continue.

### **Food Shelf Drive begins November 17**

Our food shelf drive will begin on Tuesday, November 17 and will run for three days. Times are tough for some families. The food shelves are running low. This is a great community building event for everyone to participate in.

### **Calendar Notes**

October 14 – The Small Hands order forms due (today)

October 15 & 16 – No school; teacher workshops

October 21 – Lifetouch school pictures

October 30 – Halloween party

November 5 – Coffee with Preethy 8:00am – 9:00am

November 6 – Parent/teacher conferences; no school for the children

November 17 – Food Shelf Drive begins; Parent Education Night topic to be announced

### *A Montessori Minute*

Grace and Courtesy lessons, such as how to sneeze, how to walk around a working mat, or how to introduce yourself help the children with social skills and give them the words and movements to be confident and independent.