



Brandy Justice, Mom to Jackson in the Purple class, built several of these beautiful benches which now grace our campus. They are made out of 100% recycled materials. Thanks Brandy!

Dear Parents,

Our personalities display many sides or faces depending on who we are with and what our intent is in a particular situation. Despite the many roles we play to express ourselves, our core consists of an integral whole which reflects the construct of our feelings, thoughts and values. The job of education is to provide a stimulating, safe and well balanced environment in which the diverse personalities in the classroom find the means to explore, experiment and construct both their core personality and their core knowledge of the world.

Children need to experience failure, rejection and struggle to develop the resiliency essential to sustaining themselves through the ups and downs and hardships of life. We must not be overly protective. The high rates of anxiety disorders, depression and suicide among the young adults in our country, indicates that we are often failing to inculcate a resilient sense of wellbeing and a preserved sense of wonder to sustain our

young adults and restore them in times of struggle.

The elements and essentials of sound and balanced development are well understood. They include: nutrition, challenging work and academics, vigorous physical activity, the arts and time for free play and reflection.

Sometimes the hyper emphasis on academics or sports in our culture leads families and schools to neglect the other important components in this equation. Emotional intelligence trumps cognitive intelligence as a predictor of success and happiness in long term studies.

There is no one curriculum that prepares children for life. They predict that today's children will average 4-5 career changes in their lifetime and that 70% of those jobs and career paths have not been invented yet. Given these prospects we can see the importance of flexibility of thinking, creativity, team collaboration, individual instruction and rigorous engagement.

Marie Montessori's unique insight into the nature of child development gives us a framework for cultivating resilient, creative and fully integrated lifelong learners.

Just as Maria Montessori did, we, as parents and teachers, must be the architects of our children's nutrition, learning environments, creative opportunities and emotional wellbeing.

Our children's emotional wellbeing requires a sense of wonder, a sense of gratitude for all that life brings them, and a sense of love and respect for all living things.

Celebrate life as a family. Join in the fun. Make art together. Dance and sing. Explore nature together. Teach them truth and how to seek truth. Expose them to beauty in nature and manmade forms. Imbue your children with goodness by example, by your words and by your thoughtful consideration of all their needs.

Warren

Montessori Connection



Fall

2013

The mission of the Athens Montessori School is to provide the highest quality Montessori education to children ages three years through fifteen years. Our aim is to provide programs that will create wholesome experiences for the parent and child in the areas of education, social, emotional, and physical development.

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Nurturing Empathy in Your Children

Children have an incredible capacity to care, to give, and to empathize from a very young age. It has nothing to do with pity. An instinct for justice comes naturally to a young child who is free from skepticism, prejudice and doubt.

When parents see that kernel of compassion in our children, we want (and need) to cultivate it. Like the development of a muscle, this awareness often grows undetectably, but can be deliberately nurtured – weekends and school breaks offer a perfect opportunity to do this. Here are five steps I've found to help conscientiously build empathy – empowering kids to care and want to make a difference in a world that badly needs it.

Five Ways to Build an Empathy Muscle

1. Talk about what you care about. When you see qualities like compassion and generosity displayed, point them out, whether it's at the dinner table, while grocery shopping, or in a movie (quietly). Without our realizing, our youngest daughter was paying attention to the conversations on service, friendship, caring and global developments that we were having with other adults and our older daughters. When we frame complex ideas through a lens of positive qualities, then difficult situations, nearby or far-away, become less overwhelming, and the vocabulary to talk about peaceful solutions starts building.
2. "Be a friend to the whole human race." When you widen your circle of friends to include people from diverse backgrounds, your children can

imagine that anyone who looks and lives differently from them could be their friends. We have friends from various parts of Africa, so the crisis seemed less far-away, impersonal, or vague. Sharing comes naturally among friends.

3. Learn about causes – together. Feel empowered to be part of the solution to big global issues by learning about the Millennium Development Goals. These eight practical, achievable objectives were adopted collectively by the world's leaders to stamp out extreme poverty by 2015. In *Growing Up Global*, I include a framework for discussion and simple action steps on the Goals for kids of all ages.
4. Embrace a cause. Of the Goals, is there a specific one that tugs at your heart or that has impacted your own family, like education or maternal health? Once you decide on an issue, you can look up action initiatives and causes. I include many resources in *Growing Up Global*, too. Lemonade stands, book drives, haircuts, movie nights, 10K races, babysitting, skipping a snack – when these efforts are dedicated toward helping others, they go from mundane to unforgettable.
5. Nurture inspiration. From Nobel Peace Prize winners to so many great causes started by kids and even TV events, like *Girl Rising* – learning real stories about real people making impact can inspire kids to follow their dreams for a better world. Summer also is a perfect time to add stories of inspiration from diverse cultures to your reading and viewing lists.

Montessori Life

Welcome to the Family!

This fall we welcomed several new teachers to our AMS Family. Photos and profiles coming next month!

Tina Patterson, Blue Class Assistant Directress
Alyssa Lindquist, Purple Class Assistant Directress
Ansley Clarkson, Stars Class Assistant Directress
Maria Lasalle McFaddin, ACES Assistant Directress

Extended Day After School Daycare:

Denise Hooper (welcome back!)
Jasmyne Barnett

Lower Elementary Daycare:

Amy Schmidt
Caitlin Weber

Upper Elementary Daycare:

Sara Janda

Support AMS through Georgia Gives!
Don't forget to visit the Georgia Gives website
and make a contribution to
AMS Green initiatives



The web address is www.georgiagivesday.org
just search for Athens Montessori School!



Yellow Class puppet show



Sue Sellew gives the Comets an art lesson.



Vikings vegetable garden.



ACES timeline of the earth, with Dr. Steven Holland.



FALL FESTIVAL

November 2nd ★ 10am–3pm
3145 Barnett Shoals Rd. ★ Athens

ENJOY...

Music & Entertainment
Magic Shows
Book Fair
Bake Sale *with Cake Walk!*
Farm Animals

Crafts
Moon Walks
Games
Arts & Craft Vendors
And More!

**FREE
PARKING**

at Athens Montessori School and
the former Barnett Shoals Elementary School

Fun for the entire family! Please leave pets at home.

Mark Your Calendars!

- November 2
Fall Festival
- November 5
Picture Re-takes
- November 5-7
Conferences - 1:00pm
dismissal
- November 8
Parent's Night Out
- November 12
AMPS Meeting
- November 12-December 13
Food Drive
- November 19
Auction Meeting
Skate Night
- November 25-29
Thanksgiving Break
- December 3
Auction Meeting
- December 5
Athens Holiday Parade
- December 10
AMPS Meeting
- December 13
Parent's Night Out
- December 17
Auction Meeting
Skate Night

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REMINDERS!

Illness Policy

Please notify the office of any infectious disease to minimize the spread of infection and so that families with students who have immunosuppressed systems can be notified. Additionally please keep children home for a minimum of 24 hours after they are fever free.

Visit montessorisnergies.com for more info about Montessori & Parenting