Cassidy Flynn <cassidy.flynn@citygardenschool.org>

Principal Crystal Isom's Family Newsletter

1 message

Crystal Isom <CityGardenMontessoriSchool@mailman.bloomerang-mail.com> Sun, Sep 11, 2022 at 3:01 PM
Reply-To: crystal.isom@citygardenschool.org
To: Cassidy Flynn <cassidy.flynn@citygardenschool.org>

Dear Early Childhood Education Center Families & Staff,

Every year, from September 15 to October 15, our nation recognizes Hispanic Heritage Month. This year's theme is Unidos: Inclusivity for a Stronger Nation. Our country's celebration coincides with the Independence Days of countries in Central and South America. For example, five Central American countries-Costa Rica, Guatemala, El Salvador, Nicaragua, and Honduras gained their Independence from Spain on September 15, 1821. Mexico celebrates its Independence Day every September 16, while Chile celebrates theirs on September 18.

We reflect on and honor the sacrifices and contributions that the diverse people of Hispanic and Latin American origin have made to our country. In our community, one can find their significant influences in science, politics, culture, art and education. However, we must recognize Latinx community's challenges from hostile and xenophobic attacks that recently separated families to disparaging acts that spreads hate and fear.

In our classrooms we will be engaging in a variety of activities that amplify Latin culture.

We encourage families to celebrate Hispanic Heritage month by engaging in several activities for kids:

- Visit Latin American Heritage Exhibits and Museums
- Read Books with your children
- Introduce your kids to Spanish Speaking Countries
- Prepare Latin American Dishes
- Sing-Along to Hispanic Children's Songs
- Create art projects
- Learn Spanish
- Play Games

Preschool Activities

- 20 Vibrant Preschool Hispanic Heritage Month Activities
- 15 Fun Hispanic Heritage Month Activities to Delight and Teach Preschoolers

Books & Music

- Hispanic Heritage | Smore Newsletters for Education
- Mariachi Music Online
- Cuban Music

Kindergarten Activities

- Tolerance: Comparing Cultural Holidays - Students in grades K-4 compare Halloween and El Día de los Muertos by looking at traditions, music, and visual art.
- Bring Hispanic Heritage Month to Life: A Collection of Resources (K-8) - Interactive timelines, scavenger hunts, and other learning fun all about Hispanic Americans.
- Colorín Colorado - Hispanic Heritage Month - Information, puzzles, biographies for English language learners. In English and Spanish.
- Celebrate Hispanic Heritage with Recipes full of flavor (K-5)

Upcoming Dates

September

- September 12: Fall Picture Day
- September 23: **NO SCHOOL - PROFESSIONAL DEVELOPMENT DAY**
- September 30: Back to School BBQ at 4:00 PM at The Turkish Pavilion in Tower Grove Park – **REGISTER HERE**
- September 30: Dress Down Friday

October

- October 14: **NO SCHOOL – Professional Development Day**
- October 17: Second Quarter Begins
- October 20: EARLY DISMISSAL – 1 pm dismissal for Parent Communication Conferences
- October 21: **NO SCHOOL – Parent Communication Conferences**
- October 24: Picture Retake Day
- October 28: Dress Down Friday
- October 29: Trunk or Treat
- October 31: Halloween

New Information

1. The Back to School BBQ is around the corner. Please help us prepare by either volunteering your time, or donating food and supplies! See the links below.

- **Food Donation Form**
- **Volunteer Sign Up Form**

2. Click here to access this week's COVID-19 Dashboard.

3. It's time to vote for the 2022-23 Parent Action Committee's Treasurer! **Please click here to read the candidate's election bio, and cast your vote.**

4. City Garden Fan Wear Online Pop Up Store is LIVE! **Click here to place your orders.** The deadline to submit orders is Monday, September 19th at 11:59 PM.

5. Please **click here to access the slide deck of the Title I Presentation** given via Zoom on Thursday, September 8th. **To complete the School-Parent**

Compact, please click here. Please click below to watch a recording.

Reminders

1. **Please remember that Picture Day for all students is TOMORROW, September 12th during the school day.** Wagner Portrait Group will be photographing students for portrait packages & school records. **They will only accept online orders, which can be placed in advance.** Please do not bring checks, cash, or order forms to school as they will no longer be accepted. The Online Pre-Order Password is **2H3Y4S8R.** **Please click here to pre-order.** Please contact Wagner Portrait Group at (314) 567-5900 for questions.

2. City Garden Montessori School offers two programs; a private, tuition-based Preschool, which offers financial aid to eligible families - and a free, public Kindergarten through 8th grade Charter School. **Please note that if families wish for their preschool student to matriculate into Kindergarten after they complete preschool, they MUST submit an application and be accepted through our Lottery process.** Admission into the K-8 Charter School is not guaranteed for preschool families, unless they already have a child enrolled in the Charter School, or are an employee of the organization. We will release applications in the coming weeks, so please stay tuned.

Social Emotional Learning Tools

The start of the school year is off to a great start! All our new and returning students are jumping right back into the rhythm of school. And with all the new names, faces, and classrooms, it can be a little overwhelming or overstimulating. For those needing a strategy to get settled, here is something you can practice.

5-4-3-2-1 Grounding is great for children and adults. In this strategy, you will first take a big belly breath. For those doing this alongside younger children, you can place your hand on your stomach and see who can stretch their belly out the furthest, ensuring that you're getting as much oxygen as possible. You will then work to find 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. By focusing on your environment, you become grounded back in the present.

If you're still feeling anxious, you can try the rainbow technique (courtesy of Ms. Julia in P6).

If you would like additional social-emotional support ideas for home, contact Katherine Ingersoll, School Social Worker and Family Support Coordinator at the Early Childhood Education Center at **katherine.ingersoll@citygardenschool.org.**

It is such a joy to be in community with you all. Please let me know if you have any comments, questions, or concerns, and I am wishing you well!

In partnership,

Crystal Isom
Principal
Early Childhood Education Center
Serving Preschool & Kindergarten Students

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