



Nightingale Notes

November 2020

December

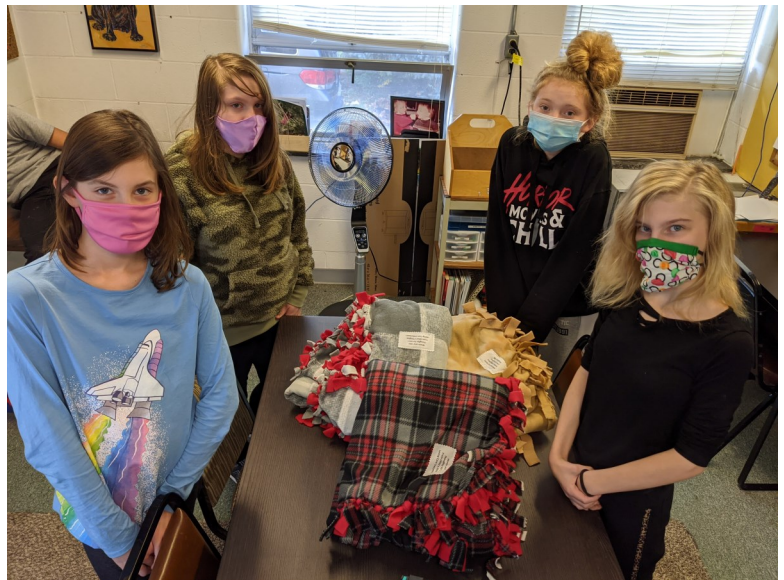
- 1 Weekly Breakfast/Lunch Box Pick-up
- 4 Work Bin Drop Off
- 7 Work Bin Pick-up
- 8 Weekly Breakfast/Lunch Box Pick-up
- 11 Work Bin Drop Off
- 14 Work Bin Pick-up
- 15 Weekly Breakfast/Lunch Box Pick-up
(3 week Fulfillment)

January

- 4 **NO SCHOOL—Staff Day**
- 5 Weekly Breakfast/Lunch Box Pick-up
- 8 Work Bin Drop Off
- 11 Work Bin Pick-up
- 12 Weekly Breakfast/Lunch Box Pick-up
- 18 **NO SCHOOL—MLK Jr. Day**
- 19 Weekly Breakfast/Lunch Box Pick-up
- 22 Work Bin Drop Off
End of Quarter 2—Blended Learning Option
- 25 Work Bin Pick-up
- 29 Work Bin Drop Off

Community Service During COVID!

To help patients stay warm during these upcoming winter days, NM students of the Owls, Olivia McWhorter, Eleni Malone, Eliza Dye and the Falcons, Iris Raffensperger, GeMiah Wilson, Hailey Hughes and Ky'lynn Leeth made tie blankets for hospice patients at Ohio's Hospice Loving Care, a non-profit community based hospice agency serving Madison and Union County. The hospice agency's goal is to give a blanket to each patient for Christmas. NM is proud to contribute to this goal and grateful to be able to bring some warmth to the patients.



Olivia, Eleni, Ky'lynn and Hailey (not pictured: Eliza and Iris).

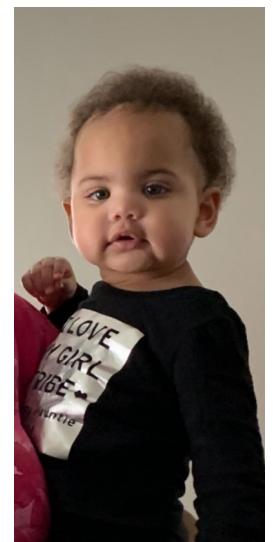
Thank You!

Thank you to all of our **NM families** that sold pies for our fall fundraiser! We raised \$1050.00! You can pick up your pies on Monday, November 23rd. We will have your order ready for pick-up at the 3:00 car line and will be available until 4:00. We will have a staff member return at 6:00 PM for pick-up. We do not have the capacity to keep the pies in the refrigerator or freezer for you. Please make arrangements to pick the pies up as soon as possible on the delivery date.



Congratulations!

Hummingbird, **Zamirah Abrams**, granddaughter of NM staff, Tasha Williams in the Falcons, and niece of Taliyah MacDonald in the Owls was our **TOP SELLER!** With the help of her family (including NM Alum, Chad Younts) Zamirah sold 47 pies!



Zamirah

Nightingale Montessori School Wellness Policy **Updated: November 13, 2020 by the Wellness Committee**

- The NM Wellness Committee regularly meets throughout the academic year. Students, parents, staff and/or community members are welcome to join the committee.
- The Head of School is responsible for ensuring that the Wellness Policy is implemented.

Nutrition Education and Promotion Section Nightingale Montessori recognizes the lunch period as an integral part of the educational program. The school kitchen serves as a "learning laboratory" to allow students to apply nutrition skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products will be encouraged. Education regarding local procurement and organic practices will be instilled.

Farm to School. As part of the Child Nutrition and WIC Reauthorization Act of 2004, Farm to School Programs will connect schools with local farms. Nightingale Montessori, to the extent possible, will buy and feature farm fresh foods; incorporate nutrition education curriculum; and provide students experiential learning opportunities.

- The Nutrition Education Curriculum uses the school garden as a teaching tool
- The Nutrition Education Program works with the school meal program to develop school gardens and uses the cafeteria as a learning lab
- Field trips: students have an opportunity to visit local farms where produce and other foods are purchased for school needs
- The healthiest food choices will be opportunities for students to participate in culinary activities to encourage students to make healthy choices

Nutrition: Education Goals Nightingale Montessori will encourage and support healthy eating by students and engage in nutrition promotion that is:

- Offered as part of a sequential, comprehensive program for all grade levels (including Health and Family and Consumer Science) designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Integrated into other areas of the curriculum such as math, science, language arts, social sciences and elective subjects, where appropriate and provides eating experiences, gardens and cooking classes.
- Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as international festivals, healthy fundraisers, taste testing and field trips to local farms, gardens and food banks.
- Part of the curriculum where students will learn to develop lifelong skills in nutrition, health education, physical activity and meal preparation.

Physical Education Goals: Nightingale Montessori offers structured and unstructured physical activity opportunities at all levels. The curriculum supports structured and unstructured physical activity time. In addition, we will utilize working in school gardens (and composting programs) as well as sponsoring clubs such as Yoga club, Ski Club, and Running Clubs during the academic school year.

- To promote an active lifestyle, students have opportunities for at least 30 minutes per day for outdoor (weather permitting) or indoor physical activity
- Recess, PE or other physical activities are not withheld from students as a consequence for poor behavior or incomplete class work
- NM prohibits students to be exempt from outdoor physical education/activity as it is a founding principle that this opportunity promotes an active lifestyle and is an integral part to our curriculum goals of the physical education program:
- To develop individuals who have skills, and confidence to enjoy a lifetime of healthy physical activity.
- To help students recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- To develop competency in a variety of motor skills, and movement patterns
- To achieve skills to maintain a health-enhancing level of physical activity and fitness.
- To exhibit responsible personal and social behavior that respects self and others.

Reimbursable School Meals: Meals served through NM's food services program comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for all ages served. Breakfast is provided to all students through the USDA School Breakfast Program

- NM has implemented a token system to protect student privacy of qualifications for free or reduced-price meals
- NM will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money
- Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on SchoolCues
- NM provides periodic food promotions (local, cultural, or ethnic foods) to encourage taste testing of healthy new foods being introduced on the menu
- After obtaining food, students will have at least 20 minutes to eat lunch
- Free water will be available in the cafeteria during mealtimes
- All school nutrition program directors,

managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals

- School meals will include fresh, locally grown foods in school meals from farms engaged in sustainable practices whenever possible and these foods will be promoted in the cafeteria
- NM is in compliance with all federal and state nutrition standards for all foods served in schools
- No competitive foods or beverages may be sold during the school day
- Any food fundraisers served during the school day must meet Smart Snack Standards
- Only water, milk and 100% juice are sold to students during the school day
- Snacks served in aftercare meet the requirements of the USDA program
- NM prohibits the use of food or beverages as rewards for academic, classroom or behavior performances
- All students can bring a reusable bottle of water from home. Students are provided free access to drinking water during the day.

Smart Snacks We choose to maintain our Smart Snacks policy that was adopted in 2016 as part of the US Healthier School Challenge. We promote healthy options during meals, snack times and celebrations. Celebrations, holidays, and birthdays include only healthy options, or they can take on a non-food focus and instead provide opportunities for more time to enjoy fun activities. Our school policy is to offer healthy celebratory foods for birthday and holiday celebrations.

- Staff is encouraged to model healthful eating behaviors to students. Staff dines in the lunchroom with students, encouraging students to try new foods.
- Students are involved in the daily lunch preparation and encouraged to participate in the development of creative and descriptive names for menu items.
- The school participates in other food programs such as Farm to School, working at Food Banks and working with local farms.
- Approved Smart Snack list available at: <https://www.aps.edu/coordinated-school-health/wellness/nutrition-1/aps-approved-snack-list-11-29.17-1>

Note Dates for Work Bin Drop Off and Pick Up During the Holidays!

Due to the holidays please note the following changes for access to dropping off and picking up work bins for your student:

When you Pick Up your student's work bin on December 14th it will have the work needed for the short week of December 14 and 15, 2020 and for the week of January

5th - 8th, 2021. There will not be any work assignments during the winter break but your student will have access to Canvas and their work in the work bin if they wish to work on any previous assignments. **To help NM staff meet this need, please make sure you drop off your student's work bin on December 11th.**

When you Pick Up your student's work bin on January 11th, 2021, it will have the work needed for the week of January 11 - 15 and the week of January 19 -22, 2020. **To help staff meet this need, please make sure you drop off your student's work bin on January 8th, 2021.**

Wings: Please note the change. Wings will not have a pickup during the first week in December. The Wing Pick Up Dates will be November 23rd and December 14th.

100 Trees Are Being Planted in Nightingale Montessori's name!

Dear Nightingale Montessori,

I know what a great feeling it is to finish your yearbook and see your community gather around open copies to relive the year. I hope you've had a chance to enjoy that! (And to relax a little.) I'm writing today to also congratulate Nightingale Montessori on being a **TreeRing Green Yearbook** School! Since you've sold 100 yearbooks, we'll be working with our partner, **Trees for the Future**, to plant that many trees in your school's name.



Eagles and Owls Help Harvest

Students harvested almost 20 pounds of Jerusalem Artichokes from our 1106 Edible Schoolyard Gardens.



Mia works in the garden



Riley harvests a green pepper.



Evan and Jared are introducing the newest expansion of the Chickadee yard. Evan was happy to share that he has been working with the other Chickadees clearing Wisteria and Buckthorn. He pointed out that the Wisteria was problematic and assured us that Leo Powell was the work supervisor! The Chickadees took the initiative to choose and start clearing the latest area with the help of Jared and Wing, Liam.



Eagles participated in cleaning pumpkins and oven roasting the seeds for a delicious seasonal snack.



Gabriel Taylor Volunteers weekly and assists our feeding lines.

Gourmet Grub

Farm to School November Update

Nightingale students are finalizing the native plant nursery at 2525 North Limestone Street for our next Farm to School Event. We hope to showcase the genetic variety, permaculture functions, and the sustainable, best practices used in our production. If your student, or you know anyone in the community who is interested, please email Jared and/or Jayne Woodward at jwoodward@nightingaleschool.org.

Experiencing the Outdoors

"There must be a provision for the child to have contact with nature; to understand and appreciate the order, the harmony and the beauty in nature". -Maria Montessori



Experiencing the outdoors is very important for the **Hummingbirds**. A connection with the natural world of the outdoors is one of the central ideas of **Montessori** philosophy. **Maria Montessori** believed that outdoor education should be an extension of the classroom. Outdoor experiences provide the children with the ability to discover the world through their senses. They can hear leaves crunching under their feet, smell the fresh air, watch an insect crawling on a log, and feel the sand between their fingers. All of these activities help the children to develop an awareness of their surroundings. Playing outside also contributes to the physical development and health of the children as they practice and refine important gross motor skills including: running, climbing, and jumping.

Experiencing the outdoors on a regular basis helps children to learn about the natural elements and weather changes. Recent lessons in the Hummingbirds have been based on the seasonal changes we have been experiencing. The children have made Q-tip tree paintings with falling leaves, matched images of leaves to the corresponding shadow, washed pumpkins, practiced mixing primary colors to create colors we found on the fall trees, collected leaves and made leaf rubbing art as a group, and even practiced putting on their jackets independently.

As the weather continues to get cooler, we will still be utilizing outdoor education as often as possible. Having good outdoor clothing is part of a prepared environment. Please make sure your child has weather appropriate clothing as the seasons change. Dressing in layers is always a good idea! Gloves are difficult for the children to

manipulate and require teacher assistance; however, mittens provide them with the opportunity to increase their independence and create a sense of satisfaction for completing the task without assistance.



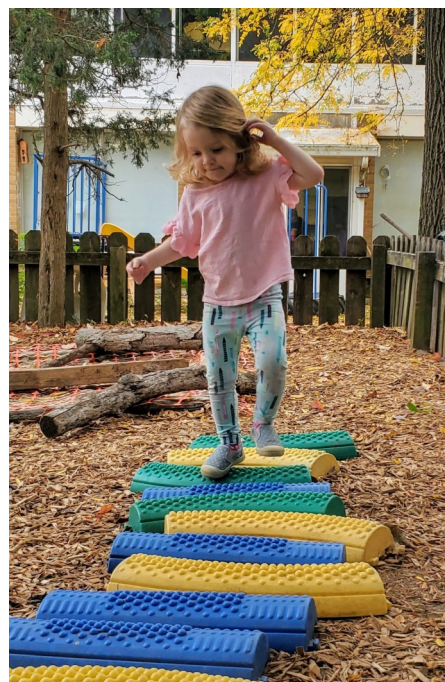
Zamirah works with sand.



Hazel matches leaves to the corresponding shadow.



Asher washes a pumpkin.



Vivian enjoys gross motor activities outdoors.

Working Hard in Our Outdoor Environment!

The **Chickadee** science class continues to provide service to the school community. They have dubbed Wednesdays as “Wednesday Work Day”. Last Wednesday we worked in and around the greenhouse removing plants that had been frosted over and moving dirt for the hugelkultur garden beds. Thursday is dubbed “Woodland Restoration Day.” We all jump in with a passion to work on clearing the invasive plants from the woods near our **Chickadee** yard. With all the rain the children noticed the need for some new pathways in the environment and spent a couple of days moving mulch and bark and deciding how the paths should go.



Chickadee News



A Need for Order

Order is one of the inherent traits that Dr. Montessori discovered in children. It comes as a surprise to many that children naturally desire to be part of order as a tool to learn relevant importance and purpose of what they see and experience!

Children will be affected by the disorder they feel or see around them by being disorderly themselves. In the classroom, we invite children to be part of a larger order by providing a clear place where everything goes. The children are then able to help maintain the environment by returning items to their designated place when finished. Additionally, this means that the children know where to look when they need something, and their inherent trait for independence is enhanced.

With the cold months coming and the need for snow gear, we are starting now to share with the students how they can be part of the greater order by taking care of their personal belongings. Each child has a hook where they can hang items such as snow pants, jackets, coats, hats, etc. Teachers are working with the kids to see how they can hang all these items just right so that nothing falls down. The reason behind not dumping everything on the floor of the cubby or piling it on top is so that individual items are easy to locate. The whole area stays tidy and free of obstacles for each group as it gets ready to come in or go out this way. By bringing children into the bigger picture of why a task is important we can count on them to take pride and responsibility for their actions.

Parents can facilitate this work at home by providing a space and opportunity for children to practice this order and independence! Encourage pride in their own accomplishment and motivation to manage their part of the world by expecting them to carry their own items into and from school themselves as much as possible each day.

COVID is changing our prior ways of meeting clothing needs as they arise. We need more preplanning on the part of parents to anticipate and responsibility of students to execute. What we lack on the part of the teacher as a total caregiver will be replaced by the parent as a daily wardrobe guardian and the child as a custodian of necessary clothing items.

We will supplement outdoor gear where it appears necessary that children require more than the clothes they were provided. Those items will be labeled and kept

on the child's hook for their exclusive use. However, there will not be room for multiple sets of clothes sent in by the families. We must rely on each family assessing each day the items that will be needed for the full protection from the weather as it changes daily in our varied climate!

Although the students will be spending half the Winter Weather Days indoors due to freezing temperatures, our outdoor education is still the main course being served in the school year COVID-19 for Chickadees at the Nightingale Montessori adaptation of a Forest School.

*“The **benefits of learning in a natural environment are many. Researchers studying forest schools have found that outdoors, children hone their motor skills, engage in more creative play, have fewer conflicts, stay healthier, learn to be more independent and develop a compassion for nature and wildlife that is likely to last a lifetime”***

The pandemic has made all our lives extremely unpredictable and unusually abnormal. We will adapt to conditions as they present themselves as much as everyone everywhere in the world must do. Please be patient and understanding as we let you know of each unforeseen change as soon as we invent it! Mother Necessity Is our only reliable guide!

Thank you!



A big shout out and thank you to **Jovie and Paxton Hahn's Grandma, Angie Wolfe**, for donating a stash of supplies for the **Chickadee** class! It is all much appreciated.

Our Outdoor Classroom

The weather is getting colder as the weeks go by. Your child will be outside for some portion of the day when they visit school. Our schedule graciously allows us to go outside for several hours of the day (throughout the entire school day). We want to ensure that your child is comfortable for the duration they would be outside. The longest amount of time they would be outside at one point would be thirty minutes. We have individual basket storage for students to house these bulky items. The baskets all have lids too, ensuring the items are housed away from other students' items.

They should come prepared with the following items to ensure they are comfortable:

- A warm heavy coat
- A hat
- Gloves or mittens

These items are recommended but not required:

- Snow pants
- Winter boots
- Fleece or wool socks
- A scarf or neck warmer

If you are experiencing difficulty retrieving any of these items, we would be happy to provide your child with a set that would remain at school.



Anna and Evan building their "Angry Birds" tower.



Playing "Angry Birds"

Eagle News



Nathalie and DaShayla playing



Sevynn and DaShayla enjoying the forest.



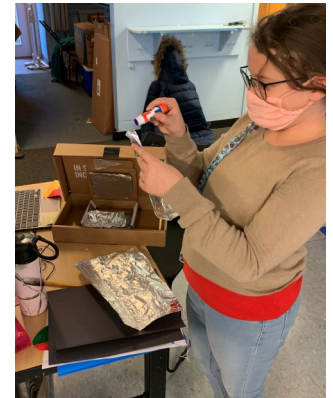
Nathan and Rosie rolling tires.

Community Service Is One of Our Yearly Goals!

The Owl classroom has always enjoyed being part of the larger community. With the presence of COVID-19 we are trying to find ways to engage in our local community with safety in mind. The Owls that attend school in the hybrid program have been working on making blankets for patients in Hospice. Making the blankets included cutting, measuring, and tying. This is something that we can do in a clean safe environment while still providing support to our local community. The Owls have a clearly defined vision of participating in four or more community service projects throughout the school year. This year we are looking for creative ways to support our local community. Helping the students understand the importance of community even while it is looking very different from the norm is still an important part of our classroom. If you or your family has creative ways to help the local community we would love to hear from you.



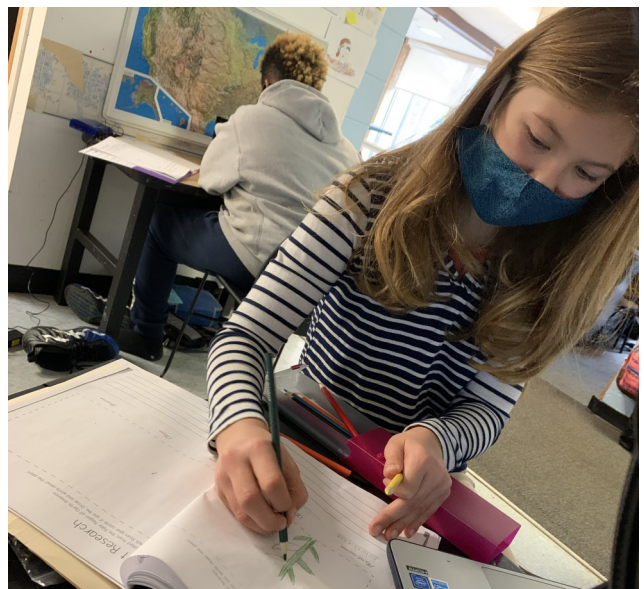
Wyatt Building his
Microbe



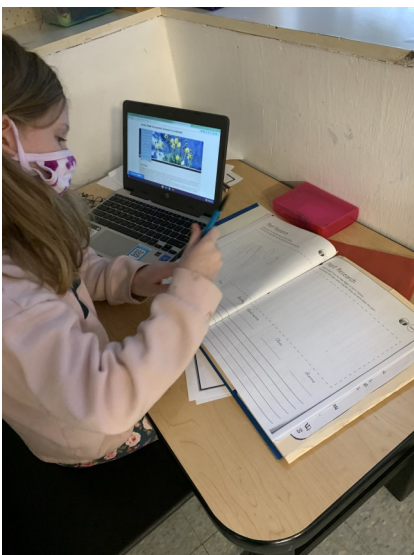
Blake designing her solar
oven



Taliyah, Eliza, and Olivia working on holiday gifts for Hospice



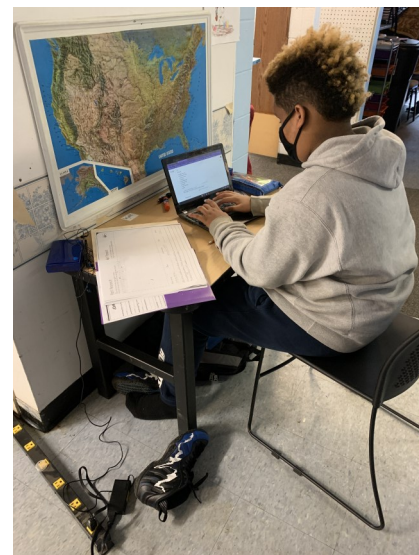
Eliza drawing her Arctic plant for research



Lola doing research on Arctic Plant
Adaptations



Olivia building her Microbe



Sincere researching animals of the
Arctic

Design Challenge

STEM stands for Science, Technology, Engineering and Mathematics. The “A” in STEAM adds in Arts to the mix. Simply put, STEM and STEAM programs are more than just teaching facts; they’re a philosophy of how to link various areas of study and ensure students are prepared to excel in a society where technology is increasing every day. The Falcon teaching team works together to make intercurricular connections and give students a larger understanding of concepts. By emphasizing educational experiences that tie concepts together, students develop skills valuable in a technologically inclined workforce: creative problem-solving, collaborative teamwork, experimentation, disciplined use of technology and considering the larger implications of our choices.

The principles of Montessori education align naturally with the goals of STEAM education: Opportunities for hands-on discovery

- Learning through experimentation
- Allowing for students to explore areas that draw their interest
- Bringing concepts together to create a more holistic academic experience
- Development of practical, real-world skills that move beyond rote learning

The Design Challenge the Falcon Science students faced was to consider specific adaptation of seeds that utilize nature to disseminate themselves. Students used various materials to develop a seed pod or head that would enable the seed to float through water, move through the air, or be carried by animals. They tested the adaptations and compared their designs with their classmates.

Art

Falcons were inspired by British artist, **Andy Goldsworthy**. We spent time with the documentary *Rivers and Tides*, which highlight the process this environmentalist uses to produce his land based creations. Students discussed the experience of making art with the full knowledge that it would be destroyed. Each group of students was able to naturally make the jump to understand that all art and even all existence is temporary and being aware of that can make each moment more special.

Students, whether remote or in-person, collected items of interest and beauty. The items themselves helped guide the direction of the art. Many students created mandala like designs that grew and spiraled out from the middle. They were encouraged to create a design and then immediately destroy it and start again.

The largest lesson for this art class was feeling that each of us can have an impact on our direct environment. We may not have new canvas, oil paints or wooden easels to create our art with but we can all help make our world a more beautiful and valuable place. We can use the materials that are around us to interact with our environment and make our communities more wonderful and unique places to be.

“The child has a different relation to his environment from ours... the child absorbs it. The things he sees are not just remembered; they form part of his soul. He incarnates in himself all in the world about him that his eyes see and his ears hear.” - Maria Montessori

Falcon News



Hailey works on Design Challenge.



Rayven



Ky'Lynn

Wing Microbusiness

The Wings Micro Business class, is a class that offers all the Wing students an opportunity to learn to use tools safely and make things that can be sold, as well as the opportunity to create and build things that they are interested in for themselves. We have several products that we make to sell to raise money and introduce the possibilities of entrepreneurship to the students. The money is used to buy materials for personal projects that students want to make for themselves or for their families, as well as money to invest in tools and materials for other projects. We also try to help fund extracurricular activities like picnics and field trips. This year our first big order was 24 individual work stations that are tables that convert to benches and several hands free sanitizer dispensers.

Students are always encouraged to create new Micro Business products and new Micro Businesses within the class. Last year we made benches from 2x4s, hardwood cutting boards, candles and candle holders, also, Picklers triangles, (a climbing toy for toddlers) lip gloss, and many different critter houses and signs. Russell Benson, created a t-shirt making business from his home after we went to remote learning. Emma Wasinger created a Scrunchy business with Karate themed

products. This year we are proud to introduce JAR Boarding. JAR Boarding is a skateboard company that makes custom skateboards using repurposed and salvaged materials. Here is some information from the founders Roy Wood and Jaxson Potter. ***"Jaxson Potter and Roy Wood recently started making custom longboards and***

skateboards. We were calling our business JAR and have been working on our own microbusiness when we have the time. Other students such as Brandon Cornetet, Aiden Schindler, and Malaki Searcy have been helping us out as well. We started working on a website so we could sell some of our products online. We are hoping that because longboards and boarding in general is steadily getting more popular we will be able to start a stable business. We have already been contacted by some possible customers, if you're interested contact us at jarboarding@gmail.com, or visit <https://sites.google.com/view/jarboarding/home?authuser=0> for board detail".

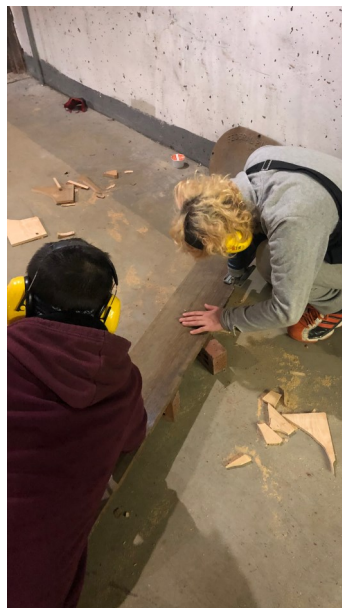
The Micro Business class works closely and in harmony with the Ecology class taught by Jared Martin. We always try to use sustainable and recycled materials whenever possible, and work together to beautify our campus. The Ecology class and nursery program propagates native species trees and plants to sell to the public as well as to replant our new campus at 2525 North Limestone. Jared says that :In this class students will learn the many ways that peace, both personal and world wide, comes from the soil. Also, the joy of quiet minutes between hard work, and how to take a diverse harvest from our woodland restoration and permaculture products.



A working lunch



Brandon drilling holes for skateboard trucks



Jaxson cutting out a skateboard



Roy, Jaxson and Brandon assembling a skateboard



Micro Business products and prices

2x4 Bench Full Size	\$150
Picnic Table / Bench	\$80 each / \$150 pair
Picklers Triangle	\$200 plus accessories
Hardwood Cutting Boards	\$40
Candles	\$2.00
Candle Holders	\$5—\$10
Butterfly Houses	\$25
Hummingbird Houses	\$15
Assorted Coasters	\$5—\$10



2x4 Full size Bench



New and Old Skateboards



Pickler's Triangle



Assortment of Critter Houses



Custom Ordered 2x4 Table



Single Work Station / Table



Touchless Hand Sanitizer Units