



Nightingale Notes

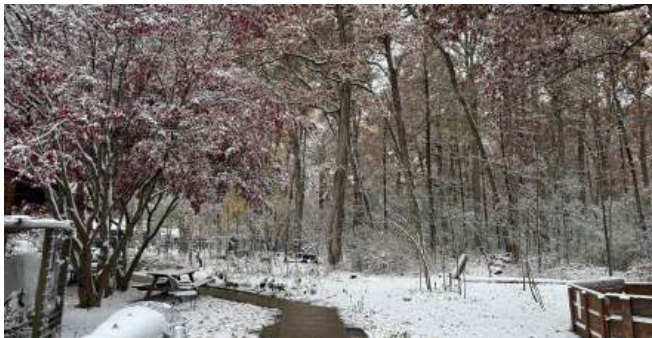
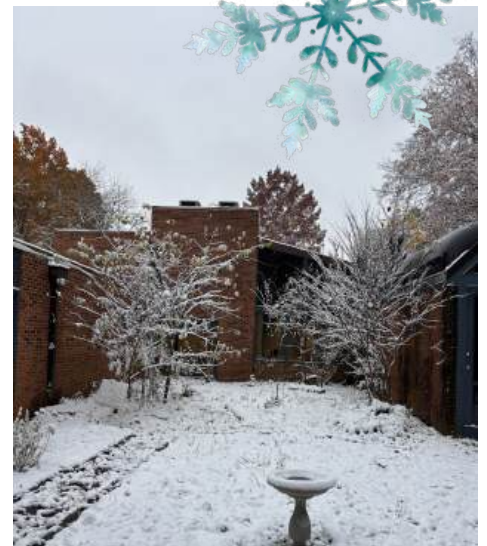


November 2025

Upcoming in December & January

- 5 Bookmobile**
- 8-12 Holiday Gift Shop**
- 11 Falcons Salvation Army Community Service**
- 12 Nutcracker field trip to Kuss Auditorium**
- 13 Cedar Bog Appreciation Lunch 12:30-3**
- 15 Falcons Salvation Army Community Service**
- 18 Chick & Eagle Peace Night, 6:30pm**
- 19 End Q2, Bookmobile**
- 22-1/5 Winter Break**
- 1/6 Classes resume**
- 1/16 Bookmobile**
- 1/6-16 Wing EOC Testing Window-- Winter**
- 1/19 No School--MLK Day**
- 1/30 Midterm Q3**

Appreciating our campus in a new season



Reminder: Snow Day Delays and Cancellations

NM will make the decision to announce a closing/delay by 7:00am. We have students and staff that come from as far and wide as Clark County, Logan County, Champaign County, Greene County, Clinton County, Montgomery County, and Madison County. Our delay/closing decision will be based on weather conditions in the Clark County and Springfield area but as we make a decision we do consider our surrounding counties and our staffing needs for operation. WE WILL DECIDE IF WE ARE DELAYED OR ARE CLOSED BY 7:00AM AND WE AIM TO MAKE EVERY EFFORT WE CAN TO NOT CHANGE THE DECISION. Often, schools will call a delay to gauge changes in a weather situation and then change to a closing. Many families find it very difficult to make an arrangement for a delay and then make another arrangement when the delay changes to a closing. If we feel the visibility, road conditions, dangerously low temperatures or ice conditions warrant concern, we will announce a delay or closing based on the timing of predicted conditions in relation to school operation hours. Families that travel to NM need to make their own decision as to the safety of the weather and road conditions. If your area is delayed/ closed and you decide to remain home, please notify the office. The attendance will be excused due to inclement weather. Our Rapid Fire email, and SchoolCues notification systems will announce the decision. Please make sure the office has your current email and cell phone numbers. TV and Radio announcements (if utilized) will be: WHIO (Channel 7), WKEF (Channel 22)

Updates from Madagascar



The older kids went on a field trip to hike up a waterfall and to buy plants for their endemic garden.



Former employees of Bonded Oil with Regan Sweet whose father fashioned the bricks and sided the sidewalk to the entrance of our building.

Nightingale Conversations Recap!



Tours of the unique native plant restoration grounds were led by Jared and Olivia during the event hosted for former alum parents and Bonded Oil employees to receive an update on the building use by Nightingale Montessori.



NM Graduate, Grant Friedberg with wife Michelle (with whom he was a Chickadee, Owl, Falcon, and Wing), his parents, and grandfather attending NM event Saturday. Grant promised to help board advisor Mike Koveleski to coordinate the upcoming Nightingale Montessori Jubilee Celebration.

Shonda Lindeman, a board advisor and a co-CEO of The Business Equipment Co. promised to also help with our Jubilee. We are also very grateful to Shonda for printing all the promotional flyers for our event on Saturday!



All School News



Mad River Mountain Slope Days Afterschool Program - SIGN-UPS COMING SOON!



Mad River Mountain has not yet opened sign-ups for Slope Days (Formerly called Ski Club). NM plans to travel on Thursdays after school to participate in the program. The cost of the program is listed at \$350 online for lift, rental and lessons. Please let Amy at the office know if your student is interested in joining us.

Parent Info:

Learning to ski or snowboard is more than just an after school activity. In Slope Days, your child will learn the basics of skiing or riding while gaining confidence, perseverance, endurance, and a true love for the outdoors. By signing your child up for this program, you are opening the door to a winter activity they can carry with them for the rest of their lives. Unlock the magic of winter with Slope Days!

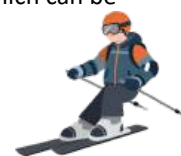
What's Included:

- Rental equipment including skis, boots, poles (optional) and a helmet OR snowboard, boots, and a helmet.
- A one hour lesson (time determined by resort).
- A lift ticket for each day or evening of the program.
- Please Note: The resort does not accept cash for any in-resort purchases including food & beverage or retail. We accept credit cards, debit cards or resort gift cards. Apple Pay and Google Pay are accepted at some food and beverage locations. Resort gift cards can be purchased onsite at the resort or over the phone by calling the resort. We also accept American Express gift cards which can be purchased online <https://www.buyepicgiftcards.com/>

What To Expect:

What a typical program day looks like once the group arrives at the resort:

- The advisor will have all lift tickets, rental vouchers, and lesson information.
- Advisor will ensure each participant gets where they need to go to secure rentals and join the lesson.
- Child will participate in a one hour lesson with one of our excellent Ski & Ride School Instructors. The lessons are not required but highly recommended and included in the price of the program.
- After the one hour lesson the students will be released at the designated Ski and Ride School pickup area. All participants are welcome to free ski/ride until their group departs. During free ski/ride time, there will not be a resort employee with the children and the advisor is responsible for all participants. The advisor will communicate departure time and meeting place.
- Curious about how to dress for the weather, how to read a trail map, and other helpful tips? Head to our [Beginner's Guide](#) to learn more!



Nightingale Montessori Wellness Policy

1. Wellness Committee

Nightingale Montessori (NM) maintains an active Wellness Committee, open to all community members.

- Parents may submit suggestions through a form on SchoolCues. The form and the most recent policy will be sent to all families in August.
- Suggestions will be reviewed during Leadership Collaborative meetings, added as an agenda item, and decisions regarding implementation will be documented and communicated publicly.
- The Head of School is responsible for ensuring full implementation of the Wellness Policy and compliance with USDA regulations.

2. Nutrition Education and Promotion

Nightingale Montessori recognizes the lunch period as an integral component of the educational program. The school kitchen functions as a "learning laboratory," allowing students to apply nutrition concepts taught in class.

Nutrition Education Activities

- Promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- Instruction on local procurement, sustainability, and organic practices.
- Use of the school garden as a teaching tool in nutrition and science curriculum.
- Collaboration between nutrition education and the school meal program.
- Culinary activities that encourage students to make healthy food choices.
- Field trips to local farms and food producers, when feasible.

Nutrition Education Goals

NM will encourage and support healthy eating through education that is:

- Part of a sequential, comprehensive curriculum across grade levels, including Health and Family & Consumer Science.
- Integrated into other subject areas (math, science, language arts, social studies, electives).
- Developmentally appropriate, culturally relevant, and includes hands-on activities (taste testing, healthy fundraisers, international festivals, gardening, cooking classes).
- Designed to develop lifelong skills in nutrition, health, and safe food handling.

3. Physical Education and Physical Activity

NM provides both structured and unstructured physical activity at all levels.

- Activities may include outdoor work, gardening, nature hikes, and clubs such as Biking, Skiing, and Running.
- Students have at least 30 minutes daily of indoor or outdoor physical activity, weather permitting.
- Recess, PE, or physical activity will not be withheld for behavior or incomplete work.
- Students are expected to participate in outdoor activity, consistent with the school's educational philosophy.

Wellness Policy, continued

Physical Education Goals

Students will:

- Develop the skills and confidence necessary for lifelong physical activity.
- Understand the value of physical activity for health, enjoyment, challenge, and social interaction.
- Build competency in motor skills and movement patterns.
- Maintain fitness levels that support overall health.
- Demonstrate responsible personal and social behaviors.

4. Reimbursable School Meals

Meals served through NM's food service program comply with all USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP) requirements:

- Breakfast is provided free to all students through the USDA SBP.
- A POS system tracks meals discretely to ensure confidentiality for students receiving free or reduced-price meals.
- Students receive a reimbursable meal regardless of ability to pay or meal debt status.
- Free/reduced-price meal applications are distributed annually and available on School Cues.
- Students may be directly certified when eligible through state agencies.
- NM promotes new menu items with food education events and periodic taste-testings.
- Students receive at least 20 minutes of seated time to eat lunch after receiving their meal.
- Free drinking water is available throughout the school day and during meal service.
- All child nutrition staff meet USDA Professional Standards for hiring and training.
- Whenever possible, meals incorporate fresh, locally grown, sustainably produced foods.
- NM complies with all federal and state meal pattern and nutrition standards.

5. Competitive Foods and Smart Snacks

- No competitive foods or beverages may be sold during the school day except those meeting USDA Smart Snacks standards.
- Only water, milk, and 100% juice are sold to students.
- Aftercare snacks meet USDA requirements for the program.
- All food fundraisers conducted during the school day must meet Smart Snacks criteria.
- Celebrations (including birthdays and holidays) include only healthy options or may use non-food alternatives.
- Staff are encouraged to model healthy eating behaviors and dine with students to encourage balanced food choices.
- Students may bring reusable water bottles and have access to water throughout the day.
- Students are encouraged to take part in menu naming and food preparation activities.
- NM participates in Farm to School and partnerships with local farms.

Approved Smart Snack List: Available on the school website and upon request.

6. Public Notification & Policy Review

- NM will publicly post the most recent Wellness Policy on its website and make it available in print upon request.
- NM will assess the implementation of the Wellness Policy at least once every 3 years, using USDA compliance tools.
- The triennial assessment will include:
 - Progress toward meeting wellness goals
 - Compliance with policy requirements
 - Comparison to model wellness policies
 - Public posting of the assessment results
- NM will update the Wellness Policy as needed based on the assessment results and input from the Wellness Committee and community members.



Learning Through the Senses

With the changing seasons, there have been countless opportunities for our Hummingbirds to engage their senses. Some of this month's highlights include:

- Sorting colorful fall leaves
 - Collecting treasures in nature during a scavenger hunt
 - Listening to the satisfying crunch beneath their feet on a nature walk
 - Jumping into leaf piles and exploring new textures
 - Noticing the smells of autumn-earthly leaves, crisp air, and seasonal scents
 - Observing changes in nature all around them
- These experiences help our students build vocabulary, refine their senses, and deepen their connection to the natural world.

As Maria Montessori beautifully taught, "the senses are the gateway to learning."

By exploring the world through touch, sight, sound, smell, and taste, our Hummingbirds are growing into curious, observant, and thoughtful learners ready for new adventures.

A Heartfelt Thank You

Thank you to all who support the Hummingbirds! Seen or unseen, your kindness and care make a difference each day in our environment -and we appreciate you!

This month the children also collaborated in a beautiful sensorial painting experience, creating handmade thank-you cards for some of our special friends. They were thrilled to walk through the school and hand-deliver them, experiencing joy and gratitude along the way.



Hummingbirds and friends take a walk on campus.



Brayzen uses a magnifying glass to explore.



Mackenzie, Nola, Brayzen and Falcon friend River gather for a picture while enjoying a nature walk.

Nola carefully transfers water.



Tasia collects fall leaves.



Mabel and Simran socialize within a large leaf pile

Chickadees



Beckham



GeVaya



Camp



Caylee



Eden



Nora



Santi

Montessori self-confidence is built through fostering independence, responsibility, and a child's natural curiosity. This is achieved by allowing children to make choices and work at their own pace. The approach empowers children by focusing on their efforts and abilities, which builds their self-trust, resilience, and willingness to take on new challenges.



Henry



Henry and Nora pour the completed salve into tins.



Kalle



Eagles enjoy
the snow!

Eagle November News

The Eagles and Chicks are working on a collaboration for Peace Night and are so excited to perform for the parents on December 18 at 6:30pm!

The Eagle and Owl students have been working diligently on expanding the Eagle outdoor environment. They have made plans with Jared on the kind of work they want to see for their large motor area. The children have worked hard to add new flower beds that will assist with the tulip sale we have every year. The children have started working to build a tunnel under a very large log that is in the area. The children bring wheel barrows of mulch to the environment to make it safe. They have been clearing out stumps and cleaning up brush with the guides in the area. The children ask to do the work and enjoy knowing that they are building something great that all future Eagles will get to enjoy. The students take turns, work together and have put a lot of energy into the space. We know that it will take time and energy to get the work done but we are all excited to see how the area ends up.



Paxton and Alivia serve lunch.



Bella M, Autumn, and Levi at Heritage Center



Barb ready to serve some fresh baked bread for a Book Club activity!



Autumn and Leilani climb a mini snow and mulch mountain



Lucinda and Ms. Sophia caught twinning!



Together we can do amazing things!



Our Flemish Giant enjoys a change in scenery.

Updates from the Owls

We put a piano in our classroom and we are excited to try it! We recently went on a field trip to the Springfield Heritage Center. At the Heritage Center we learned a lot about the history of Springfield. During the visit, our teacher, Miss Guyia, told us about the display which had the Bonded Gas Station; the main offices were located right inside of our school building many years ago! We had no idea that our school and the Heritage Center had a connection.

While many schools in the area closed for the first snowfall, our students bundled up and headed outside to enjoy the magic of winter's early arrival. They spent time outside exploring the changing landscape, observing nature, and experiencing the joy of learning in our beautiful outdoor environment.

In the classroom, students shifted their focus in science to geography, diving into the creation of their own watercolor maps. By tracing, painting, and labeling the continents, they practiced both artistic skills and scientific observation while deepening their understanding of topical geography. Book Club also brought learning to life in the most delicious way—students baked their own bread to enjoy with butter and jam, inspired by some of the scenes they've been reading about in *Matilda*.

Meanwhile, our Erdkinder students demonstrated teamwork and perseverance as they worked together to relocate a garden bed from the Owl Yard to the greenhouse area near the shed. This collaborative effort not only strengthened their muscles but also supported our ongoing work to care for and grow our outdoor learning spaces.

On November 14, the whole school enjoyed a Thanksgiving lunch with turkey, mashed potatoes, stuffing, pumpkin pie, and lots more Thanksgiving goodies. A huge thank you to the **Falcons and Wings** for the yummy food!

The last day before Fall Break, the Owl teachers surprised us with Bingo games and prizes, and we watched *The Wild Robot*. Each student also received a portion of a paper quilt to write and decorate about Gratitude.



Owl Bingo!



The French Corner

Bonjour! Today you are going to find out if Thanksgiving is celebrated in France and learn how to say that in French.

French holidays are often centered around historical events, religious traditions, and national culture, while American holidays tend to highlight national history, family gatherings, and seasonal celebrations.

France does not celebrate Thanksgiving as it is not part of French culture or history. It is mainly celebrated in the United States and Canada. However, some restaurants, international schools, or American families living in France may organize a small Thanksgiving meal, but it is not a national holiday. People often still say Thanksgiving but "l'Action de grâce" is the proper French translation; both terms are understood.

Here is a simple phonetic spelling of "l'Action de grâce" in French:

[lak- syohn duh grahs]

À bientôt!

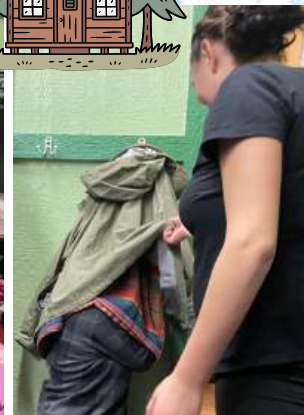


Falcon Class President Serenity!



Processing pumpkins for pies

Falcon Fun at Glen Helen!



Falcons



Brandon, Zane, and Robert work independently, together



Damarion shares his passion project, a comic book, with Daisy



Wing Micro Business class had a productive day preparing for the Holiday Gift Shop



Raccoon



Deer and ducks



Deer

We are excited to share a selection of trail camera pictures caught over the past year. Many were taken near our vernal pool, which is a naturally occurring, temporary body of water that appears with snow melt and spring rains. It becomes a valuable water source for wildlife, as well as providing the habitat for amphibians to complete their life cycle. We have hundreds of photos of raccoons likely hunting for these amphibians. We were also surprised to see that after some late summer storms, the pool refilled, allowing many animals to cool off and get a drink. In fall 2024, Wing Ecology students (with the help of younger students as well) dug out the vernal pool site to make it deeper and began planting water-friendly native plants like irises around the edges. Our school-wide ecology program is thankful to have the opportunity to work on such a variety of projects, from vernal pool restoration to stone patio installations, vegetable gardening, woodland restoration, and plant nursery management.

Wings