



Nightingale Notes

October 2024

Yearbooks from the 2023-2024 school year are available!

Yearbooks are \$20.



November

Promise Club Theme: Reach Out and Help

- 8 Bookmobile Visit
- 15 Midterm Q2
- 20 PTA Meeting 6pm-7pm
- 21 Cookie Walk
- 22 **Student Early Dismissal—11:30, Staff Professional Development**
- 22 Bookmobile Visit
Falcons to Eagle City Soccer Fields—Morning
- 25-29 **No School, Thanksgiving Break**

December

Promise Club Theme: Promote Kindness and Compassion

- 6 Bookmobile Visit
- Parents' Night Out 6pm-9pm
- 9-13 Holiday Gift Shop
- 20 *Nutcracker* at Kuss Auditorium—Eagle and Owl students performing
- End Quarter 2
- 23-Jan **Winter Break**

Promise Club

Nightingale Montessori invites all classrooms to participate in Sandy Hook Promise Club activities. Sandy Hook Promise (SHP) is a national, nonprofit organization based in Newtown, Connecticut and led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012. **SHP's mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities.** Students Against Violence Everywhere (SAVE) Promise Club leaders are helping accomplish this mission. Our classroom Promise Clubs organize activities each month around a theme in order to include all students and build a community based on respect for each other. November's theme is "Reach Out and Help." We hope to initiate activities that will encourage students to be aware of those around them who may be in need, and to take action to meet that need. We each have the ability to make an impact every day!



Layers and Weather-Appropriate Gear

Families are reminded that all classrooms participate in outside work daily, no matter the weather conditions! Students should dress in layers and have weather-appropriate clothing on hand at school in order to participate in this outside work time. Please check the weather in the morning before sending your child to school without a jacket or weather-appropriate footwear. Items a student may need include rain boots, snow boots, rain jacket, hat, scarf, and sweatshirt. Students are invited to keep extra items at school to accommodate changing Ohio weather patterns. If your student needs help accessing any of these items, reach out to their classroom teacher.

Bloom Learning Center has a great article about the benefits of outdoor play in all weather conditions:

In today's tech-driven world, where children often find themselves glued to screens, it's easy to forget the magic of outdoor play. But did you know that regardless of the weather, stepping outside can be one of the best things for your child's health and happiness?

Let's explore why kids flourish in all types of weather and debunk some common myths along the way.

Benefits of Outdoor Play in All Weather Conditions:

Physical Health:

- Outdoor play isn't just fun; it's also a fantastic way to keep your child active and healthy.
- Research shows that spending time outdoors can boost your child's immune system, helping them fend off illnesses.
- Shockingly, studies indicate that only a third of kids get enough physical activity every day, raising concerns about sedentary lifestyles and related health issues.

Mental Well-being:

- Nature has a magical way of reducing stress and boosting mood, even in the youngest of adventurers.
- When kids play outside, their brains come alive, leading to better focus, creativity, and overall mental well-being.
- With mental health concerns on the rise among kids, prioritizing outdoor play can be a game-changer for their happiness and resilience.

Connection to Nature:

- Encouraging your child to explore the great outdoors fosters a deep love and respect for the environment.
- These early experiences lay the groundwork for a lifelong commitment to caring for our planet.
- Studies have found that children who spend time outdoors are more likely to become environmentally conscious adults, making outdoor play a win-win for both kids and the planet.

Dispelling the Myth: Cold Weather and Illness:

Contrary to popular belief, chilly temperatures don't directly make kids sick. In fact, research suggests that the real culprits behind seasonal sniffles are indoor germs and poor air quality. So

bundle up your little ones, because there's no reason to fear the cold!

Statistics Supporting Outdoor Play:

- Shockingly, studies reveal that kids spend as little as four to seven minutes a day playing outside without structure, falling far short of recommended guidelines.
- Research published in the *American Journal of Public Health* has shown that access to green spaces and outdoor playtime can lower the risk of childhood obesity and related health issues.
- With over 80% of adolescents worldwide failing to meet recommended physical activity levels, it's clear that we need to prioritize outdoor play now more than ever.

Practical Tips for Outdoor Play in All Weather:

- As parents, we play a crucial role in encouraging outdoor play, rain or shine. Emphasize the importance of getting outside and exploring nature with your child.
- Make sure your little one is dressed appropriately for the weather, layering up when it's chilly and staying cool when it's hot.
- Get creative with outdoor activities! From nature scavenger hunts to backyard camping trips, there's no shortage of ways to make outdoor play exciting and memorable.

The great outdoors offer endless possibilities for your child to learn, grow, and thrive in any weather. By debunking myths about cold weather and illness and embracing the many benefits of outdoor play, we can give our kids the gift of a lifelong love for nature. So grab your coats and let's make some memories outside!

<https://www.bloomlearningcenter.com/post/the-great-outdoors-why-your-kids-thrive-in-all-weather-conditions>





Ski Club

Time for Ski Club Sign Ups! DEADLINE IS NOVEMBER 22!

If you do not sign up for the program by November, you can still join our group but you will need to purchase lesson, rental equipment, and lift tickets each day the student attends. Ski Club this year is a 5-week program. It is not a weekly excursion. The Thursday club dates are 1/9, 1/16, 1/23, 2/30, 2/6. The cost for the 5 week session is all inclusive (lessons, rental and lift) for \$335.

You may use your ACE Funds for this program. You will need to contact NM for sign up if you are using ACE Funds. NM will make the payment to Mad River Mountain and send you an invoice for you to submit to ACE for reimbursement. It needs to be coded correctly as after-school enrichment.

To Sign Up for Ski Club WITHOUT ACE Funds:

<https://www.skimadriver.com/plan-your-trip/ski-and-ride-lessons/products/slope-days>

To Sign up for Ski Club WITH ACE Funds:

1. Send an email to Amy—asmith@nightingaleschool.org
2. Include TWO Emergency contact names and numbers
3. List any specifics for medications, food allergies, drug allergies or special conditions.

Parents—you may join us—and travel with us—you have to purchase your tickets separately for each trip as a chaperone.

Once you have signed up your student, please email the office to let us know so we can add your child to the Roster. We will be traveling by SCS School Bus. The Bus will leave NM at 4:00 PM and return to NM at 9:00 PM.

Snow Day Delays and Cancellations

NM will make the decision to announce a closing/delay by 7:00 am.

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 7:00 AM 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), WKFE (Channel 22 and

All School News





Holiday Gift Shop

The Holiday Gift Shop is a shopping experience your child can have where he/she can independently pick out a gift for someone special in his/her life. You will be given an envelope where you can indicate on the form who he/she will be shopping for and a budget amount for each person. Students will help your child shop, wrap the gifts, and label the tags. Your child can practice independence while shopping, surprise their loved ones with their special choices, and gain experience with the joy of giving.

The Wing Micro-business will run the Holiday Gift Shop for all students wishing to participate. The Holiday Gift Shop will be available to students **during the week of December 9th**. Shoppers' orders will depend on the receipt of their envelope and their availability due to academic schedules. An envelope will be sent home with your child and you will have a chance to decide which friends and family members your child will be shopping for and indicate a price range for the gifts. The NM PTA will supervise Wing student workers that will run the operation. The students will help your child shop, wrap, and label these gifts. They will be sent home with your child when they visit the shop.

The Holiday Gift Shop will sell only Fair Trade and locally made items. Fair Trade is a system of exchange that honors producers, communities, consumers, and the environment. It is a model for the global economy rooted in people-to-people connections, justice, and sustainability. When you make a Fair Trade purchase you are supporting: A Fair Price for Products, Investment in People and Communities, Environmental Sustainability, and Economic Empowerment of Small Scale Producers.

Gourmet Grub



The Development of Fine Motor Skills

"The human hand allows the mind to reveal itself." - Maria Montessori

The **Hummingbird** staff, like **Dr. Montessori**, understands fine motor development to be one aspect of a balanced approach to guided development that includes mental, physical, and moral aspects. Fine motor skills involve a refined use of the small muscles which control the hand, fingers, and thumb. Because little hands need to develop dexterity and strength, the **Hummingbirds** are provided with multiple opportunities to develop and strengthen these skills each day.

The photos in this newsletter show some of the many ways the **Hummingbirds** are working hard to develop these small muscles. The children are displaying their abilities to complete crucial tasks like reaching, grasping, and moving objects. Beginners like **Brayzen**, who carefully places discs on a vertical rod, will soon mimic **Elijah**, who is focused on carefully placing

the car on the track. Eventually both will be able to practice using scissors like **GeVaya** and **Henry**, and manipulate snaps like **Lucy**.

Continued development of fine motor skills will provide the **Hummingbirds** with the ability to complete everyday self-care tasks that will increase independence and improve self-esteem. Fine motor development also provides the child with the strength and ability to isolate the pointer finger and thumb to use a pincer grasp. This is very important to help prepare for a strong pencil grasp that will be needed for future writing. Fine motor skills also improve hand-eye coordination, precision, and visual perception.

These are just some of the many benefits to the development of fine motor skills. You will continue to see other ways the **Hummingbirds** strengthen these skills in future newsletters. Look for ways your child can strengthen these skills at home too!



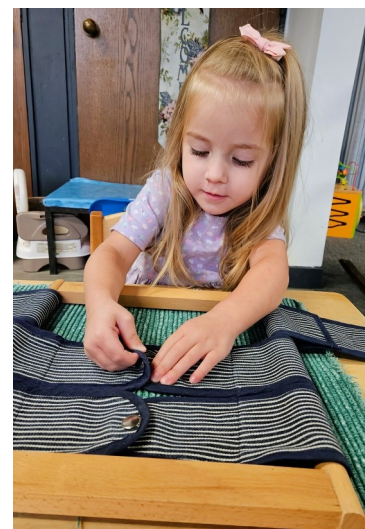
Henry practices using scissors.



GeVaya practices using scissors.



Elijah practices his pincer grasp.



Lucy works with the snap dressing frame.



August practices scooping and pouring.



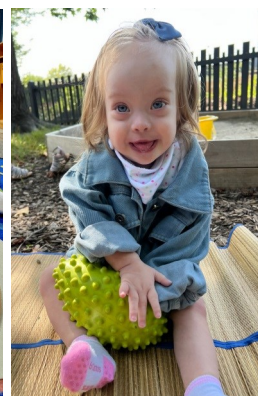
Brayzen places discs onto rods by color.



Calvin hunts for treasure.



Germaine Jr. completes the track.



Maggie enjoys exploring texture.

Parent Corner

Halloween: The **Chickadees** will not be celebrating Halloween in the traditional commercial way of make-believe by presenting themselves in scary or fantastical costumes and expecting sugary treats.

Montessori emphasizes the magic of life as real phenomena. The fact that a praying mantis has seven noses on its belly and with its triangular head and bulging eyes is more of a real terror in its world than a costumed triangular witch hat is in ours. We want to keep the true experience of awe of our real world by not numbing kids to their true inheritance of a fantastical universe worthy of their wide-eyed amazement.

However, we will incorporate some of the customary elements into our geometry, cultural, and practical life curriculum. Did you know kids enjoy pronouncing “equilateral triangles” which are the common shape for pumpkin eyes? The isosceles (two sides the same) triangle makes a nice nose while a scalene triangle can make a wry grin!

In the days leading up to Halloween, we will enjoy the opportunity to carve pumpkins and roast pumpkin seeds. Some creepy crawlies lookalikes will appear within our fine motor activities.

LABEL! LABEL! LABEL!

If you are finding yourself missing socks I encourage you to label them with your student's initials on the bottom. Students take their socks off for various reasons and while we have established some expectations such as putting your socks inside your shoes, if you label them that will help us when we find stray socks around the classroom. We are working on a lost and found sock tree which we hope to place at carline on Fridays once we get our system up and running. Please also label gloves and hats. As the weather is getting colder these are also items that get misplaced easily despite our vigilance to the routine of proper storage of clothing items.

Re-Imagined Education

One of the missions of Nightingale Montessori is to set up an environment that compels all students to participate with the *independence and maximum* energy innate in children. Our re-imagined educational design promotes self-motivation for both group and individual activity.

We boost initiative and confidence through *self-paced, repetitious* practices that launch an inner desire to set personal standards. All work is personalized and felt by students to be both purposeful and accomplished with developed perseverance.



Parachute fun.



Learning about native Ohio birds.



Annie

Chickadee News



Bella

Eagle Debate Club

I feel so excited to say that I feel on the right track with the debate team idea. The children are in a sensitive period to understand just and unjust. I see it when we have our discussions that they are trying to communicate and articulate the way that they are understanding their world. While they are all on different levels with this they all have some understanding and sense of morality. I can honestly say at their age I am not sure I had the moral compass that I see them developing because of the classroom experiences we are offering. They have conversations with peers and are able to walk away feeling better by having shared their thoughts on sometimes difficult discussions. I also realized that we are strengthening and growing our classroom community by the debate team conversations we are having. I look forward to helping build future community leaders, it starts now in the hearts of the six to nine year olds as they try to navigate the complexities of social norms and their own sense of morality. The two are not always easy to navigate in spaces where socially we have the desire to fit in and be liked by our peers.



Eagles displaying a triangle in the sand pit!



Eagles observing The Owls during Reading Theatre.



Music time.



Jared helping replant a beautiful Swiss Cheese Monstera.

Eagle News



Magic mirror.



Eagles working on cursive sentence work.



Eagles working with math materials.



Eagles working on Noun and Verb matching.



Morrison focusing hard on cutting out Verbs and Nouns.

Reading Theatre

The Eagle classroom got the opportunity to attend a Reading Theatre put on by the Owl students. The Owls performed two acts and drew the attention of the Eagles beautifully. Before attending the performance, we discussed as a class the proper audience etiquette needed to show our respect. Watching the Owls model their confidence in reading and performing in front of others gives our students the courage to do the same.



Ms. Saona

We had the honor of having Ms. Saona from the Falcons come in and teach us the lyrics to "Are you sleeping? Brother John," in Haitian Creole. The addition of this language will be the fourth language we have learned this song in. We are hoping to add more language verses to this song every few months, building our strength in the lyrics each day.



Fall leaves in science class.

Garden Owls

Along with the squirrels and chipmunks caching acorns all over Nightingale, the change in weather has enlightened the kids to get busy as well. From Fungi hunting to mulch hauling, the enjoyment of being outdoors has been very rewarding.

The students have stepped up these past couple of weeks by their own volition! There is a newly finished pond featured in the fenced in Owl Garden space, and two others currently being worked on. Evan added fish to the pond for everyone to observe and enjoy. Not only were fish added, but many new native pollinator plants as well. Next spring, our yard will bring in even more biodiversity, hopefully enhancing the pollination for our edible crops to be planted.

It has been awesome to see students take charge and choose their own outdoor work. Lee, a third year Owl, is leading a student project. His team is adding a 4ft wide by 4ft deep pond. Their hopes are to have the fish survive all our changing and challenging seasons. Lee and his peers, including River, Autumn, Jude, Ava, and more, have been putting in a lot of effort. A third and final accent pond is being led by Caroline's team, including but not limited to, Rosafay, and Leilani. The roots from our trees have slowed them down, but some alternative ideas are being workshopped and implemented. Izzy is helping to build up our new 'Spirit Garden', which has two Pawpaw trees growing strong!

Next Spring, I encourage everyone to come see all the work that has been done this fall.



Evan and Becca are absorbed in observing the pond.



River and Bella investigate fungi.



History class learns how to uncover relics of the past.



Ava applies maximum effort to climb a tree during outside work.



Michele and students going over their lines for the Reader's Theatre.

Our Mission and Core Values:

Community: Each student and their family are a part of the Nightingale Montessori community. Students learn their responsibility to the various communities they are a part of, work as individuals, in small groups, as a whole class, team building, as part of the secondary program, our school, their neighborhood, Springfield, and realize they are citizens of the global community.

Hard Work: Montessori education provides opportunities to exert maximum effort. Students are challenged to push themselves and their abilities so they can face the challenges of adult life.

Peace: We have the power to spread peace throughout our world. A foundation of respect fortifies peace as our core value. Our mission is that each student builds self-respect, shows respect for their peers and guides, respects the materials and indoor environment, and learns that all life is valuable.

Responsibility: Each student must willingly participate in developing what they are responsible for. Their academic goals are the paramount responsibility while at school. However, student social growth challenges us to be responsible for all our words and actions.

"...the whole life of the adolescent should be organized in such a way that it will enable him, when the time comes, to make a triumphal entry into social life – not entering it debilitated, isolated, or humiliated, but with head high, assured of himself."

Maria Montessori

Unpublished Lecture by Presented by
John Long (NAMTA Conference, November 10, 1994)

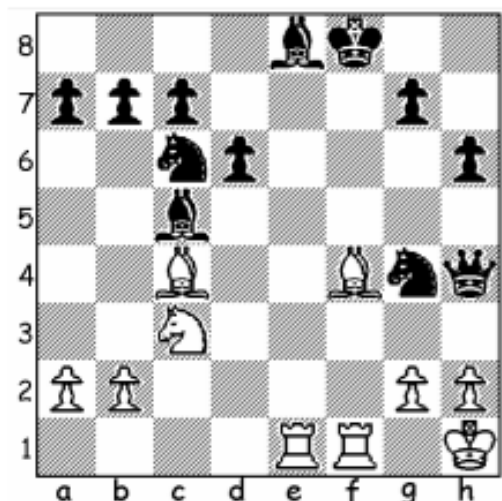
Falcon Chess Club

The Falcon class has a tradition of strong chess culture. For the past couple years students have initiated tournaments within the Falcons and even extended the play to Owls and Wings. This culture is fostered by the mixed age groups in Montessori classrooms where students are moving in three year cycles. This provides ample time to learn, practice and develop chess skills. Older students can be mentoring the younger students but not always. This year our new official Rookly Chess Club has 6th, 7th and 8th grade students who are all encouraging and sharing strategies with each other.

Rookly is an online platform, which integrates video into the chess board to make competition immersive. The moderators are setting up matches and our students are getting to compete inter-scholastically with schools around Ohio. Our team is small right now consisting of Jace K., Elliott E., Noah C., Ben A., Nemariah C. and Keaton V. We are having in person games as well for anyone who wants to stop by. We are meeting Mondays from 3:30 - 5:00 pm in the Falcon side room.



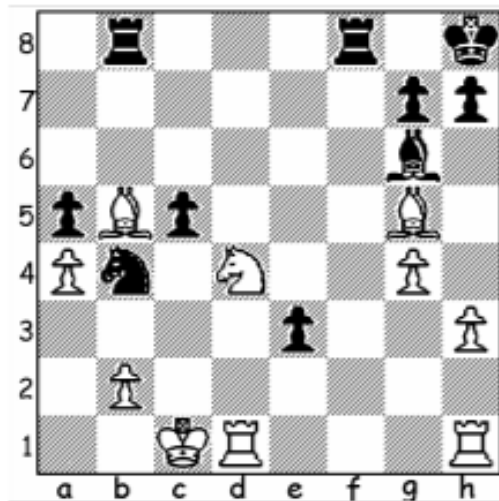
Falcon News



Mate in One Move-

White to Move:

1. _____



Mate in One Move-

Black to Move:

1. ... _____



Lola made a new friend.



Ali is the chosen one.



Nemariah works in the courtyard.



Jamiyah, Shannin, & Elliott inspect the pond.



Meeting outside to enjoy the beautiful weather



Dashayla, Ma'Kaylen, and Monica in the garden



Damarion's Outdoor Work Art.



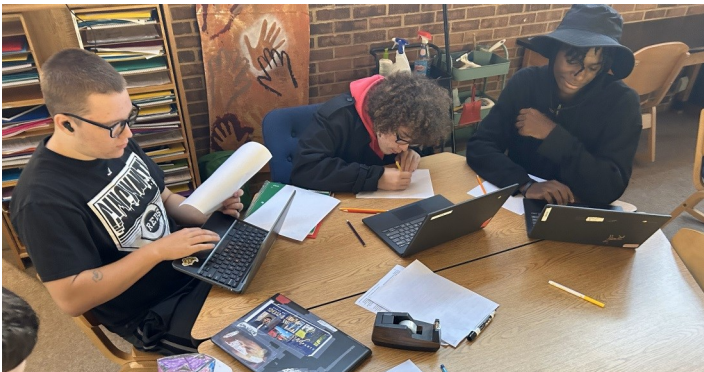
Basketball at the YMCA



Practicing free throws

The British & European Lit Coat of Arms Project

Over the last few weeks, students in the British and European Literature classes have been learning about the Middle Ages. We got an overview of the historical time period, and we were introduced to Geoffrey Chaucer's *The Canterbury Tales*. To get a better image of the time period in our minds, and be able to visualize the different social classes discussed in the *Tales*, we watched *A Knight's Tale*, which, though certainly a fictionalization, was helpful. This also brought up the idea of the Family Coat of Arms, as each important character in the movie has a coat of arms that not only represents their family, but is actually symbolic of the specific character depicted. Students were tasked with learning about the symbolism of different emblems on coats of arms and then designing their own. Some chose to represent fictional characters, like Batman or Goku, and others represented themselves. All of them ended up enjoying the project!



Jack, Parker, Noah, and Ladainian work on their Coats of Arms.

Chalkfest 2024

By Madison Hardy, Wing Class

This year I participated in Chalkfest; it is an event where you can sign up to participate in making a drawing using chalk and chalk pastels. Attendees are invited to view the scarecrows, and enjoy the food trucks, live music and other activities that are available at Chalkfest. You can vote for your favorite chalk art and scarecrow. There are different categories that are critiqued by judges. Winners win a trophy and a gift card. I was in the Original Art category and won 1st place! This year I chose to draw jellyfish. Next year I plan to draw coral reefs.



Madison's Jellyfish art; medium: chalk



Madison's trophy: Best Original Art at Chalkfest

Wing News

Adapting Montessori To Our Current Challenges

The overarching goal of Montessori education is to create a more peaceful world. As culture and understanding shifts, so must the emphasis of Montessori. The beauty of Maria Montessori's work is rooted in her foundation as a scientist. Her focus on observation and adaptation created an organic flowing structure for education. We see Montessori failing when it is applied rigidly and without this spirit of adaptation. A shift in emphasis does not change the mechanics of Montessori education. Rather, the framework is strengthened by its renewed relevancy. The framework is there to keep the spirit alive, which is crucial so that students can find inner peace, develop community, and make the choice of right livelihood. These three potential results of Montessori are all necessary for the cultural shift that must happen now.

As our understanding of humanity's place on earth has changed, so must our actions. We are to become stewards acting out of both rational self-interest and love for the life around us. We must restore the foundation of our ecosystem. That is why our students work removing invasive species and replacing them with natives from our plant nursery. Without native plant restoration as a cornerstone, efforts for sustainability fall short of their true goal, to preserve the life around us as we find our place in the cosmos.



Wings looking through offerings at a Flea Market table.



Shay at the Micro Business table at the Urbana Flea Market



Wings bowling



Jack repairing a bike for the bike shop




Noah overlooking the reservoir on a cold and windy day



Yahir found treasure!

Digital Citizenship Week 2024: Grades 9–12



| Day | Topic | Lesson | Description | Go Deeper |
|--|-------------------------|---|---|--|
| Monday  | Artificial Intelligence | AI Chatbots: <u>Who's Behind the Screen?</u> | Why are AI chatbots designed to sound so human-like, and how can that impact our everyday lives? | Lessons: <u>AI Literacy collection</u> |
| Tuesday  | Digital Well-Being | NEW LESSON! <u>Grind Culture: Pressures and Self-Care</u> | Help teens reflect on the pressures they feel, both online and off, and consider ways to practice self-care and support their well-being. | Lessons: <u>Digital Well-Being collection</u> |
| Wednesday  | Cellphone Bans | NEW LESSON! <u>Taking a Stand on Cellphone Bans</u> | To ban or not to ban? As schools grapple with this question, what better way to address the topic than to hear from students? | Lesson: <u>Tech Habit Challenge</u> |
| Thursday  | AI & the Elections | <u>Are Deepfakes a Threat to Democracy?</u> | With the elections just weeks away, help students think critically about the information they see online. | Lessons: <u>News & Media Literacy Collection</u> |
| Friday  | Positive Relationships | <u>Teen Voices: Friendships & Boundaries</u> | Help students build healthy and rewarding friendships, both online and off. | Lessons: <u>Quick Digital Citizenship Activities</u> |

More Resources!

For Administrators:

- Read: How to Handle AI in Schools
- Read: Should Your School Have a Cellphone Ban?
- Enroll in the Family & Community Engagement Program

For Educators:

- Complete the AI Foundations PD Course
- Become a Recognized Educator!

For Families:

- Share Family Tech Planners
- Article: Helping Kids Navigate AI

Digital Citizenship

Students in grades K-12 (Chickadees through Wings) are participating in a week-long Digital Citizenship Workshop. Each class has age-appropriate lessons on such topics as Digital Well-Being, CyberSecurity, and AI. For instance, Chick and Eagle students consider questions like “How do we balance our time with technology?” and “What are ways you can be kind online?” while Wing students consider questions like “How can you respect the privacy of others online?” “How can you tell when an online relationship is risky?” and “How can we counter online hate speech and xenophobia?” See the related image as a suggested sample of lessons for Wing students—though each teacher has many other lessons available to gear the lessons specifically to the students and current context.