



Nightingale Notes

November /December 2023

December

- 1 **Midterm Quarter 2**
Bookmobile
- 4-8 **Holiday Gift Shop**
- 14 World Peace Fest—Chickadee Program
- 15 Bookmobile
- 18-31 **No School—Winter Break**

January

- 1 **No School—New Year's Day**
- 2 **Staff Day - No Classes in Session**
- 3 All Classes Resume
- 12 **End of Quarter 2**
- 15 **No School - MLK Jr Day**

Time for Ski Club Sign Ups!

DEADLINE IS DECEMBER 10TH!

If you do not sign up for the program by December 10th, you can still join our group but you will need to purchase lesson, rental equipment, and lift tickets each day the student attends. (Individual day cost will be \$106 online).

Ski Club this year is a 6-week program. It is not a weekly excursion. The Thursday club dates are 1/11, 1/18, 1,25, 2/1, 2/8, 2/15. The cost for the 6 week session is all inclusive (lessons, rental and lift) for \$389.

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.

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—but at this time I am waiting to hear if you can sign up for the program pass or if you have to purchase your tickets separately for each trip.

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

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 4th. The order of shoppers 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 **Falcon** students will help your child shop, wrap and label these gifts. They will be sent home with your child the day they visit the shop.

The **Holiday Gift Shop** will be selling 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.**



Katrina instructing how to jump rope in the Chickadees



Jazlyn takes a ride from Todd after helping with deliveries.



Success—Mehki jumps high!



Eagle teamwork to move heavy pavers



NM Staff at work integrating curriculum for students



Owls work together to move heavy mixing bowl.

\$100,000 Safety Grant

NM was awarded a \$100,000 Safety Grant and received the funds in August of 2023. Since then, our IT team at Netdemics has been working throughout the building to install a building wide (indoor and outdoor) intercom system and a key fob access lock at every exterior door. In addition we have/will install new doors at the main entrance and the Eagle pod entrance. Security film will be added to a selection of doors and windows as funding allows.

ODOT (Ohio Department of Transportation) has installed flashing lights at both ends of the school property to help slow traffic down during school start and end times. This installation was a project that took over a year to complete due to supply chain issues and a bracket shortage. We reapplied for the road to be painted for school zone identification.

The Nutcracker

The Ohio Performing Arts Institute came to NM to share their talents in preparation for the Nutcracker Performance. We were saddened to hear that our transportation needed to be cancelled due to SCS's need for busses and personnel for early dismissal but glad to have the experience introduced to many of us at school. Several students were able to try some of the dance steps and ask questions from the dancers.

Several of our NM students were part of The Nutcracker this year. Congratulations on all your hard work to: River and Skye Blair, Morrison and Willow Vasquez, Alivia Taylor and Rebecca Fodor.



All School News





Roy bakes 13.5 dozen pecan Sandies for the Culinary Team's first Winter Bake Sale.



Keith works on Breakfast Bread baking



Nemariah and Jude prepare the turkey, locally procured from Bowman Landis Farms. The main dish of our Thanksgiving Feast students cooked from scratch!



Chloe is triple batching Grandma's Peanut Butter Fudge for the Holiday Bake Sale.



Rhiddlee stuffs turkey with herbs, onions, garlic and breads from our Garden and Ecology programs.

Gourmet Grub



Carl assists Chloe with heavy lifting for fudge recipe.



Rhiddlee, Astro and August prep for our Thanksgiving stuffing.



A Day of Exploration

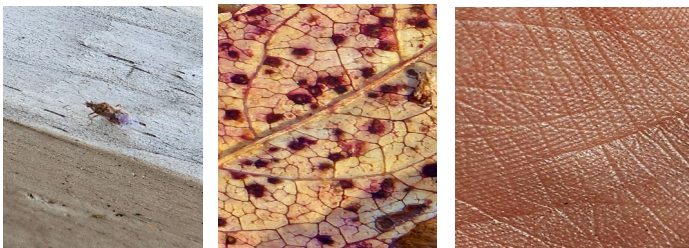
Lucy and Essa visit the chicken coop in the Owl outdoor environment as part of the Hummingbird exploration adventure. Hummingbirds took a walk around the property to see other students and projects. They visited chickens, rabbits, the plant nursery and several gardens.



caption

A Little Magnification Anyone?

Falcon student helper, Ella Platanotis, sits still for the Praying Mantis to rest while Hummingbirds observe. The children looked very closely, studied the visitor and practiced good observation skills. Then students were off to explore the environment. They gathered different leaves, birdseed, and bugs for observation. Students gathered to share and to get a better view of all the tiny details there were to see! We magnified several items, our skin and our hair so that we could better see the fine details of each. The students expressed most excitement about their skin.



65% magnification of a leaf, 75% magnification of a bug and 80% magnification of skin.

Aviel, Jonah and Essa wash the windows in the classroom and enjoy seeing the beautiful plants on the office side of the window.



Ciena and GeVaya work in the garden.

Tips to keep kids healthy and safe during the holidays

Whether your family is traveling far or staying close to home over the holidays, parents have an important role in making this season safe and joyful for their children.

From picking age-appropriate toys to avoiding holiday hazards, the University of Chicago Pediatric Injury Prevention Program has a list of child-safety tips to make sure your kids stay happy and healthy this holiday season.

What are general tips for keeping children healthy over the holidays?

- A flu shot and Covid-19 vaccine are key to keeping your kids healthy. You'll also protect elderly relatives and other family and friends who may be especially vulnerable.
- Encourage hand washing and keep hand sanitizer in your purse, car, and around the home.
- Keep your kids bundled up and warm in cold weather. Try to stick to a regular bedtime routine, so everyone gets a good night's sleep.
- Go for moderation! Cake, candy, and cookies are yummy, but encourage one serving instead of two, or a couple of cookies instead of five or six.

What safe travel tips do you have for the holidays?

- Make sure your child is restrained in a car seat, booster, or seat belt that's right for their age and size. Bring your own car seat or booster if you're ride-sharing, taking a taxi, or flying. Adults should always buckle up, too.
- Children shouldn't wear bulky, thick, or puffy coats while secured in car seats or booster seats. They create dangerous gaps in the harness or seat belt and can cause children to be ejected during a crash.
- Leave plenty of time to get where you're going, and tune up your car and inflate tires properly before long trips. Keep a cell phone and charger in the car.
- For winter driving, keep a safe distance from snowplows, prepare an emergency kit for cold weather — including blankets, flares, and jumper cables — and slow down on icy, rainy, or snowy roads or other challenging conditions. Speeding is the main factor in one-third of serious accidents.

How do I pick out safe and appropriate toys?

- Pay attention to age recommendations on all packaging.
- Children ages 4 and younger are likely to put everything in their mouths. All toys and parts should be larger than your child's mouth to avoid choking. Avoid stuffed animals with pellets, buttons, or loose parts that can be swallowed.
- For video games, double-check age recommendations and content warnings.
- Buy helmets, knee pads, and other safety equipment to go along with new bikes, skateboards, and similar gifts.
- Look for labels that say nontoxic. Avoid toys that shoot objects into the air, or are loud enough to damage a child's hearing. Hobby kits and chemistry sets are often designed for children ages 12 and older.

What food safety tips should we follow?

- Wash your hands and clean surfaces often.
- Prepare raw meats separately from other foods and surfaces.
- Cook and reheat all foods to the proper temperature.
- Refrigerate leftovers promptly.

Any other tips to keep children safe at gatherings in my home?

Fire prevention: Use flameless candles or keep a close eye on real candles, and keep them away from flammable materials. Water your Christmas tree regularly so it doesn't dry out. Keep space heaters away from bedding or drapes, and buy one that turns off when it tips over. Buy only flame-retardant pajamas. Don't overload power strips and don't run extension cords under rugs.

Toxic plants/medications: Lock up medication, alcohol, and cleaning supplies before the company arrives. Some decorative holiday plants are toxic, including holly, poinsettias, and mistletoe. Use artificial versions or keep them out of reach of kids and pets.

Food Allergies: If your child has allergies and isn't old enough to keep track of what's on the buffet table, keep an eye on them and their plate. If your child complains of a rash, has trouble breathing, or you notice anything out of the ordinary, call 911, your child's doctor, or poison control.

About the Authors

Matt Louzon, CPST, is the program coordinator for the University of Chicago Pediatric Injury Prevention Program and Poj Lysouvakon, MD

Parent Corner:

Dates

DECEMBER 14TH: Chickadee and Eagle siblings present-
World Peace Fest 6:30-8:00 pm. Details next flyer-

Conference with Krista

Emphasis on order: a parent of a three-year-old in the class recently discussed with me the steps they are taking to help their child be more successful at home. She hoped the changes would also lead to a more successful school experience. She described to me the process of creating order in her home and in the child's room and play spaces. She took a great deal of time to organize everything and was able to invest in shelves and bins to store toys and activities in an uncluttered manner. In addition to that change, she adjusted routines and activities to support a more productive evening and bedtime transition.

Recognizing the child's need for order is a giant step towards independence, which leads to greater self-confidence and, in turn, loops back to further responsible independence. Children crave order as essential nourishment for growth. When it is established and presented consistently for a child to follow, they eagerly will. As an adult feels more settled and focused in a clutter-free environment and with a predictable schedule, so does the child feel freer to flourish. Something for all of us to consciously create for ourselves and for our children!

Care of Environment

Just like we take care of our outside environment to enjoy what nature has to offer, we are also learning to take greater care of the indoor environment this month. When children take ownership of the things in their space it fosters a greater sense of respect and care for the work and for each other.

Chickadee News



Oliver

Community Care

Taking care of the Chickadee Yard is a community endeavor. A delivery of sand becomes a cross-program project as many Falcon students joined Jared and the Chickadees to unload the sand from the truck, filling the wheelbarrows and transporting it to the sand area. It was a day well spent as the kids experienced the value of determination, hard work, and perseverance to improve their space.



William and Oliver



Germanie and Tate



Noah C and Huck



Ladainian and Yash



Tripp shows students how to build a 3D puzzle



Student led outdoor stage performance.



Students study poetry.



Emma works on card for World Kindness Day!



Students do 3D puzzle work.



Levi and Sam doing geometric work.

Eagle News



Bug exploration!



Jayne works her multiplication problem on the Checkerboard.



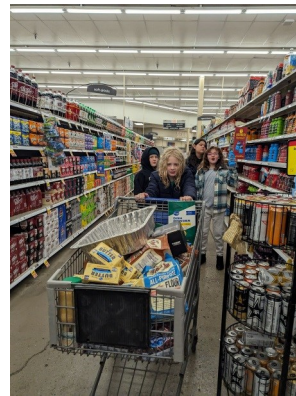
Working on maps in geography.



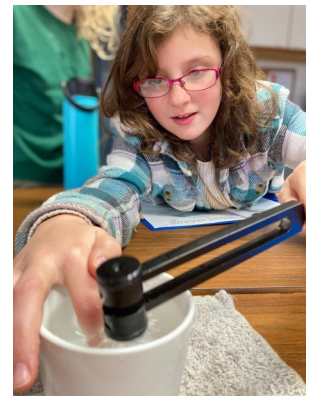
Anna shows her work!



New display of artifacts for observation.



Practical life practiced at the grocery store.



Mia makes vibrations.



Congratulations Dr. Sarah Bullwinkel

The **Owls, Falcons and Wings** staged a mock graduation ceremony at Nightingale for our teacher **Sarah Bullwinkel** who graduates this fall with her doctorate. Students were led by Wing **Shay C.** through a ceremony that included **Chloe R.** and **Aliya C.** as speakers and featured Sarah's daughter **River B.** as the 'president' of the university. Falcons hosted a celebratory meal that all enjoyed. Sarah's family and other daughter **Skye B.** joined our students in sharing how proud we are of her accomplishments and to have her at Nightingale Montessori.



Tree of Thankfulness.

Owls were invited to make a leaf to express what they are thankful for in our natural world.



A joyous day in the leaves!



Jude and Jackson on culinary duty.

Owl News



Izzy takes a turn in an outdoor Jenga game.



Ava stuffs the bird for our Thanksgiving feast.

Walking in the Shoes of Another

This Thanksgiving Falcons completed a project focused on developing empathy for each other and care for ourselves. We traced each of our feet and cut them out.

On one foot students wrote something that challenges them, burdens them, is hard for them or evokes hard (not 'bad') emotions.

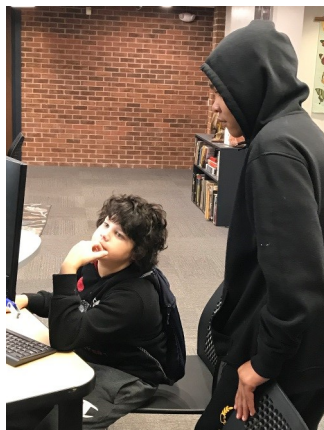
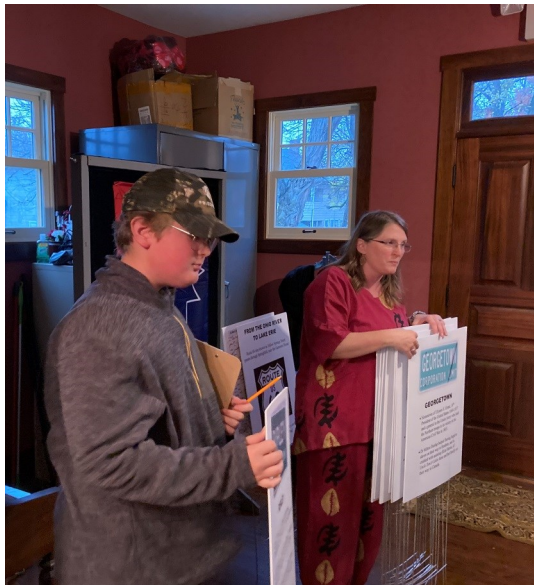
On the other foot they wrote something they are grateful for, something that provides them joy or gives them hope.



We assembled the anonymous feet into a long set of footprints that meander down the hall. Each step of the way we become aware of the lives of our classmates and friends. We can find common struggles and common joys and know that we are all on this path of life together.

“We shall walk together on this path of life, for all things are part of the universe, and are connected with each other to form one whole unity.” - Maria Montessori

Falcons Visit The Gammon House and learn about a local stop during the Underground Railroad.

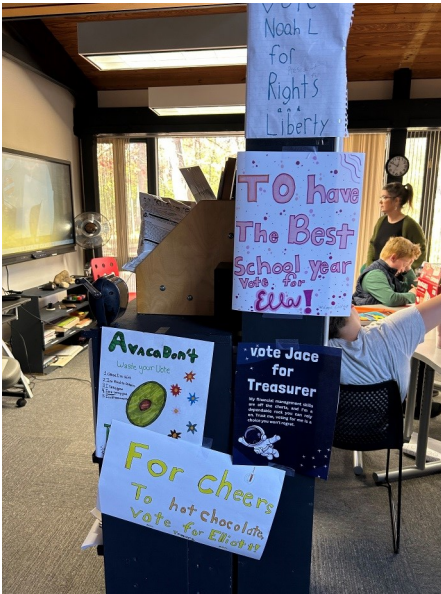


Falcon teams work on STEM projects.

Building Connections In the Falcon Classroom

Electing Class Representatives

This month Falcons practiced the democratic process through the election of class representatives. Students threw their names in the hat for class President, Vice, Secretary, and Treasurer, and then started campaigning. Posters went up and discussions got deep. Who would best represent the needs of our community? Candidate platforms included issues from technology use, snack in the classroom, and opportunities to travel to learn. The democratic process had all the students practicing inclusivity. Students discussed shared and divergent opinions but democracy requires compromise. Learning became a social phenomenon as the results of the election were accepted by all. Montessori education seeks to preserve



the natural inclination to push for what is best for each member of the group. Students are essential participants in their education and have direct choice in various aspects of their learning. Empowering students to become active learners and advocates for themselves and each member of the community ensures safety and inclusivity of our class.

Cooperative Learning in the STEM Lab

Our students are 21st century learners. They can intuitively understand technologies that adults have struggled to master but that does not mean they understand the principles behind the tools. The Falcon STEM Lab offers students hands-on application of technological innovations. Projects range from circuitry, computer graphics, digital communications, mechanics and structure, robotics and control technology, scientific data and analysis, software engineering, sustainability, video production and more. Students work in small groups or pairs to investigate their chosen field of interest. Their findings are shared with the class, while presentation and public speaking skills are practiced. This collaborative learning environment flexes students' abilities to work kindly and productively with others. Recently Vivian, Ben and Morgan used Fischer Tech modeling kits to build a wind turbine. They used a multimeter and found that measurable amounts of electricity can be produced with this tool. Second year Falcons are an amazing resource to the incoming students. Their prior experience with the labs, navigating the presentations and ability to connect with newer students have made them leaders in the class. Brayden and Trae recently brainstormed through a design issue with a 3D print they were

attempting. Though students work together with the construction, production and presentation of the labs, they have individual expectations as well. Each student writes about their ideas about how the technology could be used to help improve our world. Their ideas do not need to be feasible at this time and they are encouraged to stretch their imaginations and find ways to better our existence. Applying their personal interest into the choice of technology and their ingenious individual applications provide a balance to their often cooperative projects. Elliott recently found great joy as he traversed the hurdles with the Vex IQ robot. He was able to share his discoveries with his partner, Will and then the two of them enlightened us all with their presentation.

American History Evokes Deep Emotions in Our Students

Falcons connected with local history with a visit to the **Gammon House** in Springfield. Gammon House is a non-profit organization that is seeking to preserve and uncover the history of the Underground Railroad in our community. The story of the Gammon family and their bravery in the face of the institutionalized enslavement of African Americans inspires pride and empathy for the day to day lives of Americans in the 1800's. They were free persons of color who risked imprisonment, enormous fines and ostracism by their neighbors to help others become free. They raised seven children at 620 S. Piqua Place. George's parents were free people of color and charter members of St. Paul's African Methodist Episcopal (AME) Church of Urbana, which also was active in helping slaves on their journey to freedom. The eldest Gammon son, Charles, enlisted in the 54th Massachusetts Regiment along with five other Springfield men. He gave his life in the assault on James Island in South Carolina. The effort of these brave soldiers is movingly told in the film, "Glory," showing that blacks were willing to sacrifice their lives for freedom which many did not have. To find out more information about this historical treasure right in the heart of downtown contact the Gammon House or **Heidy Earlywine, Owl guide**, as she is a board member at Gammon House, working to share this resource.



A Different Goal for Education

Nightingale Montessori is doing something just a bit different. Our school has been refining a secondary program for over a decade. This program includes aspects of Maria Montessori's Method for adolescent and young adult education as well as an Erdkinder program. The developmental stage of adolescence involves different educational needs than those of the Elementary stage. Montessori Secondary Programs, like the Wings, work with the developmental essence of adolescents to help them live full, vital lives. Our goal is to respond to the unique developmental changes of this stage, which include:

Physical: Adolescents experience a period of tremendous physical and neurological growth. Wings will have electives such as health, physical education, and personal finance this year. The expectations of the adult world of work and economics demand a balanced education, connecting the head, hand, and heart of the student.

Emotional: They experience self-awareness and self-criticism, emotional ups and downs, and egocentrism. They feel an increased desire for autonomy, along with a susceptibility to peer pressure. It is a time characterized by a tendency toward courage and creativity.

Social: Adolescents seek solidarity with peers and crave greater independence from adults as they establish their own identity. They are concerned with human welfare and dignity, and may exhibit novelty-seeking and risk-taking behaviors as a response to a tendency to express courage and creativity. Wings will have opportunities to travel and learn outside their classroom. Healthy risk taking is explored through new experiences and challenges.

Cognitive: Adolescents are critical thinkers who persistently ask "why." They are creative, and have the ability to reason and debate. This developmental time is often juxtaposed to ten years prior, to 3-6 year olds, students will take into their hands the real work of this world.

Our goal is to provide students with a 'cosmic education' that will enable them to find the path toward their 'cosmic task'. Maria Montessori saw this cosmic task as the actualization of education and the source of rewarding learning and work for individuals.

"...there is a purpose higher than the protection of the offspring or the preservation of the species.

This purpose is something beyond mere growing according to a pattern or living according to instincts. This higher purpose is to conform to a master plan towards which all things are moving." Montessori goes on to say, **"We can make the human race better by assisting the 'student' in building his character and acquiring his moral freedom. One of the means to this end is a cosmic education, which gives them an orientation and guidance in life. For this education wants to prepare the growing 'man' for the task awaiting him in adult life, so that he will feel at ease in his own environment, in which he will later have to live as an independent being."**

Wing News

Micro business Project items

The Wings Micro Business is a class for high school aged students. Microbusiness is designed with the student experience at its core. We recognize and celebrate the importance of impactful education and successful learning. Microbusiness focuses on supporting students with the tools, equipment, and resources necessary to engage in meaningful and authentic learning experiences in a supportive learning community. The Micro Business students make all sorts of projects that they can sell to earn money to improve and grow the class. All the students are free to choose projects that they want for themselves as well as things to sell. This year the students will make several items for sale over the holiday season. This year they have made benches, oil lamps, boot pullers, and candles. They have also made beaded jewelry and tree ornaments. We have also had students make all sorts of things on the 3D printer, like snakes, mushrooms and other fun items.

Wings Attend *Crucible*

At the beginning of November, the Wing class attended *The Crucible*, performed at the Turner Studio Theatre by Clark State and Youth Arts Ambassadors. The performance was well-timed, as students in the American Literature class recently finished reading *The Crucible* and have been staying in Puritan times while reading *The Scarlet Letter*. Interestingly, the director chose to design the performance in-the-round, meaning that the audience sat around the outside of the stage, and each audience member had a different perspective on the situation. The students enjoyed themselves while waiting for the performance to start by jamming with student attendees from other schools and dancing the Macarena, which established a lighthearted atmosphere that was quickly undermined once the play began. During the play, each act was introduced by a more modern-day example of a witch hunt, helping the students and audience members understand how the phenomenon has occurred more recently than 1692. Wing student Sincere was quoted as saying, at intermission, "Sarah, it isn't over, right? I feel like someone kicked my dog and there's nothing I can do about it." This quote seems poignant in that it sums up the helpless feeling we all had while watching dozens of Salem citizens convicted of witchcraft.

