



# Nightingale Notes

November 2024

## November

**Promise Club Theme: Reach Out and Help**  
**25-29 No School, Thanksgiving Break**

## December

**Promise Club Theme: Promote Kindness and Compassion**

- 6 Bookmobile Visit**  
Parents' Night Out 6pm-9pm (*Chicks, Eagles, Owls*)
- 9-13 Holiday Gift Shop**
- 12 Eagles Caroling at Clark Memorial 1:30 pm**
- 18 Chickadee and Eagle Peace Night 6:30—8 pm**
- 20 Nutcracker at Kuss Auditorium—Eagle and Owl students performing at 10 am**  
**End Quarter 2**
- 23-Jan 6 Winter Break**



Ali, MaKenzie, Layla, MaKaylen and Amontay play in leaves.



Skye and Miss Taylor make up a fall leaf handshake.



Chickadees enjoy the leaf piles.



Tristan centers himself.



August experiments with gravity.



## Reminder! Time for Ski Club Sign Ups!

**DEADLINE IS DECEMBER 10TH!**

See last month's newsletter for information or contact the office if you are interested—we will resend you all the information!

Just email Amy at [administration@nightingaleschool.org](mailto:administration@nightingaleschool.org)

## Reminder! Holiday Gift Shop Will Be Open **December 9-13**

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. **Your envelope will be sent home the first week of December.**

The Holiday Gift Shop will sell only Fair Trade, handmade and locally produced/made items.

## Nurturing the Whole Child: How Montessori Balances Emotional, Social and Cognitive Growth

*Bellvue Montessori, Washington—November 18, 2024*

One of the gifts of Montessori education is that we can truly focus on the whole child —cognitive, social, emotional, and physical. Our approach is not just about academics but also about nurturing life skills, emotional intelligence, and social relationships.

The Montessori approach to child development revolves around the understanding that children are naturally curious, care deeply about others, and can be intrinsically motivated. When provided with the right environment, children can deepen both their love for learning and their appreciation of and care for the community.

### Prioritizing the Prepared Environment

One of the keys to balancing social-emotional learning with cognitive and physical development is prioritizing the impact of a prepared environment. In Montessori, a prepared environment is a place specially designed to appeal to children's sensitive periods for learning, as well as their core human needs and tendencies. When designing these prepared spaces for children, we work to ensure children feel safe and supported so they can reach their potential. The Montessori-prepared environment is a place where children can feel at home as they develop their inner selves and outer skills.

Our carefully prepared Montessori classrooms

are calm and orderly, foster independence and decision-making, and provide varied opportunities for peer interactions in mixed-age classrooms. As a result, children can develop their emotional regulation skills in child-centered spaces.

### Opportunities for Conflict Resolution

In addition, we weave in opportunities for conflict resolution. This means we actively model and support children as they learn to communicate their feelings through words. In addition to promoting self-awareness through identifying and naming emotions, we also teach active listening, problem-solving, and techniques for self-regulation (from deep breathing to using calm-down spaces).

Adults serve as mediators and guides rather than arbitrators and judges. Through guided discussions, we help children think reflectively about social interactions, practice respectful communication, facilitate peaceful solutions, and model how to handle conflict. Ultimately, we want to empower children with tools they can use even if an adult isn't present!

### Respect for Others

One key to this is cultivating respect for others' perspectives and patience for alternative approaches. Because children work together in a variety of ways through their care of the classroom environment and small group projects or lessons, they develop a deep sense of compassion and empathy. Our mixed-age groupings and peer-to-peer learning activities promote collaboration and mentorship. So, in addition to the adults, older children also serve as models of emotional regulation and conflict resolution for younger peers. The result is that Montessori children develop a deep tolerance for and appreciation of difference.

### Deep Appreciation for Community

Children thrive when they have a sense of community and belonging. So, we promote inclusivity and respect for diversity within the classroom. The Montessori curriculum includes a range of activities that encourage group cohesion and empathy-building, which leads to trust and respect among our students. The long-term benefits of Montessori's focus on social-emotional learning and conflict resolution are that children develop lifelong social skills such as a deep sense of empathy, effective communication with various people, and the ability to cooperate with grace and goodwill.

The Montessori method nurtures social-emotional learning and equips children with essential conflict-resolution skills they can use in their classroom communities and social interactions outside of school.

## Congrats to the Nixon Family!

Alexis Nixon, NM office assistant, parent of Hummingbird, Bently, Chickadee, Gintey, and family are recognized.

Cincy-Dayton, Founder's Week holds a special place in our hearts as it commemorates the day when Dave Thomas opened the first Wendy's restaurant in Columbus, Ohio, on November 15, 1969. He established this unique brand with five core values that continue to shape our culture and guide how we treat our customers and each other today: Give Something Back, Treat People with Respect, Do the Right Thing, Profit Means Growth, and Quality is Our Recipe. Dave lived by these set of values that incorporated quality, integrity, respect, opportunity and responsibility. These same values have been the foundation of our Wendy's culture for nearly 55 years. We call them Dave's Values.

On November 14th, in celebration of the "Give Something Back" Value, Krista Nix of the Stock Organization and Chairperson of the Ops Committee for Cincy-Dayton, hosted a family that is a Wendy's Wonderful Kid recipient at the Springfield location. In a nod to Dave Thomas, we dressed as him and served a plated meal to our wonderful guest family.

During dinner, we had the privilege of speaking with Alexis (mother), Matt (father), Jayden (Wendy's Wonderful Kids recipient), and their five other children—three of whom were initially in foster care and were later adopted by Alexis and Matt. Hearing their inspiring journey and learning how they opened their hearts and home to children in need was a powerful reminder of the difference we can make at Wendy's. By simply participating in initiatives like selling Boo Books and Frosty Key Tags, we help raise vital funds that support DTFA recruiters working in the field to connect children in foster care with loving, forever families.



## Youth Mental Health

Many of our staff participated in Youth Mental Health First Aid training. Upon completion of this course staff obtained their Youth Mental Health First Aid Certificate.

This quarter, when discussing with the Wing class what we can do as educators and guides to prepare and develop our students as they prepare for adulthood, multiple students expressed the need for Mental Health Outreach, Awareness and Education.

Nightingale received the opportunity to offer this training for our staff through a grant from the Ohio Department of Mental Health and Addiction Services, OHMAS, a value of \$5,100. We have since signed up for a grant to offer Teen Mental Health First Aid Training to offer to our Wings to enable our students to obtain valuable information and certificates of their own!

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

### How Youth Mental Health First Aid Can Help

- Informs adults about common mental health concerns among youth.
- Reduces stigma.
- Teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth.
- Provides adults with skills to use a 5-step action plan to help a youth who may be facing a mental health problem or crisis, such as suicide.

### Learn more by investigating these links:

Give Teens Permission to Talk About Mental Health

<https://www.mentalhealthfirstaid.org/2023/10/give-teens-permission-to-talk-about-mental-health/>

### Equipping Adults with the Skills to Support Students in Need

<https://www.mentalhealthfirstaid.org/2023/09/equipping-adults-with-the-skills-to-support-students-in-need/>

# PARENTS NIGHT OUT

**Friday Dec 6th**

**6:00pm-9:00pm**

**In the greatroom**



**Cost: \$10**

**Open to Chickadee, Eagle  
and Owl Students**

**Children will enjoy pizza,  
popcorn, movie and a  
drink**

**Supervised by  
parent/teacher  
volunteers.**

**All proceeds will benefit  
PTA efforts.**

*Chickadee and Eagle Peace Night  
is rescheduled  
to Wednesday, Dec. 18*

Thank you for  
your flexibility!!!



*So Eagle  
students  
participating  
in The  
Nutcracker  
can attend  
Peace Night*

*Thank You*

Thank you to all that donated their time and talents  
for our Cookie Walk! We had a bigger than ex-  
pected participation and are glad so many of you  
were able to have extra delicious treats for your  
Thanksgiving holiday break!





### Testimonial—by Joey Sanchez-Hall

I like cooking because it gives me opportunities to find healthy recipes to cook. For example, I'm making potato soup. My class-mate, Willie, and I have had a good time learning new knife skills and safety when peeling and cutting potatoes. I also made mashed potatoes and that was fun because we got to use the big mixer to mash the potatoes. We seasoned them, they were good and enjoyed by many!



Falcons help with food service operations.



Astro prepares sandwiches.



Jace and Noah C make meatloaf.



Eagles wash dishes.



Joey makes croutons.



Jack and Joey use the industrial mixer.

Gourmet Grub



Joey and Willie make taco meat.



Ali cooks up happiness.



Jazlyn's Veggie Tray





GeVaya checks out books for the classroom.



Brayzen matches shapes to their outlines.



Henry visits the bookmobile to choose books for the classroom.



Lucy matches plastic insets.



Calvin uses a glue stick.



Cameron throws beanbags from a distance.



Maggie works with cubes on a vertical rod.

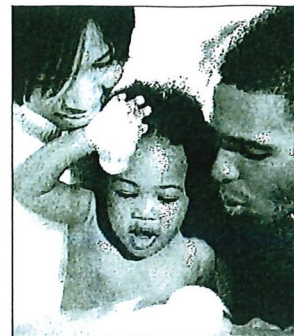



Nola slides clothes pegs onto a rim.



# Everyday Ways to Support Your Baby's and Toddler's Early Learning

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.



What's Going On With Your Baby or Toddler	What You Can Do
<p><b>Language and Communication</b> Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p>	<ul style="list-style-type: none"> <li>• <b>Watch and listen to see how your baby communicates</b> what she is thinking and feeling.</li> <li>• <b>Repeat the sounds and words your child uses</b> and have back-and-forth conversations.</li> <li>• <b>Read, sing, and tell stories.</b> These are fun ways to help your child understand the meaning of new words and ideas.</li> <li>• <b>Talk about what you do together</b>—as you play, do errands, or visit friends and family.</li> </ul>
<p><b>Thinking Skills</b> Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p> 	<ul style="list-style-type: none"> <li>• <b>Encourage your child to explore</b> toys in different ways—by touching, banging, stacking, shaking.</li> <li>• <b>Turn everyday routines into playful learning moments.</b> For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>.</li> <li>• <b>Follow your child's interests.</b> Children learn best through activities that excite them.</li> <li>• <b>Ask your child questions that get him thinking as he nears age 3.</b> For example, when reading a book together, ask <i>Why do you think the girl is laughing?</i></li> </ul>
<p><b>Self-Control</b> Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.</p>	<ul style="list-style-type: none"> <li>• <b>Use words to help your child understand his feelings.</b> <i>You are really mad because we have to leave the park.</i></li> <li>• <b>Give choices to older toddlers.</b> <i>Would you like to read books before or after we brush teeth?</i></li> <li>• <b>Stay calm when your child is upset.</b> This helps him feel safe and get back in control.</li> </ul>
<p><b>Self-Confidence</b> Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.</p>	<ul style="list-style-type: none"> <li>• <b>Comment on what your child does well.</b> <i>You found the button that makes the bear pop up!</i></li> <li>• <b>Help your child be a good problem-solver.</b> Give her the support she needs to be successful without completely solving the problem for her.</li> <li>• <b>Give your child the chance to do things for herself</b> like pouring milk from a small plastic pitcher.</li> <li>• <b>Encourage your child to keep trying.</b> <i>You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!</i></li> </ul>

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Visit [www.zerotothree.org/schoolreadiness](http://www.zerotothree.org/schoolreadiness) for more information on early learning and healthy development.

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The **Chickadee Class** got in the spirit of Halloween by reading stories, carving a jack-o-lantern, and making paper jack-o-lanterns using our triangle tray. We are wrapping up “spooky” season as we move into November with a study of the human body.

Fine motor development and pre-writing happen in the **Chickadee class** in varying stages. Matching a series of pictures, in color, and black and white, helps us refine visual discrimination. Knobbed cylinders help develop pincher grasp and visual discrimination, metal inset work focuses on pencil grasp and pencil control, and number writing with chalk lets us self-perfect without the fear of mistakes that are difficult to correct.



Annie and Oliver



equilateral, scalene, and isosceles triangles make great jack-o-lanterns



Huck



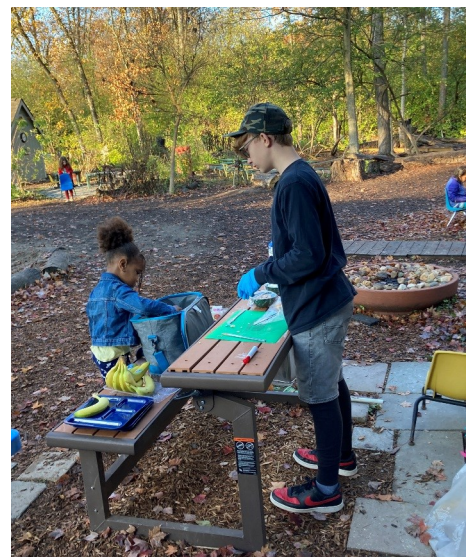
Beckham

## Chickadee News

**Chickadee** students enjoy interacting with the larger school community as well as the local community with a visits from the Owl reader theater group and the bookmobile. We are also thankful for Falcon student, Shannin, for serving our breakfast each morning!



Chickadee students enjoy the bookmobile.



Falcon Shannin serving Bella lunch.



On **October 24, 2024**, the Eagles and a handful of Chick students had the opportunity to meet and spend time with some of Springfield's Finest. Two gentlemen from the fire department came to Nightingale Montessori and offered the children lessons on emergency procedures and fire safety. One of the firemen applied all of the gear they wear to go into a home on fire to educate the children on what a firefighter may look like and sound like when entering the home in a fire emergency situation. The children also had a chance to learn about the equipment on the firetruck and ask the firemen questions. We are so grateful for these public servants who risk their lives to keep our community safe. The fire department has been working with Nightingale Montessori to provide the safest environment possible for the students and staff that attend.

On **December 12th, 2024** the Eagle students and teachers will be walking to Clark Memorial Nursing Home during the school day. The children have been working hard recently to learn new holiday songs to sing to the tenants of the facility. Sheila has taken the Eagles for many, many years and knows it will be a wonderful experience for all involved parties.

On **December 19th, 2024** The Eagles and the Chickadees will be hosting a Peace Night. Families and parents will be invited to attend the program and join in the festivities. Further details and more information will be sent home soon.



Peace Night Rehearsal.



Making up handshakes in the forest.



Music with Miss Sheila.



Learning Haitian Creole with Miss Saona.

**Message for Eagle Parents:** We have been working very hard to help the children understand the value and importance of being responsible. We have encouraged the children to take home their blue Nightingale bags and bring them back. We have also sent home a large plastic zipper bag with their finished work from Quarter 1. Please remind your children we need those brought back to school as we will be sending home each quarter's finished work.

Encouraging the children to pack lunches with healthy choices in resealable containers and no sugary drinks the night before can also be a way to alleviate early morning stress and anxiety for both you and your child.

The Bookmobile comes to school every other Friday and the children are welcome to check out books if they have a physical library card and a blue bag at school to carry the books home in. We are more than happy to hold on to a library card for your child in the classroom.

### Goodbye for now and Welcome to the Team!

Our wonderful Eagle teacher, Taylor VanHoose, needed to leave NM this year to support her family business in a time of need. We will miss Taylor greatly and she of course hopes to return in the future.



We would like to welcome Layna McGlaun to the Eagle Team. Layna is originally from Chicago. She moved to Ohio and earned her degree from Cedarville University. Layna has previous experience working at a Montessori school and she has also worked with children at her church. She brings with her a love of art, creative writing, and music! She and her husband got married on a beach in Florida last October and have just welcomed their beautiful baby girl, Anastasia, into the world this August! Anastasia will be our youngest Hummingbird this year!

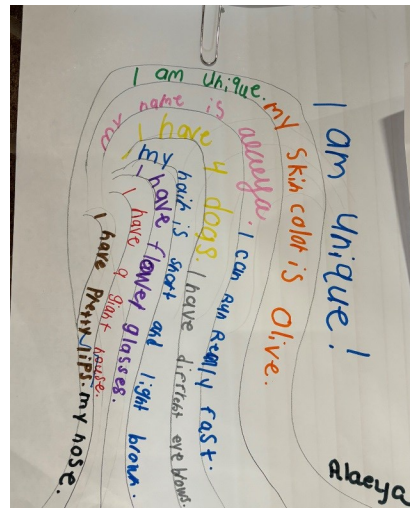


## Promise Club—November

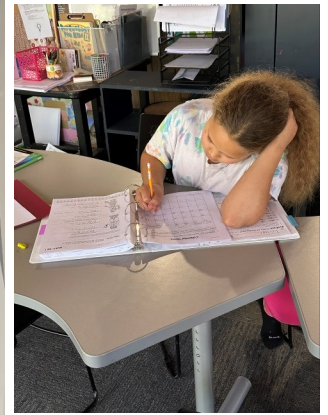
Students were introduced to SAVE (Students Against Violence Everywhere) Promise Club. They were all very interested in learning that the club was student led. Our topics this month were "I am unique" and "Hello!" We challenged ourselves to speak to everyone we see—we never know how we can change someone's day by a greeting. For our "I am unique" project, students drew a large fingerprint, and on each line wrote something that makes them different from others. We are happy to celebrate our diversity and uniqueness in the Owl classroom.



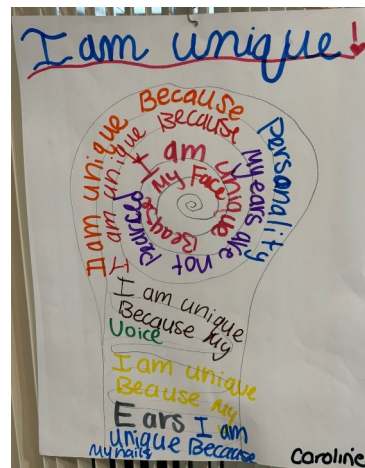
Student Fingerprints help student recognize why they are unique.



## Alaeya's Fingerprint



Leilani works on her  
handwriting.



## Autumn's Fingerprint



Jovie and Bella paint pumpkins.



Annie is  
the tallest  
Owl!





## Outdoor Work

**What's New**→ A few Wing Students, alongside Mr. Andrew, have put forward a lot of effort helping us get the Chicken Coop ready. The Owls have worked on it a little everyday, to make sure the coop is extra safe and ready to home our new Nightingale Hens! We will be sending out info on welcoming the new flock soon; we can't wait!



Lucinda and Jackson work on the pond.



Science class in the Fort! Leilani, Jovie and Bella researching the prehistoric rabbit specie, Nuralagus Rex.



Lilly and her dad, Mike Koveleski, work on digging the pond.



Wing students deliver needed fencing and supplies.



"Each...cycle is a unique event; diet...,choice, selection, season, weather, digestion, decomposition, and regeneration differ each time it happens. Thus, it is the number of such cycles, great and small, that decide the potential for diversity. We should feel ourselves privileged to be a part of such eternal renewal. Just by living we have achieved immortality - as grass, grasshoppers, gulls, geese, and other people. We are of the diversity that we experience in every real sense.

"If, as physical scientists assure us, we all contain a few molecules of Einstein, and if the atomic particles of our physical body reach to the outermost bounds of the Universe, then we are all de facto components of all things. There is nowhere left for us to go if we are already everywhere, and this is, in truth, all we will ever have or need. **If we love ourselves at all, we should respect all things equally, and not claim any superiority over, in effect, our other parts. Is the hand superior to the eye? The bishop to the goose? The son to the mother?"**

- Bill Mollison, *Permaculture: A Designer's Manual*

How do you share the awareness of our connection with all of existence through time and space? For Bill Mollison, it is through thoughtful interactions with ecosystems and regenerative agriculture. For Maria Montessori it was through preserving and cultivating each unique individual through sequential exposures to the wonders of learning. In the Falcon classroom, we encourage adolescents to appreciate and respect one another. Each individual, though having different strengths and serving a different purpose in the classroom, contributes to the growth and development of the whole. We reinforce this message through the value and respect we instill in our students for nature and all of its valuable parts. A teacher, a student, a tree, a cat, an insect, all have different purposes and all deserve respect.

## Falcon News



Blake reads a good book.



Bike practice day in preparation for bike journey field trip



MaKaylen waves as she does her practice round.



Mr. Josh leads Falcons in a disc golf lesson.





The Falcons are progressing through their studies of the 20th Century in American History. As part of their studies for the decade 1930-1939 they learned about the Great Depression. Food was made to feed many and ingredients used were inexpensive and plentiful. Students chose to make—seasoned sardines, rice pudding, mashed potato cake, peanut butter onions, Ritz mock apple pie, vinegar pie, bread pudding, and shoofly pie. Our treats were shared with students, staff and visitors.



Jace helps lead the Friday advisory group.



DaMarion, Jace and Monica make birdfeeders.



Anna climbs high in the tree as her friends encourage from the bench.



## November has been a busy time for the Wings.

Students continue to work on their academic goals, choosing a variety of work options in their English, History, and Chemistry classes while also continuing their independent progress in Math class. Our daily community meetings have led to interesting discussions on controversial topics this month like the election and gun safety, offering students the opportunity to share opinions without demeaning others.

In Culinary Erdkinder, students have been perfecting recipes, helping with the breakfast and lunch program and preparing to serve holiday-themed meals. Culinary students are also preparing to participate in a teen cooking competition that includes opportunities for grants to improve our program.

In Micro Business Erdkinder, students have been diligently creating products for our upcoming holiday gift shop. Students will produce a large amount and variety of gifts as well as purchase wholesale fair-trade items to be sold at the gift shop. Most gifts will be under \$10 to create a positive and affordable experience for families.

In Ecology Erdkinder, students have been working on our partnership with Jefferson Street Oasis Gardens to prepare for a spring planting of 20 fruit trees to create an orchard. An ODNR forester, Stephen McGinnis joined our class for a day to tour our woods and offer lessons on how to improve our restoration efforts as well as information on what the job of a forester includes.



History Students concentrating.



Jeremy focusing on math.



ODNR forester shares with ecology students.

## Wing News



Chloe and the other Culinary students helped Chef Stef shop for Thanksgiving meal supplies.