

E-2



Center Montessori School

October 11th, 2019

"The person who is developing freely and naturally arrives at a spiritual equilibrium in which he is master of his actions, just as one who has acquired physical poise can move freely."
Maria Montessori

E2 Classroom Activities:

Our Director, Janice, in her great wisdom, has encouraged every classroom to find a time to meditate. In the E2 classroom, we spend 1-5 minutes each day during our class meeting in "silence and stillness." This week we had time to extend our understanding of meditation in a special class led by Jane Tavakalian. She



began the class talking about two parts of the brain. She told the children that the prefrontal cortex helps us problem solve calmly and the amygdala is the part that warns our body when there is danger. She explained how calming the mind helps us make better decisions. She gave each of us a feather to help us focus and calm our minds. Silence is certainly a part of the Montessori curriculum. Primary students play the Silence Game and get a genuine sense of joy and social spirit. The group works toward a common goal and develops a

sense of self control. The older children can experience this as well and can become happier and more productive in their work day. In 1930, Montessori wrote that by cultivating intentional silence, it brings, "little by little a discipline composed of calmness and inner beatitude." This week we had a field trip to Florida Studio Theatre for the production of "Pinocchio." The students were very excited about this outing. We also had the chance to experience Spanish with Miss Giannina. She is an excellent substitute for Spanish and already the children are responding well to her lessons. We have also been extremely busy working on our portfolios. Such a wonderful week of mindfulness and focus!





Our big class trip this year is to Sea Camp in the Florida Keys. The dates are May 6, 7, and 8.

The remaining balance of \$635.00 is due November 15th

There will be some additional costs which we will share with you closer to the trip.

Calendar 2019

October 14- No School- Conference Day

October 21- Field trip permission slip DUE for Florida Orchestra

October 31- Parent Coffee- 8:30am-9:00am

October 31- Halloween Parade- 9:00am

November 1-Field trip to Straz Center for Florida Orchestra



Mystery Math

Dean, Sam, and Castiel are three brothers. Interestingly their current ages are prime numbers. What's even more interesting is that the difference between their ages is also prime. How old are they?

Due:

October 21st



What: Florida Orchestra performance

One Giant Leap

50th Anniversary of the Moon Landing

When: November 1st 10:30am

Leaving school by 8:45am

Where: Straz Center Tampa

Cost: \$9.00

We will provide a snack

Please bring a packed lunch



My child _____ has permission to attend The Florida Orchestra at the Straz Center in Tampa on November 1, 2019

We will leave promptly at 8:45 and will return approximately at 2:00pm

Please pack a cold lunch.

Yes ___ I am able to chaperone and can take _____ children in my car.

No ___ I am unable to drive at this time.

Parent Signature _____