



HMS

Monthly News

ARTICLES, TIPS, PHOTOS, & MORE!

April 2021



Spring has Sprung!

Guess what?! It's auction time and it's not too late to buy your [ticket](#) to this amazing event. If you've been perusing the online catalog you will know that all of our items are now available for bidding and some of them are doing quite well! I'm personally having a hard time choosing between some favorite items and therefore bidding on a bunch and hoping I don't end up with all of them (I hope Mike isn't reading this newsletter). I'm so looking forward to Wednesday's live event and to the dance party that follows. I've submitted our playlist suggestions to the DJ at Golden Bell and we are ready to rock! Don't forget to bid on a dessert dash gift card. The winners will receive delicious baked goods from Susanne's Bakery AND all proceeds go directly to classroom budgets!

And while the auction seems to be the only topic of discussion right now, there are so many other great things happening at HMS. On Monday the 5th we will officially open the doors to the Oak Room. This will be a class of students who have been remote since last March, but are ready to join us on campus. Five of the students have been working in Nadine's primary program and four of them are lower el age. Another gift of Montessori education: we have materials for both levels to be working simultaneously in the classroom and more opportunities for mentoring and learning from one another. Meanwhile we still have a total of eight remote students at home: some in elementary and some in middle school. I'm so grateful to our teachers who have built a robust remote program and who have found ways to give every child a unique and high-quality Montessori experience.

April is National Poetry month. As a lower el teacher one of my favorite things to teach was creative writing and poetry with young children has always had a special place in my heart. Nazy welcomed me into the lower el classroom last month to do four poetry sessions (photos below). It was so fun to share my love of poetry with the students and to observe their creativity. The last week we had a poetry reading, complete with an option for rhythm accompaniment (thank you Senor Carlos for playing the bongo drum). I believe some of the lower el students will be entering poetry in a contest this month. And, in my opinion they are all winners! There are so many great books on poetry for children of all ages. I hope you take this month to check some out!



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As you know the Covid policies and procedures have changed and students are now allowed to be within three feet of each other. As of right now, we still cannot have different classrooms co-mingling. I had a great meeting with Upper El and Middle School students recently, as we tried to problem solve ways for them to be social at recess while still following the rules. They creatively came up with sectioning off areas that are at least six feet apart but would still allow them to converse with the other classroom. A few students have taken on the project of creating the spaces and using clear markers to distinguish which classroom goes where. I love Montessori students and their ability to take ownership of a project and find a solution to a problem!

We have a two week break coming up this month. I'm hopeful that our teachers and students have a relaxing time and get outside! Infant and toddler will run as usual and we will also have our childcare program open. Children must be in unlimited childcare or have reserved a spot in advance in order to attend. I'm excited to be running elementary childcare during the second week and will have an Earth Day focus all week. I believe there are still spots left in elementary childcare for week two, reach out if you're interested. We will have a small admin presence on site during the two weeks-Adena and I will be working in the office the first week, Adena and Nikki the second week. If you do travel out of state, please make sure to follow our travel policy, which does require a quarantine of 7 days if your child gets Covid tested (please test between days 3-5) or 10 days if you choose not to test. If you are traveling internationally, your child will need to quarantine for 14 days.

I hope that April is a month full of sunshine, joy, and good memories for you and your family. Enjoy the newsletter and I hope you'll join us at the auction on Wednesday!

Warmly,

-Aimee



[Click here to purchase your tickets to The Great Escape!](#)



The Great Escape

Harbor Montessori School Virtual Auction - April 7, 2021

THE IMPORTANCE OF TOUCH

by Nichole Larew, Birch Room Teacher

"We must remember that mothers give much more than food to the infant! The mother is teaching the child about love, about relationships, about trust, about communication, about respect for one's body. She does this with every touch, with every word. The relationship with the first caregivers teaches the child about bonding with others in the future." -Michael Olaf

Touch is a very important connection in a child's development. Maria Montessori believed that a mother's touch is very important to the development of a child. Studies have shown that children with a lack of physical contact with a mother or caregiver will tend to have delayed development. A mother's touch sets the precedent for how that child will trust and treat others.

"Infants who experience more physical contact with caregivers demonstrate increased mental development in the first six months of life compared to young children who receive limited physical interaction. Furthermore, this improved cognitive development has been shown to last even after eight years" – (The Urban Child Institute), During physical contact like the one between mother and child, your body releases Oxytocin. "Physical contact can also lower cortisol levels for both mothers and children, thereby leading to improved immune system functioning."- (The Urban Child Development), showing touch not only helps improve learning ability but also improves the immune system of both mother and child. On top of all those reasons supporting the theory that touch is particularly important in an infant's life, touch allows for the infant to communicate as well. "80% of a baby's communication is expressed through body movement" – (The Urban Child Institute). Not only is the child communicating through touch, but the mother or caregiver is as well, one of the most important things we communicate through touch to an infant is security, once an infant leaves the womb, they are thrown into a whole new world that can be very overstimulating.

One of the most memorable studies to prove the need for physical touch and comfort would be Harry Harlow's study. He made objects that would take place of a mother, and provided a monkey with two surrogate mothers. One had a bottle so the monkey would receive food from that mother (but the surrogate mother was made of wire so the monkey would choose to only spend a short amount of time with that surrogate as it only got food but no comfort). The other surrogate mother was made from a softer material, giving mother-like comfort to the monkey. Through the study the monkey chose to spend most of the time with the surrogate that gave comfort rather than food! This shows although both needs are natural and necessary, the need for comfort was prioritized. An infant or a baby animal cannot develop fully or reach their highest potential if they are neglected a basic but crucial need for physical touch.



The Great Escape



HMS IS TAKING OVER FONDI PIZZERIA!

Support a local business and the school you love!

On April 7, mention Harbor Montessori when you place any order at Fondi, & they will generously donate **20%** of proceeds to HMS!

Pick up a pizza to-go to enjoy during our virtual auction event, or grab a gift card to save for later! This applies to all food, drinks, gift cards, and any dine-in or takeout orders - **all day on 4/7/21.**

HALF OFF ALL BOTTLES OF WINE!



****Please order directly from the restaurant** (NOT through DoorDash or other delivery app) either in-person or by phone: 253-851-6666.**

Be sure to mention HMS when you place your order!

Parent Grove Presents

Spring Break Staycation Ideas!

By Lora McMillan & Anne Shaffer, Spruce Room Parents

COVID-19 is still keeping travel off the table for lots of families, but that doesn't mean your spring break can't be exciting! There are endless ways to have fun on a staycation—from camping inside to virtual snorkeling trips. We've found all the best spring break activities for your family to enjoy while staying safer at home. You might just have the best spring break ever!

1. Take a Virtual Trip

These days, you can travel the world without leaving your couch! There are so many wonderful virtual travel sites out there, you'll have spring break activities for every day of the week. Check out these [25 Fascinating Wonders of the World](#) to get you started.

2. Go trekking in the National Parks

National Parks are a top spring break destination, but if you can't get to one in person this year, no worries! [The National Parks website](#) is full of virtual tours, photos, and maps for you to explore. If you want to get even more in-depth, play [Trekking the National Parks](#). This family board game is the next best thing to visiting the parks themselves!

3. Learn to cook

Are you a kitchen wiz? It's time to pass those skills on to your kids. Not exactly Martha Stewart? That's okay too. Check out this [roundup of virtual cooking classes](#) your family can attend together. Nothing tastes as good as something you've made yourself!

4. Go camping the the backyard (or living room)

If it's warm enough, set up a tent in the backyard (or even sleep under the stars). Too chilly for that? Camp out in the living room instead! Set up a tent ([we love this space-themed option](#)), roll out the sleeping bags, and tell some ghost stories. Make s'mores in the microwave, or splurge on [this popular indoor s'mores maker](#). You can even do some camp crafts like weaving lanyards or making pinch pots. ([Try this kit for all the supplies and ideas you need.](#))

5. Blast off to outer space!

If your kids are space-crazy, why not try a bunch of out-of-this-world spring break activities? Build a rocket, design a lunar lander, or shine a constellation flashlight—[find those ideas and more here](#). And don't forget your online options, like these [virtual space missions](#) or [NASA's Mission to Mars activities for kids](#).

Board Corner

We are all gearing up for what is sure to be an incredible virtual auction this year and hope you're all able to join us! The auction committee has been hard at work planning and preparing an incredible virtual experience this year. Huge thank you to Nikki and the admin team, as well as Erin Schuster and the rest of the Auction Committee for all of their time and dedication on this year's auction. As you know, last year we canceled our auction and focused efforts on the transition to virtual school as our priority and navigating all that came along with that. As a nonprofit, we rely on fundraising efforts like the annual fund and the auction to support our school. While tuition and fees cover roughly 88% of operating expenses, the other 12% is covered by fundraising and grants. Your support is vital to the long-term sustainability of our school and on behalf of the entire Board of Trustees, we thank you in advance for your continued support of the school! I don't know about you, but I'm also secretly looking forward to attending in my pajamas with our family!

The Board is also busy evaluating all that was accomplished on our current 3-year strategic plan which ends this year, and continuing discussions to shape the next 3-year strategic plan for the school. We are all incredibly passionate and optimistic about the great work ahead and the future of the school. If you're curious to learn more about the board or our upcoming strategic planning, please reach out!

Thank you,
Julie Thorn
Board Chair
boardchair@harbormontessori.org

THIS MONTH'S STAFF CONTRIBUTOR:



Julie Thorn
Board Chair



Nichole Larew
Toddler Teacher

We hope you'll join us at the auction on Wednesday, April 7!
And we can't wait to see you at the Zoom family friendly after-party!