

NEWSLETTER

CONGRATULATIONS

MIDDLE SCHOOL GRADUATES!

CLASS OF 2019



▶ A Note from Mrs. Muñoz

Another school year is coming to an end. What a joy and honor it is to be a part of this life journey with so many wonderful children and their families. Your trust in us means so much and we appreciate that you have chosen us in this important role in your child's life. The children's hard work and joyful learning always fills my heart with gratitude for my life's work. Our amazing staff, who are so dedicated to Montessori education and your children, make our community strong and successful.

Our final graduating class of our Middle School will be off to high school this fall. They are a very special group of young ladies. Talented, intelligent, strong, independent and kind. I know that they will do great things in their lives and make a positive impact on this world. I can't wait to see what lies ahead for them. What a pleasure it has been working with you, Jordan, Julia, Nirali and Vanessa.

With endings come new beginnings. Best wishes to Emily Strand on her new role in Montessori education. Thank you for your time here at Meher and your hard work and dedication to the students. You will be an amazing head of school and we will miss you.

Welcome back to the Garfield School Len Mindes. The upper elementary students are so fortunate to get such an experienced and seasoned teacher in the fall. As a parent of one of your former students, I know how lucky the children are to have you as their teacher. Great things to look forward to next year for your students.

We still have a few openings in our primary summer school. Please see me if you are interested in enrolling your child.

Have a wonderful summer everyone and thank you again for allowing me to serve you and your children.

Peace and love to you all.
Adela Muñoz

**"Education cannot be effective unless it helps a child open up himself to life."
—Dr. Maria Montessori**

▶ Summer School

June 17 – July 26

▶ Summer ART

Classes held every Tuesdays
June 18 – July 16

5 weeks session
Make up class – July 23
5 years old and older

▶ Summer Camp

July 29 – Aug 30



Hello everybody! Glad to be back again for our June newsletter, the last for this school year. The month of June is known for many things; it officially begins the summer season and it sets aside a special day to honor Fathers. The weather becomes warmer at peak times of the day and by then many children from school are beginning summer classes. I will be teaching six weeks of summer classes and as always am excited to do so because I'll be meeting new children enrolled in my class! After summer classes I am off for the month of August. June is also known for Flag Day celebrations and National Safety Month. Before I discuss June, let me first relay to you a few exciting activities from the month of May: Parent Conferences, Public Open House, Parent Open House and Memorial Day.

The last three weeks of May were our busiest weeks, and these activities went by smoothly and successfully. Our Parent Conferences were great because parents came on time and were done within 20 minutes. They were fruitful as parents understood the progress and standing of their children. Goals were

set for this summer and the coming school year. The week of Conferences was also the week for our Book Fair. After our conference, parents would go directly with their children to our Book Fair to purchase books for our class. We received 16 beautiful and exciting books to be read in class and by the children. The Parent Open House was exciting, some parents came early to experience the lessons learned and be shown them by their children in class! Both young and old children did well during this night and parents were happy taking pictures as their children worked and applauding their child for the work well done.

There will be five graduating children from my class this year. Our graduates are **Ava Alatorre, Max Liu, Kyle Ogden, Logan Tam** and **Alvin Yan**. To you all a big hug and congratulations for work well done these past years of learning with me. It was a privilege to have been a part of your life in this first stage of your learning process. Good luck in your next stage of learning and never give up reaching for your goals in life and being the light of the world.

A round of applause and thank you to Mrs. Suh and Ms. Martinez for working trustfully and well with our children in class and making beautiful projects throughout the year. A million thanks for another great, successful and fun year working with you. God bless you both.



Our May birthday celebrants were: Ava Alatorre, Julian Mota and Kingsley Sum. Happy Birthday to you all!



A safe and fun filled summer to you all! Till next school year! God bless.



With all our love, prayers and gratitude,

Mrs. Rivera, Mrs. Suh, Ms. Martinez

“The most important period of life is not the age of university studies, but the first one, the period from birth to the age of six. For that is the time when man’s intelligence itself, his greatest implement is being formed.

—Dr. Maria Montessori





Last month's Highlights ...

- **Parent-Teacher Conferences** – It was wonderful to have had the chance to meet all of you dear parents and talk about your child's progress in school. A 100% attendance for this one.

- **Play Days Parade** – It was a beautiful day filled with sunshine. A huge thanks to the Alvarado family and the Tran family who came in full force and showed their support.

- **Book Fair** – We have new books in the classroom to add to our reading corner. Thank you Zoe and Giana. We have started reading to the class the books that they gave. The book about "Llamas" was a popular one among the children and also "The Sun is Also A Star".

- **Public Open House** – There was a good number of visitors that came for our Public Open House. Once again, we'd like to thank Anthony, Francesca, and Zoe Alvarado for being great hosts and showing our guests around and answering their questions.

- **Parent Open House** – There was a great turnout that night. The children came excited to show their parents the work they do in the classroom. Thank you to all the children and parents that came.

June Birthdays:

Walton Chan, June 2 (turning 5)
 Anasofia Veneziano, June 15
 (turning 6)

This school year will soon come to a close and for some of our children it is a time for moving on and saying goodbye to old friends. For the others, they will still get the chance to see their old friends as they move up to the Lower Elementary classroom. This has been an exciting, and wonderful year, seeing the children blossom and progress in the different areas especially in Math and Language.

I wish all our Graduates the best. May you continue into full fruition in the coming years and be the best of who you are meant to be.



Congratulations to our Class of 2019

Zoe Alvarado
Jordan Chavez
Cylis Garcia
Luke Myers
Anasofia Veneziano
Jake Wong

Each one of your children has been a blessing in our classroom. Thank you for trusting us with the care of your children. Our lives have been enriched as well by their enthusiasm, energy and openness.

Have a great Summer!
Cheers!

Mrs. Roque and Ms. Lopez



**CONGRATULATIONS
GRADUATES!**

ZOE ALVARADO
JORDAN CHAVEZ
CYLIS GARCIA
LUKE MYERS
ANASOFIA VENEZIANO
JAKE WONG



Class News

May was the busiest month of activities so far! Our class enjoyed the Scholastic Bookfair, making Mother's Day gifts, and also Parent Open House, where the children showed their parents some of the lessons they learned. The parents were able to see the concepts that the lessons teach. For example, a Montessori lesson might be called "the checkerboard" or "Grammar Box IV", or "The Timeline of Life", and the families were able to see right away that "the checkerboard" is for multiplication, "Grammar Box IV" teaches the verb, and "The Timeline of Life" shows evolution. Thank you so much for coming to the Open House and watching your children present the lessons! During May, the students also participated in state testing, and on one warm Saturday morning the school walked in the Monterey Park Community Parade to celebrate the founding of the city. Lastly, we have been practicing for the graduation celebration of our oldest class members which will take place next month.

Summer birthdays are Azik's birthday in June! And the other summer birthdays are: Jacob, Mateo Ramirez, and Logan in July, and Naya, Rotimi, and Luca in August!

Curriculum News

We also held Parent-Teacher conferences this month, and I met with parents individually to discuss the curriculum and interests of their child. First of all, a big

congratulations to the students for working so hard this year! The children have made impressive gains in reading and handwriting ability, and it was noticed by families and other staff. What is most important, though, is the student feeling of pride in themselves.

Student interests are really apparent as most of the major lessons have been given. Now towards the end of the year we see what lessons each child keeps coming back to or what children have followed through with for several months. Some topics that our students are choosing include the human body, sharks, ancient language, basic math facts, grammar boxes, and division.

We have also been preparing for the end of the year party, or graduation, and the class decided to work on a puppet show to perform at the party. The students wrote it themselves, made clay puppets, and have been practicing their lines every day. Our graduates are **Naya Del Castillo, Mia Li, Anthony Perla** and **Ezio Veneziano**.

Calendar News

Speaking of that, our class **Graduation Celebration** will be **Thursday, June 13 — the last day of school — at 10:00 am in our classroom! Potluck Lunch to follow**. The parents of the graduates are mostly planning the party. You may arrive early and wait in the patio in front of our classroom. Hope to see you there!

JULIAN BELTRAN



"I've made it to Graduation! When I was young, school was pretty easy at Meher. Then, I went to Baldwin Elementary for a couple of years, but I felt like it was not right for me. So then I came back to Montessori and things changed. For example, I used to have a lot of homework after school, which gave me little time for sports. Now that I'm at Montessori, I can go straight to sports and I have time for my games and practices. I had so much fun with Damian, TJ, Enzo, the 8th graders, and the rest of the class. Some of my favorite memories were our trips to Pathfinder and Camp Surf. This year, I learned square roots and it was an educational game and I really liked it. Happy Graduation!"

– Julian Beltran

ENZO CHAVEZ



"I've been at Meher for the past eight years, and that's two-thirds of my existence. One thing I'll never forget is when Ms. Strand took the 5th and 6th years to New York for Montessori Model United Nations. I really enjoy traveling so when we found out we were going, I was very excited. I really enjoyed my experience with TJ, Julian, and Damian. Going to the Middle School with you guys was really fun. I'm going to miss playing ball tag with you and the 8th graders. I'll miss everyone - best of luck!"

– Enzo Chavez

UPPER ELEMENTARY GRADUATES

DAMIAN LUCERO



THOMAS TJ OGDEN



"I can't believe that I'm graduating! I've been here my whole life, and it feels like yesterday I was just in primary. Now I'm about to go to my first public school, Catherine Edwards Middle School. I feel nervous and excited at the same time. My time at Meher was really fun, I made a lot of friends. I went through some rough times, but my friends helped me through them. This year was great because I got to go to the Meher Middle School with Enzo, Julian, and TJ. With the 8th graders, we had the best time. We promised each other we won't forget one another when we go to different schools. Good luck, everyone!"

– Damian Lucero

"I'm about to graduate and I'm going to go to middle school soon. I can still remember when I was three and I learned about the trinomial cube and how to put it together. Now I am almost 12 and I like studying interesting and mysterious questions that no one has answers to, like the Big Bang Theory. Are we in a simulation? Was the world created just last Thursday and are we just fake memories? I'm constantly questioning things. Good luck to my fellow graduates, Enzo, Damian and Julian; you are funny, creative, and smart people."

– TJ Ogden

There are a lot of emotions sloshing around the Middle School in these last 18 or so days. The students are super excited to move on, yet there's more than a tinge of nostalgia for what's being left behind. I've heard comments on both ends... "Only 18 days left!!!" to "I can't believe we won't be together anymore." As is oft to happen in the waning days of a long, intense, shared experience, bonds are strengthened and fortified, just before, by necessity, they are physically broken. The good part is that friendship and memories are easily transportable over time and space.

The students tell me their connections to each other were really revived, and refreshed at Camp Surf, their old stomping grounds for spring field trips; however, this year the middle-schoolers attended the camp more in a counselor-in-training role, being called upon to maintain camp rules, as well as exemplify and instill enthusiasm for all the of sea-learning activities.

Our last few weeks have been busy tying up loose ends, which means reviewing topics in mathematics, essay writing, and social science that the students can expect to encounter in high school, at least in the beginning. Ms. E, Mr. Chavez, and Michael, too, have been getting their last few classes in as well.

Actually, everybody, teachers and students alike, are getting their last

few classes in because as many of you have heard, the Middle School is moving on. Perhaps it's only a hiatus. Who knows? It's been a remarkable five years, - that has left me with a mind full of memories that will pop to the surface every now and then and leave me with a smile. Ah, but forgive me, I'm starting to wax nostalgic!

Camp Surf
Vanessa Artiga

We all had such a blast at Camp Surf, especially Jordan, Nirali and I. Being that, that was probably our last year of camp, the girls and I were chaperones! It was pretty challenging, waking up earlier, helping more than we usually do. There was a bit more of responsibility and expectations than usual. On beach days we had so much fun, and bonded a lot with each other along with Damian, Julian and Enzo. We had a lot of great laughs and made more fun memories together that I will definitely miss.

End of School Year
Julia Hernandez

As the school year ends the days are slowing down and the weeks are flying by. Every day that passes by I find myself torn between being excited to graduate, go to high school, meet new people and most importantly start a new chapter in life; yet, I am melancholic about leaving my friends, my teachers and the comfort of this Middle School.

In the end I am grateful for the wonderful experience I've had and I'm going to miss it very much.

High School
Nirali Bhakta

High school is coming up and I am very happy. There will be so many people compared to Meher so there will be more people to talk to, more classes and teachers, challenging work, fun sports, etc. I've been going to Meher for 10 years and am excited to go to a bigger school. I am also very nervous about making friends in high school. I am going to Cantwell and also doing summer school there so hopefully I will make new friends. I will also miss my current friends a lot, they mean so much to me.

Thank You
Jordan Calderon

Wow 11 years already! It feels like 5! I've been at this school since I was 2 1/2 and I'm really going to miss it. I love this place its like a second home to me. This school has taught me so much and I wouldn't trade for anything. All the teachers, assistants, and friends that I've bonded with have made an impact on my life that I will ever forget. No matter what would happen, everyone was always there for me. Even though this school is small, I think that its better to find out who you really are and how you will help and respect others. I'm really going to miss this place, I'm positive that I will use what I learned here in the future. Thank you, Meher Montessori school, for everything!



Scholastic – I would like to thank everyone who helped support our Scholastic Book Fair. Thanks to all your support, we exceeded our goal of \$1,000! The profits from the sales will help to add a new lunch shelf for Miss Tinajero's room next year as well as some classroom supplies. I would also like to give special thanks to everyone who purchased a book from either of our wishlist boxes. Keeping the classroom updated with new books from favorite authors as well as books with strong prosocial messages are very important to both Miss Tinajero and myself. And finally, an extra big thank you to all the moms and dads who volunteered to run the Fair and help with setting it up and breaking it down. We could not have had the book fair without you!!

Last Month – May was our second round of parent/teacher conferences. I look forward to this time to share information about your child, as well as having the opportunity to answer any questions you may have. If you did not sign up this session, I encourage you to sign up the next time we have them. We have conferences every December and May.

Thank you to all the families that attended our Annual Parent Open House. I hope watching your child work with the materials in the classroom was as enjoyable for you as it is for me every day. I loved watching the children show you all their work. It seems like this year's addition of task cards worked out very well. Look for that again next year. I think it will be a

great way to track your child's annual progress with the materials as well.

I hope the Open House gave you a better snapshot of what their day in our Montessori classroom looks like. I am constantly blown away by the desire and capabilities of all of your children to work with new materials, to push themselves to try something just a little more challenging, and to hear them squeal in delight when they accomplish a new task. I am so happy that many of you got to experience that same feeling of pride while watching them work at Open House

Miss McCray, Miss Tinajero, Miss Sykes, and I would like to thank all the thoughtful families that showered us with goodies for Teacher Appreciation Week. We definitely felt extra appreciated in May.

In the Classroom – As another year comes to an end, our children are getting ready to move on, move up in rank, and say good-bye to some friends. Our annual end of year graduation program will take place on Thursday, June 13th at 10:30 am, in Upper Heicher Hall. A school-wide potluck luncheon will immediately follow. This year's graduates are Alexander Avetisian, Julius Horovitz, Westley Lim, and Eli Zuniga. As always, all the children will get up on stage to sing a few songs before we turn the spotlight over to the graduates. We hope everyone can attend.

Wrapping Up – Miss Tinajero will be out from June 10th-July 26th, as

she completes her AMI Montessori training. When she returns for Summer Camp on July 29th, she will be a fully trained AMI Montessori Teacher!

Please remember that the School is closed Friday, June 14th. Summer School will begin the following Monday, June 17th and will go until Friday, July 26th. All spaces for Summer School have already been filled.

Until September,
Miss McCray, Miss Tinajero, Miss Sykes, and Mrs. Wildhaber



ALUMNI

fyi

June 2019

Erica Suh, daughter of Mrs. Suh in Mrs. Rivera's class, started at Meher Montessori School at the age of 2 ½ in Mrs. Thomas' class along with her brother Joonwoo Suh.

Erica graduated from Schurr High School in Montebello as a Gates Scholar, has been attending Northwestern University and will graduate with a Bachelor of Science in Statistics. As a new graduate from Northwestern University she has secured employment with a Global company as a Data Analyst in Chicago.

CONGRATULATIONS!
Erica Suh





April 24, 2019

Children aged two to four should not be allowed more than one hour of “sedentary screen time” per day and infants less than one year old should not be exposed to electronic screens at all, the World Health Organization (WHO) said on Wednesday.

The United Nations agency, issuing its first such guidelines, said under-fives should also be physically active and get adequate sleep to help develop good lifelong habits and prevent obesity and other diseases in later life.

Sedentary screen time would include watching television or videos and playing computer games.

“Healthy physical activity, sedentary behaviour and sleep habits are established early in life, providing an opportunity to shape habits through childhood, adolescence and into adulthood,” the WHO said in the guidelines to member states.

Children between one and four years old should spend at least three hours in a variety of physical activities spread throughout the day, it said. Infants under one should interact in floor-based play and avoid all screens, it said.

Being inactive is a “leading risk factor” for mortality and fuels the global rise in overweight and obesity, the WHO said.



• **Many Canadian kids ‘aren’t moving enough to be tired, and they may also be too tired to move’: report**

• **Too much screen time for young kids can hurt development, study suggests**

In a report two years ago, the WHO said the number of obese children and adolescents worldwide had jumped tenfold to 120 million in the past 40 years and that the rise was accelerating in low- and middle-income countries, especially in Asia.

Excessive weight can lead to diseases including diabetes, hypertension and some forms of cancer, it said.

Keep active

Early childhood is a period of rapid physical and cognitive development during which habits are formed and family lifestyle routines are adaptable, it said in the guidelines, drawn from evidence in hundreds of studies, many from Australia, Canada, South Africa and the United States.

“Sedentary behaviours, whether riding motorized transport rather than walking or cycling, sitting at a desk in school, watching TV or playing inactive screen-based games are increasingly prevalent and associated with poor health outcomes,” the WHO said.

Chronic insufficient sleep in children has been associated with increased excessive fat accumulation as measured by body mass index (BMI), it said.

Shorter sleep duration has been associated with more TV viewing and time spent playing computer games, it added.

“Improving the physical activity, sedentary and sleep time behaviors of young children will contribute to their physical health, reduce the risk of developing obesity in childhood and the associated non-communicable diseases in later life and improve mental health and well-being,” the WHO said.



May 28, 2019

by Annie Holmquist

The Childhood Quality That's the Best Predictor of Wealth, Health, and Happiness

The question is,
are you a parent
who has the guts
to instill
the quality
of self-control
in the next generation?



If you were presented with the opportunity to instill one, and only one, quality in your children, what would it be?

Perhaps, like **Solomon of old**, you would be tempted to choose something like a long life, or great wealth, or even freedom from harm for your offspring. After all, what parents don't desire happiness and success for their children?

But while parents have a deep desire to see their children achieve these things, realistic parents understand the difficulty of such a task, and may even be tempted to shrug their shoulders and only hope for the best.

Self-Control Is the Most Important Childhood Trait

However, according to famed family physician and author Dr. Leonard Sax, parents don't have to resign themselves or their children to such a fate. His research shows that there is one thing parents can instill in their children to ensure a

successful future. That thing is self-control:

What characteristic, measured in **childhood**, best predicts **health**, wealth, and **happiness** in that individual 20 years down the road, when the child is an adult? Is it **intelligence**? Grades in school? Ability to make friends? No. It is none of these things. Longitudinal cohort studies consistently find that **self-control in childhood best predicts health, wealth, and happiness in adulthood, far better than IQ scores, grades in school, friendliness or popularity.**

Unfortunately, self-control is something that many adults don't even have. How, then, can they instill self-control in their children? Dr. Sax suggests two ways this can be done.

The first is to "educate desire." Dr. Sax describes this as "instill[ing] a longing for something better, more lasting, than video games or Kim Kardashian and Kylie Jenner on Instagram." In other words, children who have a steady diet of fun, entertainment, and superficial niceties will turn out to be as fluff-filled as those items.

Children raised to value a standard of excellence in the books they read, the (minimal) entertainment they watch, and the activities they participate in, however, will add a far greater depth

to their lives. In all likelihood, they will also gain familiarity with other tools to help them accumulate more self-control in their lives.

Tough Parenting

The second way to instill self-control in children is to establish boundaries. This means being the tough, unpopular parent who expects the chores to be done and the healthy food to be eaten. "Adolescents need structure and guidance," Dr. Sax explains. "When parents become more permissive, rates of anxiety, **depression** and disengagement among teens are likely to rise, as they have done."

Dr. Sax goes on to say:

Do your job. Turn off the screen. Take your kid for a hike outdoors, or go sailing, or visit a museum. Don't worry about your kid's popularity with other kids: being popular, for young teens, is now **a major risk factor for bad outcomes.** ...

If you don't, who will?

Indeed. The question is, are you a parent who has the guts to instill the quality of self-control in the next generation? ■



CLASS OF 2019



MRS. RIVERA'S CLASS

Logan Tam, Kyle Ogden, Alvin Yan, Ava Alatorre, Max Liu



MRS. ROQUE'S CLASS

Cylis Garcia, Luke Myers, Anasofia Veneziano
Jake Wong, Jordan Chavez, Zoe Alvarado

CLASS OF 2019



MS. TENOLD'S CLASS

Mia Li, Ezio Veneziano, Naya Del Castillo, Anthony Perla



MS. STRAND'S CLASS

Damian Lucero, Julian Beltran, Enzo Chavez, Thomas TJ Ogden

CLASS OF 2019



MR. MINDES' CLASS

Nirali Bhakta, Jordan Calderon, Vanessa Artiga, Julia Hernandez



MRS. WILDHABER'S CLASS

Eliz Zuniga, Julius Horovitz, Westley Lim, Alexander Avetisian