



NEWS LETTER

Upper Elementary and Middle School at Camp Surf



► Parent Conferences

Our second set of Parent Conferences began on **May 13**. Please call the school if you cannot make your conference. Re-scheduling will be available at a later time.

► Public Open House

Saturday, May 18th, from 10am-2pm is Meher's Public Open House! If you refer anyone to our school that applies and enrolls, you'll get \$100 off your next tuition payment.

► Book Fair

Our Scholastic Book Fair started Monday, May 13th. This Book Fair is a great way to introduce a variety of books to your children's library and help the School at the same time. The majority of the sales go back to the School through Scholastic dollars. We use 100% of the Scholastic dollars towards materials and books for all the classrooms and library. Also, during the Book Fair, we will have individual boxes for each classroom with "wish lists" from their teachers. This wish list is created to provide their students books the teachers would like to add to their curriculum.

Dear Parents,

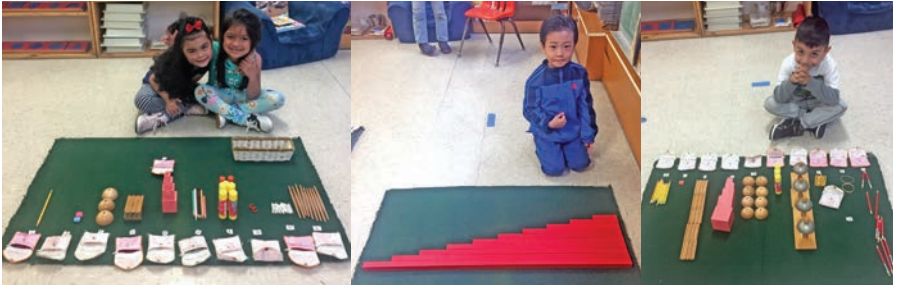
Our upper elementary teacher, Emily Strand, will not be returning for the next school year. She has accepted a head of school position at a new and upcoming Montessori school in Santa Clarita. She has done amazing work here at Meher and we wish her well on this new and exciting venture.

We would also like to announce that this year's graduating class of Meher Middle School will be our last one. Our lease with St. Gabriel's Church is ending this June and we will not be renewing our lease. With that, we also announce that our middle school teacher, Len Mindes, will be taking over our upper elementary classroom beginning next school year. Len has a B.A. in Mathematics from Boston University and an M.F.A. in Creative Writing from Antioch University. He is also an AMI credentialed elementary teacher graduating from the Washington Montessori Institute. Len also completed the Hershey Montessori School's Montessori Orientation to Adolescent Studies course.

Ms. Strand and Mr. Mindes will be working together in the coming months to make sure we have a smooth transition.

If you have any questions, please stop by my office any time to talk.

*Sincerely,
Adela Muñoz
Director*



Hi everybody! May is here and this is the beautiful month of the year because everything is in bloom! It is spring time! It is the time of the year that animals wake up from hibernation, find food, reproduce, and build their nest or homes for their newborn. Like the children in our class they bloom at their own pace cognitively, physically and emotionally.

Before I go on with the interesting activities that my class has had these last few weeks, I would like to inform you that I had a restful spring break! I went to visit my son and his family in Santa Barbara and stayed with them for three days. We visited museums, the zoo, beaches, and parks and ate a lot! My oldest daughter is in the Navy and her family came by and stayed with us for three days too. It was a fun and restful time with no rush to the a day's activities and abundant time to bond with members of my family and get sleep. A week of time off left me ample time too to solemnly observe the Holy Week celebration.

When we came back to school, the children in our class were eager to work. The older and younger children were reviewing past lessons given them and were quick to grasp the new lessons presented to them. In

Math, the older children are learning the four mathematical operations, collective exercises, stamp games, linear counting, counting money and the like. In language, they are practicing writing sentences and words in cursive, reading Montessori books and identifying phonograms, spellings and the functions of words. They are very busy with sentence patterns and puzzle maps as their projects. The younger children are catching up and mastering the practical life and sensorial areas with delight and a smile. The children are always excited to be gathered in our circle time; it is here that they are enriched with stories about the season, moral lessons on good conduct, songs and poems to mention a few. This is the time that they get to speak out and share their ideas and thinking. They develop the habits of being patient and attentive.

Our Easter celebration went by successfully in April. The children were excited and happy as they brought home their brown bags filled with treats, goodies and Easter eggs. They followed the rules not to open their Easter eggs until they got home. I'd like to thank all the parents that came to school and helped us in our

activities in the morning and in the afternoon. Your participation and presence, helped make our Easter activities a success. Thank you for your time, support and untiring generosity to us, our children and the school as a whole. God bless you all always.

Once again I am indebted and grateful to my two wonderful teammates in class, Mrs. Suh and Ms. Martinez. Both always amaze me with their skills in having our classroom activities run smoothly and orderly, and decorating our classroom with projects. They always come up with beautiful monthly ideas throughout the school year. I pray for both to never tire down in their professional passion of serving and rearing our children in class. To you ladies, a round of applause for another successful year and a work well done. Thank you so very much for everything.

To all the Mothers in the world; hope you had a Happy Mother's Day! May you be blessed, honored and have good health. The work you do is priceless.

I'd like to end my newsletter with this beautiful saying:

"To the world you are a Mother, but to your family you are the World."

Love Always,
Mrs. Rivera, Mrs. Suh, and Ms. Martinez





It's hard to believe that the school year is almost over. After the Spring break, the children went back smoothly to doing their daily routines in the classroom and got back to working on their favorite jobs. Anasofia and Luke worked together to do the 1000 chain. Several months ago, it took them almost 2 days to finish the task. This time around, it took them only a few hours as they were more organized in arranging the arrows. They repeated the same activity the following day. Jordan and Cylis have been busy making their own books about dinosaurs. They drew pictures and wrote something about them. Zoe and Jake on the other hand worked on Math materials like the addition board and the multiplication board. It's amazing to see the graduating children blossom and do the more advanced materials in Language and Math.

For art work this past month, we tried to make use of recyclable materials like egg cartons and paper tubes to create "googly" insect eyes and sea creatures.

Welcome to the merry month of May.

Birthday celebrants for this month are:

Diego Campa turning 5 on May 9th
 Santi Ortega turning 4 on May 13th
 Julian Diaz turning 5 on May 17th

This month is packed with activities so please mark your calendars for these events.

May 3rd, Friday – Cinco de Mayo fiesta. This year, the children cooked and prepared cheese quesadillas to compliment the other dishes that parents contributed to our lunch celebration.



May 11th, Saturday – Monterey Park Playdays Parade. We participated in the parade.

Week of May 13

• **Parent-Teacher Conferences –** We will be discussing your child's

progress in the classroom during your scheduled visit. Time slots are in 20 minute segments. Please try to come on time so everyone can be accommodated.

- **Book Fair** began **May 13**. I hope you picked up some books which your child might enjoy reading.

May 22 – Parent Open House (5:30 pm – 7:00 pm)

This is an opportunity for you to see your child in action as he/she works on the different materials in the classroom. Choose a 30-minute time slot. Signup sheet is on the class sign-in book.

Graduation Ceremony Day – Tuesday June 11, 2019

There are six children graduating this year in our class:

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

There will be regular class on Wednesday and Thursday.

Happy Belated Mother's Day to all our Moms! Each one of you is special in your Child's eyes. *To quote Maria Montessori: "Children become like the things they love"*. Have a blessed day.

Till next time,
Mrs. Roque and Ms. Lopez

CINCO DE MAYO CELEBRATION IN MS. TENOLD'S CLASS



Class News

On May 3, we had a fun Cinco de Mayo celebration with traditional Mexican foods. Our children learned the significance of the day and that foods common in Mexican dishes, like beans and corn, are crops native to Mexico. Thank you again to Mateo and Paolo Ramirez' family for taking our pet finches over Spring Break, and Juliet Diaz' family for taking our pet bearded dragon.

Curriculum News

As a group, we have discussions about traditional celebrations whenever they come up during the year. Recently, there was Earth Day and Cinco de Mayo. The history lessons I have been doing in our morning circle about ancient civilizations aid the students in understanding Cinco de Mayo. Students have learned that the Aztecs were the native people of Mexico, and that their civilization was conquered by the Spaniards. Ancient civilizations and European conquests are topics already being covered in class, so those lessons give students the background to draw from when trying to understand a day that comes up in the year like Cinco de Mayo.

We are coming to the end of the school year, and are wrapping up some big booklets and projects to show all the knowledge gained and the improvements in writing. Students are completing their geography packets about the sun and the earth's relationship, making a map booklet with the world maps they know, and a grammar book with

examples of different grammar parts they remember. They are putting together all the botany reports on plants we've been doing each month, and finishing any artwork from their 'famous artists' folder.



Calendar News

Parent Conferences and the Scholastic Bookfair are this week. You are always so kind of contribute books to the class, and it is fun to see the student's names on the stickers throughout the year saying who contributed which book. We will also have an Open House for parents on the evening of Wednesday, May 22 for you and your child to come together and see the materials used for lessons and how they are used. It is always a fun experience! Also during May, Elementary students take part in State Testing. I have prepared the students to feel comfortable and know what to expect. Thanks for all your help too!

Graduation will be coming up on Thursday, June 13. It will take place in the morning in our classroom and will honor our four graduates: Naya Del Castillo, Mia Li, Anthony Perla, and Ezio Veneziano. Directly following the graduation ceremony will be a lunch in the lunchroom next to the classroom for students, teachers, parents, and family! See you there!

Ms. Tenold

One of the highlights of the year is our annual trip to Camp Surf in San Diego. Lots of planning and preparation goes into making this trip happen, and this year the trip included the third years from Ms. Tenold's room, all of the Upper El students, and also three of the Middle School 8th graders: Nirali, Jordan, and Vanessa. In all there were 22 students, 4 chaperones, and myself in attendance.

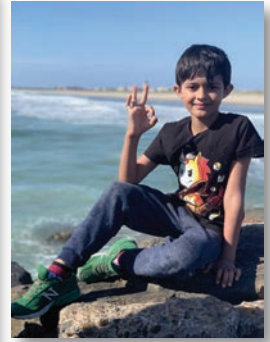
Being away at camp for one week is a wonderful learning opportunity for each student. There are ample chances for growth and new experiences that are priceless to their development. Everyday they must wake up and get themselves ready on time, attend each of the scheduled classes, join all of the meals, take care of keeping their bunk space clean and organized, and shower and get to bed when the lights go out each night. The days are filled with interesting classes led by experienced YMCA naturalists, and they are required to fill in their work journals and take part in all of the physical activities. Some of the classes this year included animal skull identification, a walk to the estuary with discussion of native plants, sea survival skills, team building games, a walk across the jetty, the water cycle, and natural habitats.

While those were very meaningful classes for the students to attend, there was also time to play at the beach. Everyone received a surf

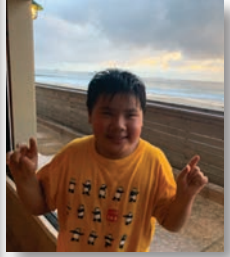
lesson, and some felt ready to try it out in the ocean. Others enjoyed being in the shallow parts of the water or building sand castles. There was something for each of them to enjoy at the beach.

The trip to Camp Surf would not have been possible without the incredible support of parent drivers and chaperones. Thank you so much to Anthony Alvarado for joining us on the past six camping trips - we are so appreciative of your dedication! Also, thank you to Uncle Mike, Len, and Roshan for spending the week with us and making the trip such a success. Nirali, Vanessa and Jordan were also a huge help to our group - they each took turns as leaders in a study group for younger students, and helped keep everyone focused and engaged. It was so fun to have them join us; we all made such great memories together.









Well, we're down to less than thirty days of instruction, which includes the week off for Spring Break and the wonderful, experiential week of Camp Surf. Since so much of our time this month was spent out of class, I thought I'd share with you some of our in-class, academic aims over these remaining days of instruction, while the students share their monthly adventures and other thoughts.

Squaring this and cubing that and things beyond

Over the last month, we looked at exponential functions and manipulating exponents; we even applied the concept to calculating the extra thousands of dollars interest rates can add to the price of a home. I love teaching about interest because it's the one math concept where no student ever comments in frustration, "When will we ever use this in real life anyway?" And finally, pushing onward, we plan to swiftly revisit 2-dimensional geometry before covering 3-dimensional and transformational geometry and, finally, finishing with a deeper look at functions and linear equations.

Civic Education

In 2012, David Souter, a Supreme Court justice who retired from the court in 2009, shared his concern about the lack of civic education in schools. He's quoted as saying, "The republic can be lost ... if it is not understood," He then went on to cite a survey that showed an alarming percentage of the public was

unable to name the three branches of government! Well this year, our history course began with the study of the Constitution. We examined its philosophical foundation along with the first three articles that define the branches of our government. Also, we studied some of the intrigue between the early political factions of the Whigs and the Federalists (Hamilton and Jefferson) that helped transform the Constitution into a functioning government. Some students were big fans of the musical, Hamilton, and so they would serenade us with a few bars from the musical that depicted Hamilton and Jefferson's hostility towards each other, the Federalist Papers, duels, and other topics. Finally, from here on, we will venture into the "causes, course, and consequences of the Civil War," while observing the articles and amendments of the Constitution that play out in this part of our U.S. history.

Eli's last literature class

The last literature class with Eli occurred on April 26. The students were extremely saddened to see Eli pulled away because of a prior commitment. I can't tell you how thrilling it was over this last year to see the students so engaged in reading and discussing works of literature. Over these remaining days of instruction, we will work on summary writing, along with writing argumentative, expository, and narrative pieces. And, of course, the students will continue to read literature.

A FABulous Night.
Julia Hernandez

The Beatles made such a large impact in music that even today in 2019, their music is still listened to by younger and older audiences. Growing up, my grandpa constantly played the song 'Let It Be' in the car... ergo I grew to love them. So it was crazy to me when my mom told me she bought front row seats to see The Fab Four—A Beatles Tribute band. Our seats were so close to the stage, I mean *really* close, I could reach up and give them a high five.

The show was at the Saban Theatre in Beverly Hills, the seats comfortable, the air cool, and before The Fab Four came on, I excitedly kept leaning over to my mother and asking "when are they gonna start? when are they gonna start?" Finally the lights turned off and a few seconds later a spotlight shined on "Ed Sullivan" who introduced "The Beatles" who opened with the song 'She Loves You' and I and everyone else in the crowd started shouting. The band dressed and sounded so much like The Beatles that I forgot I was watching a tribute band. I was screaming so much throughout the show, just like young teenage girls used to shout at an actual Beatles concert that my throat started to hurt.

My evening was topped off when the lead guitarist portraying 'George Harrison' came up to me from the stage, gave me his guitar pick and let me play his guitar. I was freaking out...The night was unforgettable!!!

Spring Break
Nirali Bhakta

My Spring break had to have been my best one so far. My family and I drove north to San Francisco and San Jose. In San Jose, I ate the most delicious falafel and experienced my first Broadway musical. In San Francisco, I toured iconic places such as the Painted Ladies, Lombard Street, Alcatraz, and I rode on a cable car. I love the environment of San Francisco, it is peaceful and people are very friendly.

Our Garden
Jordan Calderon

Here at the Middle School we are learning that growing fresh vegetables can be challenging. For starters, some of our plants are bolting, which means that some of our plants are flowering, losing their leaves, and shooting towards the sky like a bean stalk. Another challenge we are facing is cabbage aphids, which are attacking our brassicas - kale and cabbage. We are trying natural ways to get rid of them, using Castile soap and strong mint tea, but so far the aphids are winning. On the bright side, our seedlings of peppers, radishes, cucumbers, and tomatoes have already begun to sprout!











Fundraiser - Congratulations to us! Including donations, we had 100% for the Spring Fundraiser. Wow! Alexander, Westley, and Eli were the top three sellers. The three of them qualify for the Chuck E Cheese Limo ride on May 29th. Additionally, Alexander and Westley sold enough to also earn time in the Money Cube on the 28th. Pictures will follow in next month's newsletter. Thank you again to everyone who helped to raise money for our school.

Parent Open House - Tuesday, May 21st is Altadena's annual Parent Open House. It is from 6:00 -7:30 pm in Mrs. Wildhaber's classroom only. This is a time for your child to show you all they have been working on during the year. As this time is set aside for your Meher Montessori child to shine, please leave younger siblings at home. Older siblings may come to watch, but please remind them not to handle any of the materials even if they are former Meher students themselves. Our Open House is different than that of other schools. Instead of putting up your child's work to decorate the classroom, the children here take out the materials in the classroom and show how they work with them. So if you have ever wondered what it is your child does all day, this is an excellent opportunity to come and watch them work. Please keep in mind that with 31 students, the classroom will get very crowded.

Public Open House - Saturday, May 18th from 10:00 am- 2:00 pm. If

you refer anyone to our school that enrolls, you'll get \$100 off your tuition.

Scholastic Bookfair - May 13th- May 17th is our annual Scholastic Book Fair. Please make time to stop in the Founder's Room (right outside the glass entrance doors to the school) and purchase some books. There will be afternoon/evening times as well as a couple of morning times available to attend the Book Fair.

Book Fair week also lines up with Parent/Teacher conferences week.

In The Classroom - The butterflies broke free! One butterfly came out with a very bent wing. When we released the butterflies and that one did not fly off, the children all took it upon themselves to guard it. Watching the children take turns to check in on it all afternoon was pretty amazing.

The great thing about Montessori is all the peer support and eagerness to help in the classroom. If your child's work is coming home with his or her name misspelled, it is not always because your child forgot a letter or two along the way. It could also be because a classmate offered to help and wrote your child's name out phonetically for them. For the phonetic speller, "Nora" turns into "Noru," and "Isaiah" becomes "Izau."

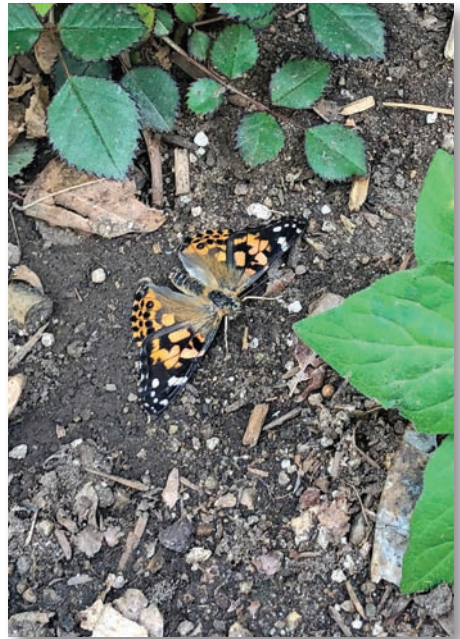
Alas, we did not achieve 100% participation for School Shirt Day last month. Therefore there will be no cooking activity for May. The last School Shirt Day of the school year is Friday, May 31st. Please help your

child to remember to wear his or her School Shirt on this day. If we get 100%, the last cooking activity of the school year will be making your own sundaes!

Graduation – Our Graduation Program is on Thursday, June 13th at 10:30 am. All the children will perform. A potluck sign-up will be on the coat rack at the beginning of June. The School will be closed Friday, June 14th.

Summer School begin June 17th and goes until July 26th.

Until Next Month,
Mrs. Wildhaber
Miss McCray & Miss Tinajero



► Congratulations!

MEHER MIDDLE SCHOOL GRADUATES OF 2015 GO OFF TO COLLEGE

Hi, my name is **Samantha Gonzalez**, a former student of Meher Montessori School (2015). I am currently finishing up my senior year at Ramona Convent Secondary School that has been full of exciting events. I have been working hard all year in my AP Studio Art class in which I was able to have my work featured in Ramona's annual art gallery show and also in a gallery in the city of Long Beach. I also was inducted into the National Honors Society this year for exhibiting academic success and much volunteer work in service organizations. I was a tri-athlete since freshman year (soccer, cross country and track) and got to celebrate being part of a track



team that has won League Champions this season. I have recently committed to the University of La Verne where I received a Merit and Art Scholarship.



I will be majoring in Visual Arts and Psychology which will lead to a career in Art Therapy.

I was humbly inducted into The National Honors Society this year for exhibiting academic success and dedicated volunteer work in service organizations. Although it was important for me to keep up my 4.0 GPA, equally fulfilling was my service. My service included work with Habitat For Humanity, helping in the painting and construction on houses for those without homes. I also helped organize and pack food bags for insecure families at The L.A. Regional Food Bank. I also returned to Meher on Friday afternoons to work with the lower elementary children in Montessori based art lessons which was such a joy that I will miss as I head off to college.

—Samantha Gonzalez

Hi, my name is **Sofia Martinez**, a former student of Meher Montessori School (2015).

As of right now, I am finishing up my senior year of high school at Mayfield Senior School. The last four years have been well spent, filled with schoolwork and time with friends. My time has also been lent as a member of the cross country team, art conservatory, robotics team, and as a math instructor at a local tutoring center.

While I am sad to leave high school behind, I am thrilled to open the next chapter of my life as I begin college in the fall as a first year, studying environmental engineering at Drexel University.





I cannot express the gratitude I feel towards Meher for giving me the foundation I needed to build the future I have now. I am incredibly excited for the next few years of my life and I wish Meher all the best!

—Sofia Martinez

► **Congratulations!**

ALUMNI

Hi, my name is **Bryanna Lopez**. I am very proud to have been inducted into National Honors Society. NHS is an opening and welcoming community of leaders who help guide their peers by doing service activities. I was chosen because of my academic achievement, dedication to service, and leadership skills. Some of the service I do outside of Ramona is at the Beverly Hospital learning about the Electronic Medical Records system, translating from English to Spanish for patients, and wheeling patients in the hospital. To demonstrate my leadership skills, I was pleased to have started my own service based club called the Hand-in-Hand club. I am very honored to be a member of the NHS community.

—Bryanna Lopez '20



► **Parent Open House**

Come one, come all!!! To our annual Parent Open House on Wednesday, May 22nd, from 5:30 p.m. to 7:00 p.m. All children, parents, grandparents, and other friends are invited. This Open House is a special time for your child to show you his or her work.

► **School Shirt Day**

Don't forget! **Friday, May 31st**, is Meher's School Shirt Day! Let's have 100% participation so every class can have an activity.

► **Holiday**

Don't forget! **Monday, May 27th**, is Memorial Day and a School holiday.



by Michelle Roberts

April 24, 2019

No sedentary screen time for babies, WHO says

Babies and toddlers should not be left to passively watch TV or other screens, according to new World Health Organization guidelines.

Sedentary screen time, including computer games, should not happen before a child is two, the WHO says.

The limit for two- to four-year-olds is an hour a day and less is better.

The UK has no plans to update its own advice on screen use, which sets no time limits, although it says children should avoid screens before bedtime.

The UK's Royal College of Paediatrics and Child Health insists there is little evidence screen use for children is harmful in itself.



- **'Worry less' about children's screen use**
- **Screen time may harm toddlers**

The new WHO advice focuses on passive viewing - youngsters being placed in front of a TV or computer screen or handed a tablet or mobile phone for entertainment - and is aimed at tackling child inactivity, a leading risk factor for global mortality and obesity-related ill health.



It is the first time the WHO has made recommendations on physical activity, sedentary behaviour and sleep for children under five.

As well as warning against passive screen time, it says babies should not spend longer than an hour at a time strapped into a buggy, car seat or sling.

The guidelines will be presented at the European Congress on Obesity in Glasgow.

The advice

For babies:

- Be physically active several times a day, including at least 30 minutes “tummy time” - lying on their front
- No sedentary screen time
- 14-17 hours’ sleep a day, including naps, for newborns - reducing to 12-16 by four to 11 months
- Should not be restrained (ie strapped into a recliner, seat or sling) for more than an hour at a time

For one- and two-year-olds:

- At least three hours’ physical activity a day
- No sedentary screen time for one-year-olds and less than an hour for two-year-olds
- 11-14 hours’ sleep a day, including naps
- Should not be restrained for more than an hour at a time or sit for extended periods of time

For three- and four-year-olds:

- At least three hours’ physical activity a day, including at least one of moderate or vigorous intensity
- Up to an hour of sedentary screen time - less is better
- 10-13 hours’ sleep a day, which may include a nap
- Should not be restrained for more than an hour at a time or sit for extended periods of time

The WHO advice is based on available evidence, but there is still a lack of definitive research into the harms and possible benefits of screen use.

However, it was unlikely very young children gained from passive, sedentary viewing, said one of the guideline authors, Dr Juana Willumsen.

“Sedentary time should be made into quality time. Reading a book with your child, for example, can help them develop their language skills.

“A child who is given a tablet to keep them quiet while they are sitting in a pushchair is not getting the same [quality sedentary time].

“Children need to be given opportunities throughout the day to actively play and we should be reducing sedentary, passive screen time,” she said.

Some TV programmes that encouraged young children to move about while viewing might be OK, she added, particularly if the parent or caregiver was also present to explain and join in.



What do other experts think?

In the US, experts say **children should not use screens before they are 18 months old.**

In Canada, **screen time for children younger than two is not recommended.**

But **UK guidelines set no such limit.**

Dr Max Davie, from the RCPCH, said: "The restricted screen time limits suggested by the WHO do not seem proportionate to the potential harm."

"Our research has shown that currently there is not strong enough evidence to support the setting of screen time limits."

"It is difficult to see how a household with mixed-age children can shield a baby from any screen exposure at all, as is recommended."

"Overall, these WHO guidelines serve as useful benchmarks to help steer families towards active and healthy lifestyles - but without the right support in place, striving for the perfect could become the enemy of the good."

Dr Tim Smith, a brain development expert at Birbeck, University of London, said parents were being bombarded with conflicting advice, which could be confusing.

"There is currently no clear evidence for the specific duration limits proposed at this age range."

"While the report makes a potentially helpful step in distinguishing sedentary screen time from active screen-based games, where physical activity is required, this remains an oversimplification of the many ways young children and their families engage with screen media."



What can parents do?

Paula Morton, a teacher and mother of two young children, said her son learned a lot from watching programmes about dinosaurs and came out with "random facts about them".

"He doesn't just sit there and zone out," she said.

"He's obviously thinking and using his brain."

"I don't know how I would make the dinner, cook and clean if he didn't have something to watch."

According to the Royal College of Paediatrics and Child Health, parents can ask themselves:

- Is screen time controlled?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time?

If a family are satisfied with their answers to these questions, then they are likely to be handling screen time well, the college says. ■

