

Corpus Christi Montessori School  
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[www.cc-montessori.com](http://www.cc-montessori.com)

January 20, 2023



Dear CC Montessori Families,

Happy New Year! January is quickly moving along. We've had a wonderful few weeks and the students are beginning to re-normalize to the routine and expectations of their communities. We are busy planning our upcoming Community Events and would love your feedback. I have included a link <https://forms.gle/veyiN1ukELYEPDxd7> for you to complete when you have a moment.

We are excited to have several of our staff attending the American Montessori Society Conference during Spring Break. This is an incredible opportunity for continued education and building relationships with other Montessorians. The staff are planning a few events to help offset their expenses - "We heart your children Pajama Party" and "Family Game Night" in February. Participation and donations are greatly appreciated.

Our Middle School and Upper Elementary students attended Nature's Classroom Institute this month. This is an Educational Science/History based stay away camp on the wonderful property of Stoney Creek Ranch in New Ulm. What a wonderful experience for our students. We have heard so much positive feedback from the children and we are happy to continue this tradition.

Attached is an article from Tim Elmore for to read, Cultivating Growth and Grit in Today's Students. This article is geared towards teens and preteens but great information for any age. Please take some time to read.

Have a wonderful weekend.

CC-Montessori

## Upcoming Events

- January 20 U/E returns from NCI Art Museum Free Night
- January 26 M/S Basketball Tournament – Come show your support for our team. 5 p.m. @ Adkins MS PTO Via Zoom at 6 pm
- January 30 Valentine Grams going home with students – due on February 7th

## Wish List

- Veggie scraps for the chickens
- Canned or Boxed food for Free Pantry
- Snacks for our kitchen (we have lots of growing friends that our hungry throughout the day) Some ideas: oranges, apples, goldfish, pretzels, cheese sticks

## Chess Club returns to CC-Montessori

We are excited to have Rey Contreras join us to offer Chess to students on Mondays after school. Please see Remind for flier or check with the front office.

## Graceful Parenting – by Eve M. Dreyfus M.D. Make Your Child's Schedule More Important Than Your Own

Children do not understand your schedule. Don't get angry if your child interferes with or interrupts your daily activities. They do not purposely try to upset your routine. It is up to you to coordinate your schedule with the needs of your child.

## **Cultivating Growth and Grit in Today's Students**

From a biological standpoint, a preteen/teenager's brain is bit of a train wreck. First, it's low in myelin, the coating that allows various regions to communicate with one another. Next, the prefrontal cortex is developing at warp speed, so topics that a child once took for granted—like believing their parents know what they're talking about—now seem ripe for reevaluation. Finally, in addition to acting on seemingly every impulse, a teen is programmed to break away from their parents. This is natural and healthy, but that doesn't make it any easier for a parent or teacher.

We want to rescue. We are nurturers. We want them to be comfortable, safe, and happy. But we must teach them to be resilient too.

### **Four Ideas to Teach Delayed Gratification**

#### **1. Follow the 48-hour rule.**

This combats the urge to impulse buy or to react to something in the heat of the moment. It's wise for students to follow the 48-hour rule, which means they delay a purchase or a reaction for two days if it's non-essential. Waiting almost always helps kids restore a sense of logic to their minds and calms their emotional reactions. David's son Nick asked him to buy a portable device one day, but David was trying to build in him an ability to delay gratification. So, David bought the device, but told Nick he'd hold on to it so his son could pay installments on it. This was a longer wait than 48 hours, and it built in Nick an incredible skill to wait gratefully for what he received.

#### **2. Invite a confidant to hold them accountable.**

I gain an ability to delay gratification when I invite accountability in my life. Each year, I find people I respect and trust deeply to confide in. As I talk over the choices in front of me, I know my accountability partner will be honest with me about my artificial rationale. Author Jonathan Haidt says our brains work like a rider on top of an elephant. The rider is our rational mind; the elephant is our subconscious impulses. Although the rider tells the elephant where to go, the elephant is larger and

tends to go wherever it wishes. At this point, the rider rationalizes a poor decision to make it feel logical. Confidants spot this and can hold students accountable.

#### **3. Make the uncomfortable choice.**

Emotions can be unpredictable, but they're connected to our decision-making. Humans are wired to find shortcuts, to seek pleasure, and to find the path of least resistance. We naturally look for comfort zones. To deepen their grit, challenge teens to choose the less comfortable path when faced with a fork in the road. To be honest, I notice I tend to do easy, quick, or fun things first rather than first things first. If teens do what is hard, not what is easy, they'll find their grit expands. If they'll embrace the uncomfortable, it will soon become more comfortable.

#### **4. Think long-term, think big picture, finish what you start.**

I can delay gratification if I think about what's best for my long-term future. When I think about what I want down the road, I find it easier to see a larger vision. I'm wiser when facing hardships. Kids must not give up what they want most for what they want now. My wife and I had our kids choose one activity each season and finish it. Setting and completing a goal is a surefire way to delay gratification. I have found the further out we can see, the better the choice we'll make.

NBA legend LeBron James is doing something I assumed was not possible. He's attempting to be an assistant coach of his sons' high school basketball team. He's not doing this to intrude on the boys' lives. He's doing it to stay involved in their teenage years and to ensure they work hard when they might be given a break because of their last name. He's sitting at the end of the bench, grabbing water or towels for the players during timeouts, and cheering them on. At practice, however, he's working to make sure they're building grit. I love this goal. We must stay involved in students' lives not to rescue them, but to prepare them for a successful life.