

Corpus Christi Montessori School  
822 Ayers Street  
Corpus Christi, Texas 78404  
[www.cc-montessori.com](http://www.cc-montessori.com)

August 11, 2022



Dear CC Montessori Families,

What a wonderful first week. The classroom communities are busy with new lessons, practicing Grace and Courtesy in our environment and learning routines. Our students and staff are getting into the groove and settling in. Please remember your child is still “normalizing” or adjusting to the classroom, school, waking up early, challenging work and new friends. It takes 6 weeks and sometimes longer for us to adjust to a new routine. We look forward to getting to know everyone better as we discover who raised these amazing children. In September, we plan to provide some educational sessions, look for a google survey coming next week to find out what you are interested in learning. Please check out the Website ([www.cc-montessori.com](http://www.cc-montessori.com)), our public Facebook page ([Facebook.com/CCMontessoriSchool](https://www.facebook.com/CCMontessoriSchool)) and our parent Facebook page (search Parents of CCMS and request to be added). We hope to see everyone at the upcoming Maria Montessori Social on Wednesday, August 31<sup>st</sup>, at 5:30 p.m. We have some first week of school reminders attached, please be sure to review. We have also included a quick Healthy Choice Inspirations below. We are seeing many of our Lower EL students asking for snack in the afternoon so please be sure to pack extra snacks for the afternoon.

Have a wonderful weekend.

Ms. Cerise

## Upcoming Events

August 12      ½ Day dismissal - 12:15 pm  
August 15      M/S Volleyball Game @  
Yorktown Christian - 5 p.m.

### Gentle Reminders:

- Drop off time begins at 7:50 a.m. – tardies begin at 8 a.m.
- Afternoon Pick up begins at 4 p.m. – you are welcome to park on Booty Street or 6<sup>th</sup> Street and walk to the side gate on Booty to pick up your child.
- Aftercare/Before care registration forms are due
- Grace period for dress code ends Friday, August 12<sup>th</sup>.
- Shoes –  
– tennis shoes for outside  
– inside shoes with backs for classroom
- Water Bottles daily

### Graceful Parenting – by Eve M. Dreyfus M.D. Be Available

*Being available means listening to your child’s problems – when he/ she has been bullied or has failed at something – and helping your child to independently solve their problems.*

*This means reframing from instructing your child to always do things your way.*

*Listening to your child’s failures without telling him/her exactly what to do will boost your child’s self-confidence.*

## Healthy Choice Inspirations

Figuring out healthy foods for our children can be daunting. With the rise in food costs and the abundance of sugary tidbits that call from the aisles, it can be a chore to persuade children to eat healthier options. While on campus, students are encouraged to eat as healthy as possible. Healthy foods rich in good fats, proteins, and antioxidants support healthy development of the body and mind. This is part of the Montessori philosophy. One way to encourage youth buy in is to let them cook with you and have them prepare their lunches from the healthy choices you provide. A open container/bin in the pantry and refrigerator with healthy school snacks is an easy way for your child to help pack their lunches.

Some Healthy Choice Inspirations:

- Make your own trail mix or buy dried fruit and nut mixes. - Hill Country Fare Fruit and Nut Trail Mix, H-E-B Select Ingredients Trail Mix Berry Orchard, Great Value Omega3 Trail Mix, etc.
- Fresh fruit: apples, plums, bananas, clementine's/oranges, mango, cherry tomatoes, etc.
- Fruit cups in 100% juice.
- Yogurts.
- Cheese Sticks.
- Jerky
- Biscuits and Bars- Belvita breakfast biscuits, Nature Valley Crunchy Granola Bars, Nature Valley Biscuits Almond or Peanut Butter, Kind Crunchy Peanut Butter Protein Bars, H-E-B Select Ingredients Protein Almond & Peanut Chewy Bars, Nutra-grain bars, Pure Protein Bars Strawberry Greek Yogurt, etc.
- Fresh Veggies- Sugar snap peas, carrots, broccoli, cauliflower, celery, cucumber, etc.
- Chips and alternatives- Great Value Freeze Dried Fruit Crisps, Sea Salt Garden Veggie Straws, Sun Chips Whole Grain Snacks, Wheat Thins, Pre-popped Popcorn, Seaweed snacks, Kale chips etc.
- Whole grain bread and crackers. - Traditional Savory Chex Mix, Whole Grain Cheddar Goldfish, pretzels, etc.
- Whole grain lightly sweetened cereals- Cheerios, KIX, Chex, Post Great Grains, etc.
- Drinks- Water, water with citrus slices, 100% juice in small portions or diluted with water, plain milks (whole, 2%, 1%).
- Main meals- Salads, leftovers from dinner, sandwiches (meat, veggie, or nut butter), make your own lunchables, fruits with granola and yogurt, hummus and veggies, beans, rice, pasta with meat or veggies, tuna lunch kits, eggs, etc.

Please refrain from sending the following: candies, cakes, cookies, and other sugary treats including pudding, gels or Jell-O and beverages *other than* water, 100% juice or plain milk.

Lunches should be able to be eaten without warming.

We thank you for your support in helping children understand that healthy options are tasty and great for them.

