



## CC-Montessori Minutes | November 16<sup>th</sup>, 2021

### Salutations!

We are in our 15<sup>th</sup> week of school and nearing the end of the Fall semester. Students have been and continue to remain busy in their classes and specials. We are seeing some great projects from all levels including Tree of Life representations of the 5 Kingdoms from 4<sup>th</sup>, 6<sup>th</sup> Ancient Rome projects, Amphibian research from 3<sup>rd</sup> and M/S creating books of short stories, to name a few. Please keep checking in with your students and asking about the amazing projects they are working on!



#### What Happens In Art?

We began the year celebrating fall: Lower EI imagined palm trees with fronds that changed colors and then fell off (scissors, construction paper and glue stick) while Upper EI tackled pointillist trees with colored pencil. All grades tried their hand at watercolor, beginning with mixing tints and shades. Elementary painted ice cream cones while higher grades focussed on landscapes. We used chalk pastels to leave colorful shadows and outlines on black paper. We imagined colorful scenes with oil pastels and overlaid them with black windows, binoculars and doors. We had lots of fun shaping air dry clay and painting the finished pieces - everything from fish to roses to race cars. Along the way, we talked about color, value, line, shape, pattern, space (background), texture and form.



#### Mr. Tevin and Ms. Christina Won a Grant!

Mr. Tevin and Ms. Christina applied for the Community Garden Restoration program grant and were awarded \$8,000.00 to use for supplies that focus on the regrowth and sustainability of our community garden. They Mayor and Reliant visited our campus and were impressed and smitten by the hard work of the students, Mr. Tevin and Ms. Christina in both the front garden and the outdoor classroom.

They explored the front garden and learned about Morigna trees and our Banana plant. They learned about the compost worms, cooking fresh veggies and organic eggs, the dry creek bed, and the chickens. The whole school met in the courtyard to thank to Mayor and Reliant and a few of our students got to provide interviews to the news!



CC-Montessori wishes all families and staff a safe and rejuvenating fall break!

# Important Upcoming Dates:

**November 22<sup>nd</sup> - 26<sup>th</sup> Fall Break**

***Life during the COVID-19 pandemic has been uniquely stressful for parents with children at home.*** For some parents, schools welcoming children back for in-person instruction — even for limited schedules in many cases — has provided a long-awaited measure of relief and cause for optimism.

But Bridget Callaghan, a UCLA assistant professor of psychology, said adjusting to life after COVID-19 could be stressful for many.

"Parents should be patient and not expect everything to go back to how it was before," Callaghan said. "Post-COVID-19 will be an adjustment."

A few months after the pandemic and stay-at-home orders altered life as we know it, Callaghan (pronounced CAL-a-ghin) began researching how family dynamics were being affected by the changes.

Some children have fallen far behind in their schoolwork, and COVID-19 has increased inequities between rich and poor families. Parents should realize the coming post-pandemic transition might be challenging for their children. Her advice to parents: Be supportive and reassuring, especially to children who have little other social support.

Not surprisingly, perhaps, children Callaghan interviewed in mid-2020 expressed an overwhelming longing for social connections and a return to school. In addition, Callaghan observed that the children of parents who are more fearful about COVID-19 tend to have more fears and anxiety about the pandemic than the children of calmer parents.

"Parents are the lens through which children and teens experience the world," Callaghan said. "Parents are highly influential, even with teenagers and even when they think they may not be."

Callaghan, who also is director of UCLA's Brain and Body Lab, is an expert in how early-life experiences influence interactions between physical and mental health throughout people's lifespans. She said the dynamics she has observed for the past 12 months only reinforced the importance of how — and how much — parents communicate with their children.

Her advice to parents:

Be realistic but comforting. "Speak calmly and don't sugarcoat difficult subjects, but present things in a way that is reassuring," she said. "Avoid fear-based language, such as 'We can all die if you don't follow these rules!' Instead try something like, 'These simple actions will keep us safe.' The message and the behavior are the same, but how parents frame the message is very important."

Don't forget to protect your own mental health. "If you're feeling stressed, you will probably convey that to your children," she said.

Keep children on a regular schedule for meals, exercise and bedtime.

A couple of times a week, check in with children about how they're feeling, and validate their responses. "You can say, for example, 'I really understand why you feel this way,'" Callaghan said.

Callaghan, who recently became a first-time mother herself, also offered a caveat: "Parents should be gentle on themselves. There is no one right way to parent."

Parents she interviewed shared common concerns about the stressful balancing act of parenting, overseeing children's schoolwork and managing their own job responsibilities while working at home.

"Parents disclosed feeling stretched thin, feeling overwhelmed with responsibilities, emotionally and physically drained, and worrying their children weren't getting enough attention," Callaghan said.

Marital tensions were another common stressor. Still, she said, many parents are finding reasons to be grateful during the most difficult of times — maintaining their own health during a pandemic, having supportive relationships, the availability of child care, their faith and more family time.

"Some families realized they were over-scheduled and were relieved to take a step back," Callaghan said. "They came to a realization about the importance of being together and many learned lessons about slowing down. COVID-19 brought many families closer together."

<https://newsroom.ucla.edu/releases/advice-parents-life-after-covid19>



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# Staff Spotlight!

## Get to know your staff at CC-Montessori

**Ms. Christina**



Ms. Christina is one of those crazy angels that loves working with Middle Schoolers. She's been teaching for 14 years and has a soft spot for theatre and the outdoors. She brings a phenomenal passion for shaping young minds and teaches with the thought that these students are the leaders of tomorrow. She has a great passion for the outdoors and enjoys sharing that love with her students, often choosing to have class outside. She devotes a lot of extra time to helping middle school with their business, New Generation, and the other projects they come up with throughout the school year. She is a strong advocate of student independence, real world learning, and enjoys helping her students engage with their surrounding community both within the school and the city. She works closely with Mr. Tevin to support our outdoor classroom and courtyard gardens. She is building a beautiful nature path for the breezeway of the Outdoor Classroom. She also volunteers more of her time at Keepers of the Garden where middle school students have class once a month. She is the proud mother of a daughter stepping into adulthood, a son rounding out his high school career, and her pack of dogs.

Did you know about Ms. Christina? She's pretty spiffy!

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## Get to know your staff at CC-Montessori

**Mr. Tevin**



Mr. Tevin began his career at CC-Montessori as an After-Care Coordinator. It wasn't long before his passion for gardening and his work with Grow Local had him bringing gardening knowledge to our students. He began by increasing the front garden beds with middle school and before long he was building a gardening program for the entire school. His next project on our campus was creating the outdoor classroom. He has applied for and received a couple of grants that helped fund the outdoor classroom and educational gardens. After Grow Local decided to let go of the community and educational garden down the road, Mr. Tevin stepped up to take over responsibility and created Keepers of the Garden, which works closely with our school but is its own entity. Each year, his drive and passion for environmental advocacy leads him to new endeavours in the community and we are the lucky campus that benefits from the labours of his incredible spirit. He is a rockstar with the students and is always willing to lend a helping hand wherever he is needed. Mr. Tevin is active in the Downtown Farmer's Market and loves supporting local businesses. He has shown our school a lot of love and energy and we are incredibly lucky to have him on our team.

Did you realize what an integral part of our community Mr. Tevin is? He's awesome!