

IN THE NEWS

SUNRISE MONTESSORI SCHOOL

EVENTS

Grandpa's Farm Field Trip

Thursday, October 4th

Our fall field trip is scheduled for Thursday, October 4th to Grandpa's Farm for a hayride, petting the farm animals, mazes and pumpkin picking. **Please remember rain boots and warm gear.** Find more information on Facebook.

USBORNE Book Fair

October 10th - October 12th 2:30p-5p

Stop by and check out the books we have this year. Please contact the office if you have any questions.

PIR Days - No School

Thursday, Oct. 18th & Friday, Oct. 19th

There is no school for students these days but your teachers will be in training! Please enjoy a long weekend!

Parent/Teacher Conferences

October 29th - November 2nd

Sign up sheets will be located at the Check In/Out station. If you have any questions, please contact your child's teacher.

COMING UP NEXT MONTH...

- Lifetouch Photo Retakes on Nov. 6th
- Thanksgiving Feast TBD
- Thanksgiving Break Nov. 21-23

As we are settling back into our routines and welcoming old and new friends, our staff is looking forward to partnering with all our families for a wonderful, successful year. Thank you for sharing your child(ren) with us!

Just a few reminders to make it safe, sweet and wonderful:

Extra Clothes - please send in an extra set of clothes (tags labeled with your child's initials). Also warmer gear and rubber boots for that upcoming Montana weather.

Please be on time - if you are not enrolled in early care, we open the doors at 8:10a. Parent side entry will lock at 8:25a, after that time, please use the office entry. Circle time starts at 8:30a and it is very important that they arrive on time. You don't want your child to miss those wonderful stories, lessons and games that we do first thing in the morning!

HEALTH & ILLNESS

As the weather gets colder, we are approaching cold/flu season! While we understand that mild colds are common in young children and generally do not interfere with everyday activities, please do not send your child to school with the following symptoms:

- fevers
- a thick nasal discharge
- a bad cough
- vomiting
- a rash
- diarrhea
- pink eye (or appearance of)

Children who exhibit one or more of these symptoms MUST remain home for 24 hours after the symptom(s) have subsided.

1ST ANNUAL HOLIDAY BAZAAR

The PTO will be hosting a holiday fundraiser ~ please stay tuned for details! The PTO invites all parents to learn more about our organization and is always open to new ideas!

Please feel free to contact Carrie Hall and the Sunrise PTO anytime at carrie.hall@rocky.edu or sunrisemtpo@gmail.com.

We look forward to hearing from every Sunrise family!

FIND US ON FACEBOOK @ SUNRISE MONTESSORI PTO/PARENT GROUP

NEXT PTO MEETING: TUES., OCT. 16TH @ 5:30PM



Attendance/Tardiness

Please be mindful of student absences and tardiness. When your child misses school, they are missing important information that impacts their learning. When your child is chronically late, they not only miss out on pertinent information but disrupt the learning of others. As a community, we can all do our best to get our children to school on time.

Welcome Visitors

We are asking all visitors to check in at the office and wear a visitor badge. Please do not walk down the hallway and into any of the classrooms as this is a disruption to the learning process.

Reminders

Drop off

Regular drop off is between 8:10a and 8:25a. We want all of our children to have time to play on the playground before our inside work cycle begins.

Pick up

Half day children is between 11:15a and 11:30a
Full day children is between 3:00p and 3:30p

Lunch Ideas

Thank you all for the wonderful lunches you send for your child. We have been very impressed with the variety of foods the children have, and with the proportions you send.

Here is a list of suggestions for healthy and interesting lunch items that we've seen in our class. Perhaps these will be helpful to you:

Main Course:

- Last night's dinner
- Stir-fry
- Soup
- Burrito
- Quesadilla
- Pizza
- Pasta
- Sandwiches
- Tortilla
- Meat (any kind)
- Stew
- Hard boiled eggs
- Pita
- Cereal
- Rice/Couscous
- Quinoa

Breads:

- Cheese bun
- Croissant
- Muffin
- Granola bar
- Bagel
- Crackers

Fruit/Vegetables:

- All kinds, with lots of variety

Dairy:

- Cheese
- Yogurt
- Dips
- Cottage cheese

Please do not pack candy or other high-in-sugar-content "snack" foods, as your child will need foods that increase concentration and support brain development.

Snack Sign Up

We serve a morning snack and after care snack. Parents are encouraged to sign up to bring snack for the classroom. It is always appreciated and provides your child an opportunity to share with the community. There will be a monthly snack sign up posted near the Check In/Out station. See our snack idea list posted on the bulletin board for ideas. Please be aware of allergies and inform teachers of possible allergens.

"Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment."

Maria Montessori