

Monday Montessori Moments



Monday, September 19, 2016

Counselors Corner: Valeri Cruze

September

Expressing Anxiety

Anxiety is real. Some of us feel it more intensely than others. When people hold in their anxiety feelings, it doesn't just go away. It doesn't disappear. If we hold inside our anxiety and don't work through it, it can actually make things feel overwhelming. Sometimes holding in our anxiety can cause stomach aches, cause more anxiety, or start to interfere with our lives. Writing it down or talking it out can help get out our anxiety.

Think about filling up a balloon. After so much air is put into it, it starts to get full, and will eventually pop. That is the same with anxiety. Holding it until you can't handle it anymore will make you explode (metaphorically speaking). We need to have ways to release our anxiety.

There are several ways to express our anxious feelings. Examples include: writing it in a journal, sharing our feelings with someone we trust, exercise, do something that you enjoy, peaceful movement (stretching, yoga, T'ai Chi), relaxation techniques, focusing on breathing, and focusing on one thing at a time.

Remember: We can all get through anxiety-one step at a time.

September 20th

Box Tops Store
Skate Night:
5 – 9 PM

September 21st

International Day of
Peace

September 23rd

Early Out,
AM Kinder:
8:30 - 10:30
PM Kinder:
11:00 - 1:00
1st-9th Grade:
8:30 - 1:00

October 3rd

Normalization Ends
Jr. High Fees are due

October 6th

MMA Paid
Substitute Training
9:00 AM-12:00 PM

October 12th

Picture Day,
Starting at 9:00 AM

October 14th

End of Quarter
Fall Festival
4:00 PM-7:00 PM



Rumbi Island Wednesdays!

Beginning Wednesday, September 21st, MMA will be offering our families the opportunity to purchase a rice bowl from Rumbi Island Grill every Wednesday for their child's lunch. All proceeds from the purchases will go towards our 6th and 9th grade end of year fieldtrips. Your choices will consist of:



Teriyaki Chicken & Veggie with White Rice- \$4.00
Orange Chicken with White Rice- \$4.00



To order a rice bowl on Wednesday's for your child, please follow the payment link below:

<https://secureinstantpayments.com?Event=2375>

Orders must be submitted by 12:00 pm the Monday prior to Rumbi Wednesday. Any orders submitted after 12:00 pm on Monday, will be added to the following week's order. For any questions regarding Rumbi Wednesday, please contact Melanie in the front office.



What's New at MMA?



We are looking forward to our first Box Tops Store on **Tuesday, September 20th**. The Box Tops Store will be in the **North Kiva**.

Only students who show cut/non expired Box Tops or MMA Box Top Tickets will have permission to visit the store. They must show the teacher or assistant their "proof" before being permitted to visit the store.

MARIA MONTESSORI
ACADEMY *education for a better world.*



Presents

Positive Discipline For Developing Capable Young People



With Mary Nelsen Tamborski

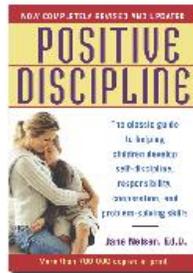
Free Public Lecture
Thursday, September 22, 2016 6:00pm - 8:00pm

Parent Workshop - \$95 or \$150 per couple
Saturday, September 24, 2016 9:00am - 5:00pm
To register visit www.marytamborski.com

Participants will be engaged in experiential activities and role-plays to get into their child's world and deepen their understanding of non-punitive methods for teaching children valuable social and life skills.

Learn to Teach Children

Self-Discipline
Responsibility
Cooperation
Problem-Solving Skills
Respect for Self & Others
Belief in Personal Capability
And Much More!



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www.mariamontessoriacademy.org

Free Public Positive Discipline Workshop!

Are you interested in The Positive Discipline Parent Workshop, but are unable to attend the paid workshop? Then you need to attend the FREE lecture held on Thursday September 22 from 6:00-8:00 PM! It will be held At Maria Montessori Academy and is open to the public.

Maria Montessori Academy

FREE Family Skate Night

Free Admission For You & Your Whole Family
Tue. September 20th
5-9p.m.

Regular Skate
Rental - \$1
Blades-\$3 & up
Scooters-\$3
You may bring
your own
Skates, Blades
& Scooters



Discount
Activities
Available
Only \$3 Ea.

Extreme Inflatable
Park, Pirates Cove,
Rock Climbing,
Laser Tag, Bowling
or \$5 for
Unlimited
Activities

School Spirit Night - Wear Your School Colors!!

Come Have a Rollin'
Good Time!!



\$3 Dinner Deal
Available
Nachos or Pizza
& drink or Hotdog,
Chips & Drink

Skate at Your
Own risk

867 N. 1200 W. Layton 544-3456

MMA Substitute Training!

Have you ever thought about becoming a substitute teacher? Well you should! MMA is currently looking for more substitute teachers!

The school will be holding a paid substitute training at MMA on **October 6th from 9:00 AM-12:00 PM**. This training will be only for individuals who are interested in being on the MMA Substitute list.

Substitutes must complete an employee background check through the school and complete new hire paperwork before attending the training. Please contact the front office for more information!