

The Montessori Connection

May 2023



www.TMESNM.com

Equity Council

As the Equity Council Leads for TMEMS, we would like to invite you to our community meeting on Tuesday, May 23 at 2:30pm. This committee will serve multiple purposes, including promoting equity, fostering community engagement, review and community input of budget and calendar for '23-'24, and improving the overall education experience for all students. We believe that by working together, we can make a meaningful difference in the lives of our students and create a more just and equitable education system. We look forward to seeing you on May 23 at 2:30pm. ~Piper Curry and Alissa Sanchez

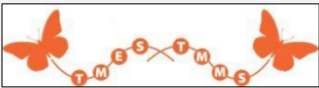
Registration

Registration for next school year, 2023-2024, will begin this summer. We have a new parent portal coming out so keep your eyes peeled for an email with details on how to create an account and register your child(ren). Reminder: Seventh graders will need the Meningococcal and Tdap shots before the start of the 2023-2024 school year.

What a wonderful school year at TMEMS!

"When the child goes out, it is the world itself that offers itself to him. Let us take the child out to show him real things instead of making objects which represent ideas and closing them in cupboards." ~ Dr. Maria Montessori

What a fun year we have had at TMEMS! Our staff has truly enjoyed spending the past 10 months with our students during the 2022-2023 school year. We have provided many opportunities for your child to learn, in and out of the classroom. The Montessori philosophy of learning is based on respect for the child, respect for the environment, and respect for the individual learning styles of each and every child. This unconventional thinking offers an "outside the box" learning environment with students frequently learning and engaging throughout the community. **We hope you will continue that engagement this summer with the many free or low cost community opportunities we have listed in this newsletter.** Think of this as your summer-fun playbook! Dr. Montessori wrote that, "the closed school can no longer be sufficient" for the children. We hope you will consider summer break an opportunity to enjoy some special time with your child, simply enjoying the environment around you. Have a wonderful summer break!

		
<i>TMEMS Spirit Week</i> 5/22/23 - 5/26/23		
Monday, 5/22	Monochromatic Day	Dress completely in the same color!
Tuesday, 5/23	Pajama Day	No slippers, blankets, or stuffed animals.
Wednesday, 5/24	Celebrate TMMS 8th Graders by wearing their class colors: Black, Gold, and White	Wear clothing that is school appropriate in the colors black, gold, and white. Help us celebrate our 8th grade graduates!
Thursday, 5/25	Beach Day	No swimsuits! Wear shorts, sunglasses, beach hats, Hawaiian shirts, and/or flower leis. Make sure it is appropriate attire for school.
Friday, 5/26	Career day! What do you want to be when you grow up?	Make sure it is appropriate attire for school.

Summer Break is finally here!

Summer Break is upon us! Students have worked hard in our classrooms for the past 10 months and are excited to enjoy all the wonderful things summer can bring. We always encourage our students to continue learning throughout the summer. We have compiled some resources and ideas to help families make the most out of their summer break (below).

We also encourage our students to just “get outside and play!” Maria Montessori was one of the original advocates for nature-based play. She emphasized when writing about the place of nature in education how “the strength of even the smallest children is more than we imagine, but it must have free play to reveal itself.” She wrote eloquently about the benefits of independent outdoor play, and science has finally caught up with her. There are many studies that show children who have time to explore the outdoors experience many benefits including positive effects on their physical, emotional and mental health. This summer, we encourage families to make an effort to enjoy the outdoors as much as possible!



COMMUNITY RESOURCES & SUMMER OPPORTUNITIES

ABQ Free Lunch

<https://www.cabq.gov/family/crei/youth-food-service-program>

Free Summer Lunch Program for all children aged 1-18 begins June 5th. See the link above for full details about the program including locations all across ABQ, times,, etc.

Story Time in Park

<https://www.aps.edu/title-i/story-time-in-the-park>

Between June 5 and July 13, Story Time in the Park is an APS Title I Family Engagement initiative that provides a book bag of high-quality children’s literature, reading strategies, lesson ideas, and “tip sheets” for families reading at home.

R.R. Summer Events

https://issuu.com/atrocherrnm/docs/prcs_summer_2023_brochure_final/32

A brochure of community special events and activities for children, teens and adults by the city of Rio Rancho for the summer of 2023. Lots of family-fun activities are included!

Swim Lessons

<https://www.cabq.gov/parksandrecreation/recreation/swimming/swimming-lessons>

Information about swimming lessons at numerous City of Albuquerque pools this summer, including links, schedules, and phone numbers to sign-up for lessons for all levels of ability at city pool locations across Albuquerque.

More Community Resources for Summer Fun!

From hiking to fishing, music to movies, there are some wonderful events and opportunities for families to have a fun and educational summer, all right here in central New Mexico! Most of the items listed are free or low cost. We hope you will enjoy some of these opportunities with your children this summer!

Family Hiking

<https://www.alltrails.com/us/new-mexico/albuquerque/kids>

Explore the most popular kid friendly trails near Albuquerque with hand-curated trail maps and driving directions as well as detailed reviews and photos from hikers, campers and nature lovers like you.

Toy Library

<https://www.newmexicokids.org/toy/>

Did you know...

There's a library in your community where you can borrow toys, educational materials, videos and books for parents and caregivers for FREE? It's basically a library, but with toys. All you need is an ID to borrow!

Tingley Beach

<https://www.cabq.gov/artsculture/biopark/tingley/fishing>

Fishing, in the heart of the City, only at Albuquerque's renovated Tingley Beach. Tingley Beach offers fishing for anglers of all ages and abilities.

Old Town Music

<https://www.albuquerqueoldtown.com/event/summertime-in-old-town-live-music-series-12/>

Featuring a lineup of local and regional musicians who perform a variety of music styles, including folk, jazz, and blues. Visitors can enjoy a warm summer evening surrounded by the vibrant history of Old Town while listening to live music under the stars.



ABQ Public Library

<https://abqlibrary.org/hours-locations>

Information about each of the 19 Public Library branches in Albuquerque and Bernalillo County. Every location also offers free Wi-Fi access and free live events for all ages!

Open Space Events

https://web2.myvscloud.com/wbwsncmalbuquerquewt.wsc/splash.html?ccode=PRDOpen1&csrf_token=c207760b79c657e2f5cd56d002f316da8273278f1b2b26249992391fb66ce790

Many special events and fun opportunities for all ages through the ABQ Open Space Division.

ABQ Summer Events

<https://www.cabq.gov/events>

Albuquerque has lots of fun events featuring music, theater, visual arts, sports, and more! This page is updated frequently to include a wide variety of special events over the summer that are sure to keep your family busy!

Movies in the Park

<https://www.bernco.gov/community-services/cultural-services-events/movies-in-the-park/>

Movies in the Park will be returning on Friday evenings this summer! Spend your Friday evenings watching family-fun movies in parks throughout Bernalillo county, beginning June 9th.



Ideas for a Montessori Summer Break

The kids are home, the days are long with the summer sun, and kids can stay up late to enjoy the stars twinkling in the clear summer sky. If you are wondering how to combine summer fun with Montessori style, look no further! We have compiled some ideas below to help you have the best Montessori-inspired summer yet!

- **Stargazing-** The night sky is like a giant puzzle. Hidden among the thousands of stars you can find dozens of constellations. You can also search for individual stars and planets. It's the perfect activity to do with the whole family. Here is a helpful guide to stargazing with kids: <https://www.amnh.org/explore/ology/astronomy/a-kids-guide-to-stargazing>
- **Container Gardening for Kids-** A container garden makes a great first garden project. All you need is something that can hold soil with small holes in the bottom for excess water to drain. Kids of all ages can create and cultivate their own garden! <https://kidsgardening.org/resources/garden-activities-container-gardening-for-kids/>
- **Have a picnic-** A picnic can incorporate many Montessori skills, including: preparing the food (washing/cutting up fruits and veggies, making sandwiches, measuring/baking cookies, etc), setting up the picnic area with a blanket, cloth napkins, a garbage bin, pouring drinks from a pitcher, getting sunscreen and sun hats for everyone. There are lots of practical life skills to practice while enjoying a picnic. We encourage you to also incorporate Grace and Courtesy into your family picnic!
- **Make a Lemonade Stand-** A lemonade stand is a small business venture that involves selling lemonade to customers in a local area. It is a popular entrepreneurial activity for children, as it allows them to learn about business, marketing, and finance in a fun and engaging way. <https://lemonadeday.org/blog/how-to-start-a-lemonade-stand>



COMMUNITY RESOURCES & SUMMER OPPORTUNITIES (cont.)

Summerfest

<https://www.cabq.gov/artsculture/thing-s-to-do/annual-events/summerfest>

Albuquerque Summerfest

A concert series featuring four Summerfest parties, where families can enjoy free music, activities for kids, lots of food trucks, and entertainment.

Museum Passes

<https://abqlibrary.org/museumpass>

Discover an adventure at your local library! ABQ Public Libraries have local museum family passes for check out. Each Pass generally allows 2 adults and 2 children free entry to the museum of choice, including Explora, and other local Museums.

Paseo del Bosque Trail

<https://www.cabq.gov/parksandrecreation/open-space/lands/paseo-del-bosque-trail>

Albuquerque's premiere multi-use trail, the Paseo del Bosque Trail, goes from the north to the south edges of the metro area through the Rio Grande's cottonwood bosque (forest).

Farmers' Markets

<https://farmersmarketsnm.org/find-a-market/>

Farmers' markets are wonderful family-friendly events where communities gather, you can shop small, meet your local farmers, reduce your carbon footprint and provide your child with many educational opportunities, while enjoying lots of yummy treats!

Teaching Grace & Courtesy at Home

Montessori education is just as important in the home as it is in a school environment. To support your child between their home and school life, parents should try to implement the tactics and behaviors used by teachers in school, especially in regard to an important Montessori principle: Grace and Courtesy.

What is Grace and Courtesy? Simply put, the idea of Montessori Grace and Courtesy is all about helping children to understand polite social norms. Basically, it is the language of respect and kindness, as well as the social etiquette we need in everyday society.

To implement the idea at home, you should first observe your child and learn from them what they already know and what they need to improve on. Your focus should be on a positive, constructive representation that allows the children to learn the lessons without having to force them. Grace and Courtesy starts with intentional modeling in your interactions with your child. Our behavior as adults should always reflect the idea to children what we hope to see mirrored back.



Some ways to implement Grace and Courtesy at home and in public are:

- Model how to greet and welcome visitors
- Learn how to politely get the attention of someone and participate in a group discussion without interrupting
- Discuss how to resolve a social conflict using words and actions intentionally
- Display kindness by holding the door for someone, allowing cars to merge in front of you while driving, making polite conversation while standing in line
- How to use polite words such as please, thank you, excuse me, etc, while home and out in public
- Contribute to the health and wellness of the home by helping with chores
- Have a polite conversation about a sensitive topic while expressing opinions confidently

COMMUNITY RESOURCES & SUMMER OPPORTUNITIES (cont.)

Feast Days

<https://www.visitalbuquerque.org/about-abq/culture-heritage/native-american/feast-days/#june>

Native American feast days allow tribal members to come together in celebration of their language, culture and religion. The communities celebrating feast days are open to the public.

Family Art Workshop

<https://www.cabq.gov/arts/culture/albuquerque-museum/events/family-art-workshops>

Family Art Workshops: Stop by the Albuquerque Museum School during your visit to make an art project. We welcome families to the Museum with weekly opportunities to get creative together.

Community Centers

<https://www.cabq.gov/family/crei>

A variety of programs at community centers and various locations around ABQ that promote community involvement, youth opportunities, health and wellness, and education that are designed to meet community needs and enhance quality of life.

ABQ Museum

<https://www.cabq.gov/arts/culture/albuquerque-museum/events/free-first-wednesday>

Free First Wednesday General admission to Albuquerque Museum is free on the First Wednesday of the month, including June 7th & July 5th, 2023 from 9:00 am – 5:00 pm.

Keeping kids safe in the New Mexico sun



Skin cancer is the most common type of cancer in New Mexico and in the U.S. Ultraviolet (UV) radiation exposure from the sun during childhood and adolescence is a key risk factor for developing this disease.

Preventing skin cancer starts early in life!

More than 50% of a person's lifetime UV exposure occurs by the age of 18. *Adopting sun safety behaviors during childhood and adolescence* is currently the best method for preventing skin cancer. Instilling good sun safety habits in young children can prevent skin cancer later in life!

Here are some things you can do to protect your kids:

- * Keep them out of the sun between 10:00 a.m. and 4:00 p.m. when the sun's rays are the strongest. It's important to be protected even on cloudy days. Clouds don't filter out all UV rays and they may give a false sense of protection. Some of the most serious sunburns happen when the sky is overcast. If your kids must be outside, remind them to seek shade under trees, beach umbrellas and tents.
- * Provide them with a sunscreen with a minimum sun protection factor (SPF) of at least 15. Choose a sunscreen that provides protection against both UVA and UVB rays. Apply sunscreen 30 minutes before going outdoors and reapply every 2 hours and more often after swimming or exercise.
- * Make sure your kids wear sunglasses! It's the best way to protect the delicate skin around your children's eyes.
- * Provide them with protective clothing such as long sleeves and pants. And, since 80% of skin cancers occur on the head and neck, wearing a wide-brimmed hat is great way to shade their face, ears, scalp and neck from the sun's rays.



- * Babies under six months old should always be kept out of the sun

Remember to be sun safe *everyday!*

Know your risks for skin cancer

Anyone can get skin cancer, but your risk (and your child's) risk is higher if you have experienced any of the following:

- One or more severe, blistering sunburns
- A large number of moles on your skin
- A family or personal history of skin cancer
- Fair skin and light colored hair and eyes

It's never too early to teach your children about sun protection! Set a good example for your children by making sun safety part of your family's daily routine - just like buckling up in the car or brushing teeth!





Montessori Practical Life Age Chart



Toddler Tasks

- Help prepare snacks
- Help with dishes
- Help set the table
- Help feed the pets
- Pick up toys
- Put books back on the bookshelf or in a basket
- Throw trash away
- Help with laundry - putting it in the washer and taking it out of the dryer
- Hanging clothes to dry
- Fold washcloths
- Sweep small areas
- Pick out clothes to wear

Age 3-6 Tasks

All previous chores plus:

- Sweep
- Help vacuum
- Help prepare meals and snacks
- Set and clear table
- Help wash dishes
- Feed pets
- Clean mirrors and windows
- Make their bed
- Sort clothes, hang to dry, help fold
- Tend to the garden
- Tidy their room.
- Polishing silver
- Wiping the table before and after meals

Age 7-10 Tasks

All previous chores plus:

- Take out the trash and recycling
- Wipe down bathroom sinks and tubs/showers
- Prepare small family meals (parent staying in kitchen for help and supervision)
- Mop and vacuum more thoroughly
- Dust thoroughly
- Help with lawn care

Age 11 and Up Tasks

All previous chores plus:

- Do the laundry
- Help build and fix things needed
- Mow the lawn
- Help write out a weekly meal plan
- Help prepare and cook larger meals

Children of this age are capable of learning & helping with most grown-up tasks.



Lower Elementary Level Updates

At the **Kindergarten level**, as we approach the end of the school year, we wanted to update you on what we've been learning in kindergarten. Currently, we are exploring the fascinating world of insects, flowers, and the rock cycle. Through hands-on activities and experiments, our students have been discovering the characteristics of different insects, learning about the anatomy of flowers, and exploring the formation of rocks.

In addition to our science studies, our 4-6 program recently completed the Choose Love curriculum. This program aligned perfectly with our Montessori Peace curriculum and focused on four key elements: Courage, Gratefulness, Forgiveness, and Compassion. Our students had a blast creating peace flowers and participating in the peace dove art project, which allowed them to express and understand their emotions in a healthy and constructive way. Our goal is to equip our students with the tools they need to communicate in healthy and peaceful ways.

As we wrap up the school year, we are looking forward to celebrating our students' achievements and accomplishments. We will be holding an end-of-year celebration and graduation ceremony to honor our kindergarten graduates, please refer to the memo from your child's teacher. We wish them all the best as they move on to the next chapter of their academic journey. We hope you have a wonderful summer, and we look forward to seeing you and your child next school year.



At the **1st & 2nd Grade level**, as we reflect on the end of this school year, it's exciting to see how much our 1st and 2nd grade students have grown and learned. Throughout the year, they have been exposed to a range of topics, and these final weeks have been no exception. The students have delved into the 4th and 5th great lessons, where they explored the origins of writing and numbers. They have discovered the different writing, alphabet and number systems that have been used throughout history and in different parts of the world. This has been a fascinating and enlightening experience for our young learners.

In addition to the great lessons, we are proud to announce that each student in our 1st and 2nd grade classes has become a published author! Over the past weeks, we have been eagerly awaiting the arrival of our published books. Each classroom created their own book, based on themes from our Choose Love Curriculum, including Courage, Gratitude, Forgiveness and Compassion in Action. Finally, we were fortunate to have a special guest visit our school to share their knowledge about how sheep's wool is weaved into cloth. This was a wonderful opportunity for our students to learn about the process of making fabric and the different materials that can be used. Our guest was engaging and informative, and we appreciate their time and effort in sharing their expertise with our students.

As we wrap up the school year, we are grateful for the many learning opportunities that our 1st and 2nd grade students have experienced. We are proud of their growth, creativity and resilience, and we look forward to seeing what they will accomplish in the future. Thank you to our families for supporting our students throughout the year. We wish everyone a safe and enjoyable summer!

Lower Elementary Level Updates (cont.)

In the **3rd Grade level**, 3rd grade has had a fantastic year! Our students have grown so much and we have developed a strong community.

Our trip to Camp Oro Quay in the fall was a big highlight. We built community within our level and the students learned what is expected when going out on trips with our school. It was an excellent foundational experience for all of our students and will inform their experiences going forward. We are excited to go on our end of the year trip with the 4th graders on May 9th and 10th!

Our weekly cultural lessons on Wednesday and theme days on Friday also strengthened our community. Wednesday cultural lessons were a great time to share our knowledge and learn best practices for being in large group lessons. Some memorable theme days were; guinea pig and snake day (we got to meet the class pets from 9-11), board game day, art day, donut day, and stuffy day!

Finally, the Choose Love curriculum has been the driving force of our community all year. We explored all four parts of the Choose Love Formula as well as a bonus unit on Growth Mindset. As we finish off the year, we hope our students will take what they learned this year from Choose Love to guide them as they move into 9-11.

We are really proud of this group of 3rd graders and know they will go on to do great things! Thank you to all of the families for all of your support throughout the year!



Upper Elementary Level Update (cont.)

In the **9-11 level** we have been busy since we came back from Spring Break. The month of April saw all of our students successfully complete their NM-MSSA Math and Language Arts state tests and our 5th years completed their first NM-ASR, which is a state test in Science. We are extremely proud of all the students for completing these tests!

In addition to testing and preparing our students for testing, we have been working on some really fun cultural projects. In Geography, students have been working on planning a five state road trip across the United States. We spent the first part of the semester learning about the five different regions in the US and this project was a culmination of that learning. Students were asked to research and determine which five states they wanted to visit, plan their driving route, calculate mileage, the cost of gas, plan their sightseeing and food budget and select specific places they wanted to visit and justify their choices. In Science, students have had a series of fun activities including making environmental posters for Earth Day that have been proudly displayed around our school to encourage making better choices for the environment. In writing, students have been working on how to create a sound argument to support their personal opinions on various topics like wanting to live in a Tiny House (or not), why their favorite fast food restaurant is the best, and a comparative essay weighing two sides of an argument and explaining their personal choices.

On the really fun side of things we had day field trips to Camp Oro-Quay where the fourth years students were able to spend the day with the incoming fourth year students (currently the third years) for a day filled with hiking, crafting, water relays and getting to know their new peers. Fifth years also went with the sixth graders who helped acquaint them with what to expect in middle school. Finally, we have some fun celebrations for our outgoing fifth years who will be graduating from elementary school this year. On May 22, we will be going to Meow Wolf with them and on May 24, we will hold a graduation ceremony for the fifth years and their families to celebrate this important milestone in their school career. It has been a wonderful year in 9-11! We look forward to a restful summer for all and are excited for the 2023-24 school year!



Middle School Level Update

At the Middle School level

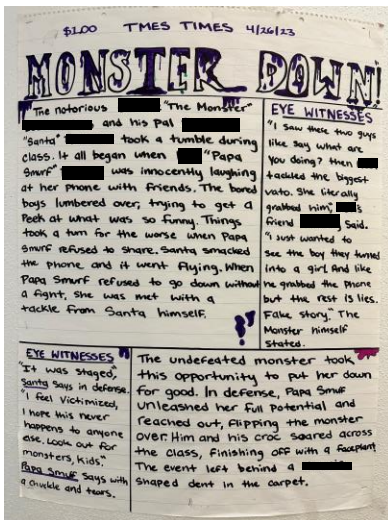
In 6th & 7th grade:

- Our 6th and 7th grade students have returned from their Big Trip to Lone Tree Camp near Capitan, NM. On this trip, students were able to build community while participating in rope courses, ziplines, waterslides, and team building activities.
- They are working on mixed media self-portraits for Language Arts class. In
- In Science class 6th grade students are working on introduction to cells under a microscope. They are investigating the differences between plant and animal cells.
- In Science class, 7th grade students are working on investigating how food influences our body systems and designing a nutrition bar for a target consumer.
- In History class, 6th and 7th grade students are budgeting for a vacation or a trip across New Mexico. They need to visit historical sites and consider all costs that impact a budget such as lodging and food costs.
- They are currently working on closing out their school year and looking forward to 7th and 8th grade.

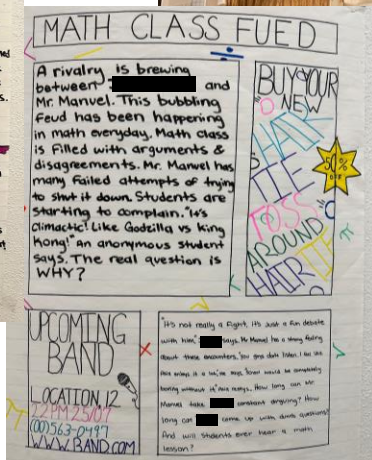
In 8th grade:

- Students are working on Space Exploration: Colonizing Mars in Science class. They are also working on their Dream Homes in Math class.
- TMMS 8th grade students are going to graduate on May 24th at the UNM SUB.
- Many 8th graders went on their Big Trip to Italy. They left 5/9/23 and returned on 5/17/23. We wish our 2023 graduating class the best of luck with the next chapter in their lives!

Middle School Newspaper Articles



Middle School Math Final "Dream Houses"



Fine Arts Update



Strings Department

As the 2022/2023 school year winds to a close, we would like to share with you a fun opportunity for all students to celebrate all that they have learned in strings classes. On Thursday, May 25 we will be having our annual Party in the Park in Columbus Park at 3:30. Students are invited to bring their instruments and we will be having a "play-down" of all the favorite pieces students have learned. This is purely optional! If your child would like to participate, arrive at 3:00 to be tuned. Bring water, sunscreen, a sun hat, a picnic, chairs, anything you like, but please no water toys or shaving cream! Below is a flyer with full details.

We'd also like to give you an update on how all of our students are doing. This has been one of the best years ever for strings! We're really happy with how all the students have progressed. The level of enthusiasm is high and students have dramatically increased their playing and music literacy skills. Also, for the first time, we're excited to announce that the Advanced Strings group has been invited to perform at the 8th grade graduation ceremony!

We look forward to seeing you next year! Happy practicing! Sincerely,
The Strings Teachers



2023 Strings Party in the Park

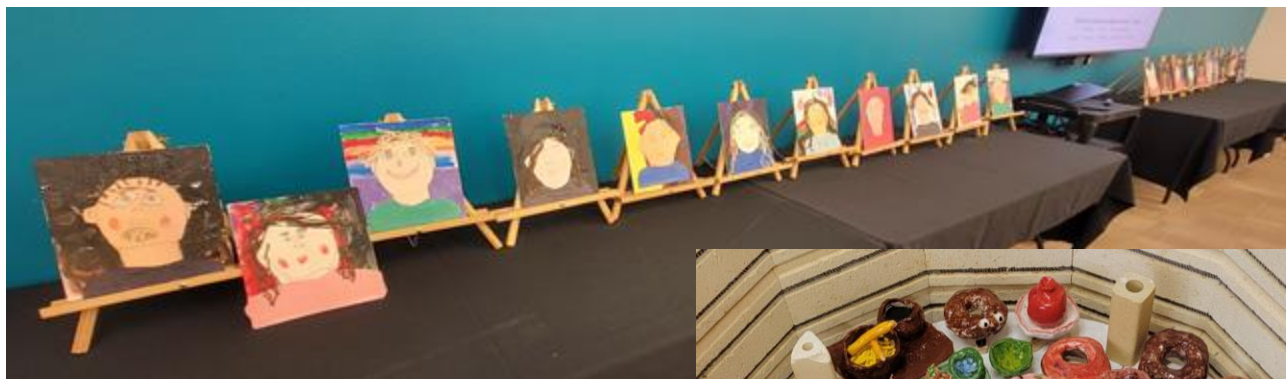
- **Who is invited?** All TMES and TMMS violinists, violists and cellists are welcome. There will be no rehearsal. Please contact Ms. Megan at mholland@tmesnm.com or Mr. Nick at nupton@tmesnm.com if your child is younger than second grade but would like to participate.
- **What will we be doing?** Anyone who wants to play will gather on the lawn at 3:30 and we will all play a selection of Suzuki songs and other favorites. Students can also bring non-messy outdoor activities (no shaving cream or water play). Students can bring a picnic and relax on the grass with their families.
- **When:** Thursday, May 25, **arrive at 3:00 for tuning**, play at 3:30 pm
- **Where:** Columbus Park, Douglas MacArthur Rd NW, just east of TMES on Montano Rd (the Pirate Ship Park)
- **Bring:** Your instrument, a picnic for you and your family, water to drink, sunscreen, and a lawn chair or a blanket to sit on in the park
- **Dress:** Casual. Wear school clothes or a t-shirt and pants, nothing fancy.
- Attendance is not required, but this should be fun, so plan to be there!
- Want to help out? Please contact Ms. Megan at mholland@tmesnm.com or Mr. Nick at nupton@tmesnm.com if you would like to volunteer. We need the following:
 - music stand transportation
 - chair transportation

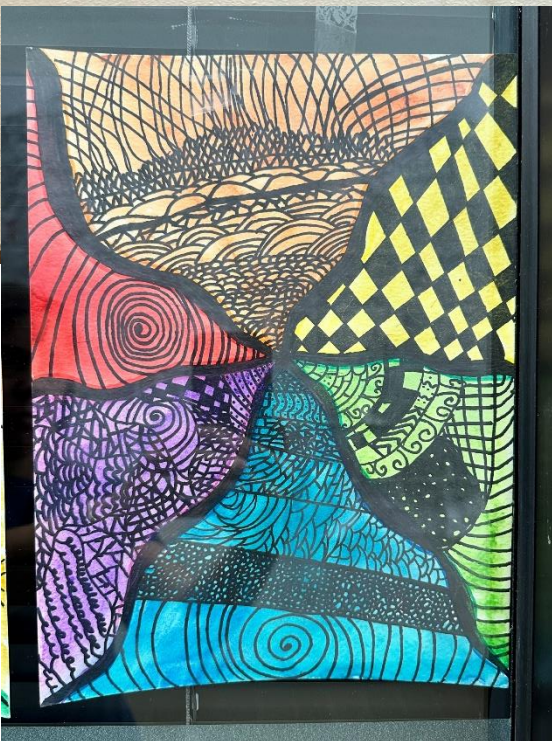
Fine Arts Update

Visual Arts Department

Hello TMEMS families! It has been a joy being your student's art teacher! We have created many things this year and learned so much about art making. This year we learned about all of the different elements of art. This includes lines, color, shape, value, form, texture, and space. We got to draw like cave people, built medieval castles, got messy with clay, and so much more! I hope your students enjoyed art this year as much as I did teaching them.

Ms. Samantha



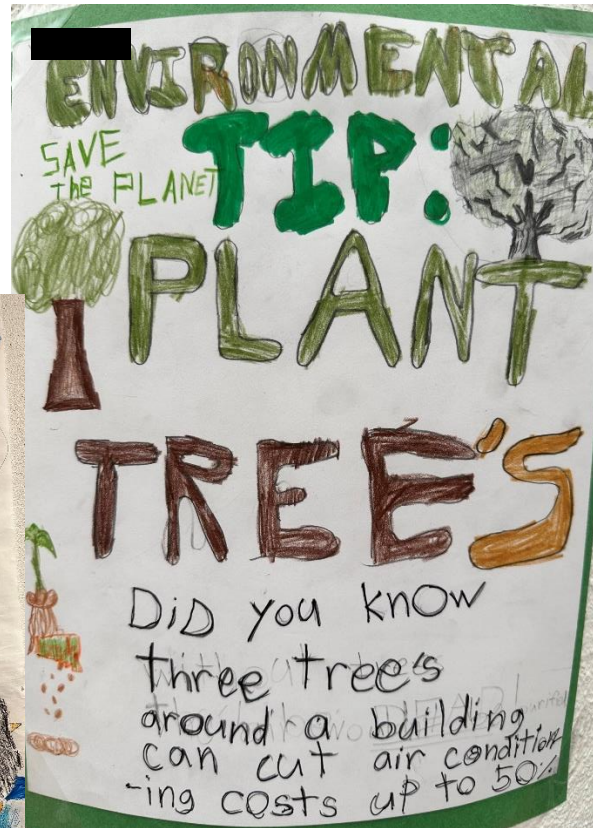


Oil Pastel Inspired by Grant Haffner
Focusing on Vanishing Point
By: Ms. Claire's 3rd Grade Class

Student art from
around the school!



Student art from around the school!



Student art from around the school!

