

The Montessori Connection

Vol. 2, No. 2, December 16, 2021



www.TMESNM.com

Attendance

If your child will be out of school for any reason, please email Ms. Brenda bjohnson@tmesnm.com or call the office 796-0149 before 10:00 AM so your student has an excused absence. Many families are letting the teachers know however please remember that our office needs to know too. If your student will be late for class please let Ms. Brenda know what time they will be in class so we can notate that too. (Just like signing in late when you arrive at school.) If you have any questions Ms. Brenda is happy to help in any way.

Calling Out Sick

If your child is not feeling well or showing any signs or symptoms of illness, please keep them home and contact Ms. Brenda at 796-0149 or bjohnson@tmesnm.com. If your child has been exposed to Covid, it is especially important that you keep them home and contact Ms. Brenda so we can help you with the next steps in how to keep the community healthy.

Happy Holidays from TMEMS!

Our Dear TMEMS Community,

During this time of family, friends, and celebrating, we want to extend our warmest holiday wishes to each TMEMS family who make up our incredible community. Thank you for entrusting your children into our care every day, and for the support you each have given our school. We believe we have the very BEST school community and are incredibly thankful to have each of you in our community. We are grateful for many, many things.

We are lucky that at TMEMS, we share the holiday spirit of giving all year long. Our staff provides a wonderful environment for our students every day. So much care and concern is put into each student on a daily basis, to not only provide an excellent education, but also a warm, loving place for them to spend their days. TMEMS families have stepped up to provide many wonderful donations of food, gift cards and more through our Food Drive and Giving Tree initiatives. Not only are we able to provide some much-needed necessities to local families, but we also are able to share the gift of giving with our students. We believe the support our students are shown every day will truly make a difference for each of them, throughout their lives.

We very grateful that TMEMS boasts an outstanding staff that not only enjoy teaching our children, but are constantly looking for ways to improve our programs to best support our most precious resource, our students. It is wonderful to walk through our beautiful campuses, and see children hard at work with smiles on their faces. The pride of learning something new is clear, as well as the joy when they share it with their teachers, friends and family. The care and respect the students of all ages have for each other, their teachers, and their community, is one of the things that sets TMEMS apart. TMEMS itself is truly a community at its heart, and everyone who makes up this community has come together to guide our next generation, the children.

As we gather together on the last day of school in 2021 on December 17th, we celebrate the time we have had together during the first half of the school year and look forward to another amazing semester that begins on January 4th. We wish each of you a very Happy Holidays and Happy New Year!

Choose Love Formula at TMEMS this semester

One of our primary goals this school year is keeping our students and staff healthy, happy and in-school, on-campus. With this goal, each of our classrooms are using a program called "Choose Love" to help students with their Social-Emotional health. We are putting a large focus on Social-Emotional Learning (SEL) this school year. You can see more details of this program at: <https://chooselovemovement.org/>.

The Choose Love Formula™ is: Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. For our Choose Love program, we have been focusing on "courage" for the first quarter and "gratitude" for second quarter this semester. Our students completed many in-class exercises, art projects, and lessons on those two key elements.



COMMUNITY RESOURCES

NM Crisis Line

<https://nmcrisisline.com/>

If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer to Peer Warmline.

Help in ABQ

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

Find help in Albuquerque with everything from mental health to clothing to blood donations to housing to food, and more. You can also contact the Community Contact Center- Dial 311 (505-768-2000) ccc@cabq.gov

Rent Help NM

<https://www.renthelpnm.org/>

The state of New Mexico will grant \$170M of federal aid to New Mexicans for rental and utility assistance to households experiencing financial hardship due to the COVID-19 outbreak.

Share New Mexico

<https://www.sharenm.org/nm-resources>

New Mexico's largest, most up-to-date and comprehensive Resource Directory for community resources and social services. From child care to senior services, education to housing and beyond, ShareNM's Resource Directory helps you quickly find the resources you need.

Choose Love Descriptions by TMEMS Level

Below are some descriptions on how the "Choose Love" program is being taught to students in each TMEMS level this semester. We hope you are able to use these descriptions as a resource on how to best communicate with your child about the Choose Love curriculum.

At the **Kindergarten level**, we model and identify what courage and gratitude is through daily interaction. Our kindergarten students made gratitude pumpkins, gratitude soup and wrote gratitude letters to our friends. We are very grateful to share this amazing year together as a community. . The Choose Love curriculum supports the Montessori Peace Curriculum and is focused on helping students work through their emotions and communicate in healthy ways.

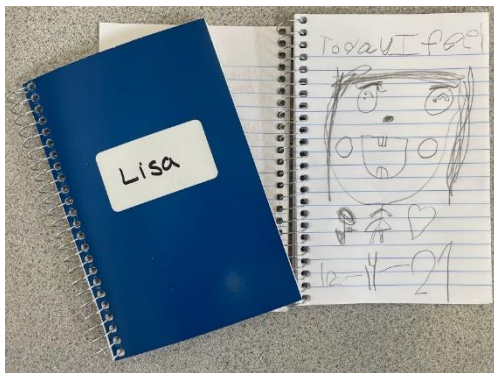
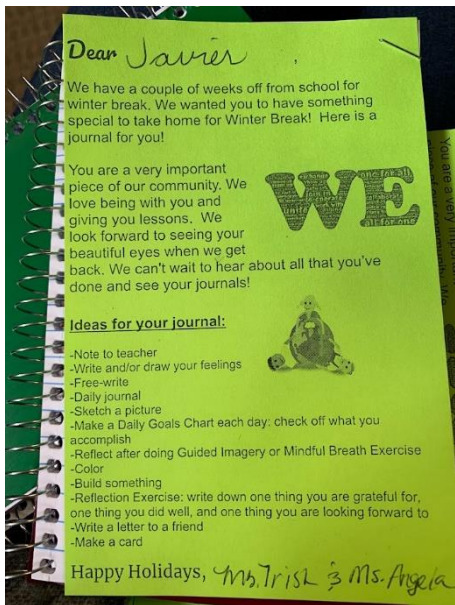
In the **6-9 level** we are using the Choose Love curriculum daily in our community meetings, right now we are having discussions from Unit 2: Gratitude. For the Gratitude portion of the Choose Love program, students are learning the practice of Gratitude Breaths (diaphragmatic breathing) and focused awareness, rest and relax strategies, listing people and things they are grateful for, identifying feelings associated with gratitude, and recognize how their bodies feels when they feel grateful.

In the **9-11 level** we have been using the Choose Love curriculum to talk about positive community and social interactions, as well as how to be the best individuals we can be. We've had a good experience exploring Gratitude in this SEL unit. Students in 9-11 have done things such as the A to Z of gratitude, or the "gratitude grove" in their classroom. We are using the deep breathing techniques to ground ourselves and class discussion to explore our thoughts and ideas about what we are grateful for and how to make gratitude more of a practice in our lives.

At the **Middle School level** we have been focusing mostly on "Courage" this semester and have just moved on to the "Gratitude" element of Choose Love. We have been discussing the definition of "Gratitude" with our middle school students: From our Choose Love curriculum in middle school: "Gratitude is mindful thankfulness and the ability to be thankful even when things in life are challenging." Students have created 'Gratitude Footprints'. This project focused on at least five things students are grateful for, while creating a footprint image that represented their personality. Other middle school students wrote about gratitude in their journals. 8th grade students wrote 'Gratitude Letters' to be delivered to someone specific in their life that they are grateful for.

Choose Love Journals & Grateful Tree

Our staff truly loves and cares for our students. We are grateful to spend time with them each day in school and will miss them during the Winter Break! Our teachers have created "Choose Love Journals" to send home with students before Winter Break. These journals are a way for students to be able to share their feelings, accomplishments, struggles, drawings, activities, etc with us when we return in January. Below are some examples of the Choose Love Journals students will be bringing home. We hope you will encourage your child to use the journal over Winter Break and bring it back on January 4th!



Our students have been creating "Grateful Leaves" for our "Grateful Tree". These leaves tie in with our Choose Love curriculum as we focus on 'Gratefulness' this semester. It has been wonderful to see how our students express the many things they are grateful for in their lives.

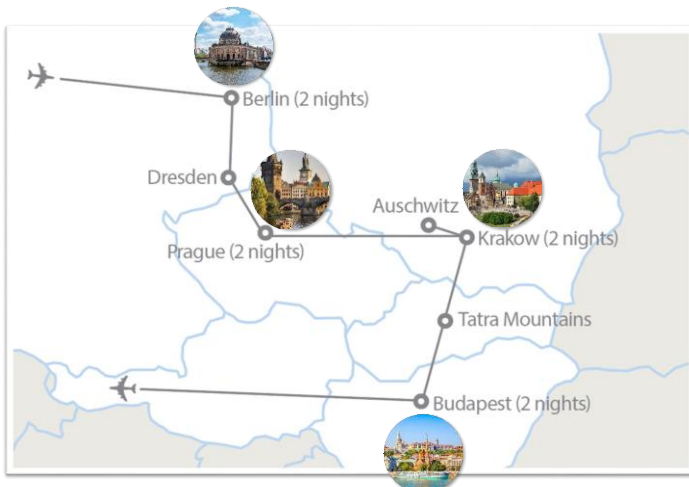
Middle School Big Trips!



EDUCATIONAL
TOURS



We are excited to announce that we have decided to go with EF Tours for our 8th grade Big Trips! Our current 8th grade class will be still be going to Poland, in addition to 3 other countries in May 2022. Our current 7th grade class will be going to Italy when they are 8th graders in May of 2023. EF Tours has a long history of doing school tours overseas and TMEMS is thrilled to partner with them to create a once-in-a-lifetime trip for our students. To hear more info about this company, including parent testimonials, go to their website at: <https://www.eftours.com/how-it-works/for-parents>.



Left:
May
2022
trip

Right:
May
2023
trip



8th grade Big Trip Itinerary for May 2022

Our students are so excited to go to Berlin, Prague, Krakow & Budapest! See below for the itinerary.

Berlin & Prague

Days 1-5

Day 1



Fly overnight to Germany

Day 2



Take a walking tour of Berlin

Day 3



See Berlin's iconic sites with a local expert



Visit the Topography of Terror Museum

Take a walking tour of Dresden

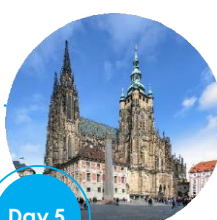


Day 4

Explore Prague with your group



See Prague's iconic sites with a local expert



Day 5



Day 6



Visit Wawel Cathedral



Take a guided tour of Kraków

Day 7



Visit Auschwitz & Birkenau



Tour the Auschwitz-Birkenau Memorial and Museum

Travel through the Tatra Mountains to Budapest



Day 8

Explore Budapest with a local expert



Day 9

Visit Matthias Church



Travel home



Day 10

Kraków & Budapest

Days 6-10

If you would like to donate towards scholarships for the 8th grade Big Trip in May 2022, our students would love your support! You can donate anytime through our PayPal system. Please designate the donation as "TMMS Big Trip Scholarship Fund". *Thank you for your support!!*

<https://tmesnm.com/school-activity-payments-1/activity-payments>

Upcoming Events for All TMEMS Students

December 2021:

Friday, December 17th - Last day of school in 2021! **Half day** schedule as follows:

- o Elementary side pick-up (normal pick-up time 3:00 – 3:25 pm) will be from 12:15 – 12:30 pm
- o Middle School side pick-up (normal pick-up time 3:30 – 3:45 pm) will be from 12:30 – 12:45 pm
- o Carmel Campus pick-up will be from 12:15 – 12:30 pm

December 20th – 31st - Winter Break!

January 2022:

Monday, January 3rd - Teacher Professional Learning Day- *NO School or Childcare*

Tuesday, January 4th – First day back for students in 2022! Normal schedule. See “New Year Themed Spirit Week info below for all students!

Monday, January 17th – Martin Luther King Day- *NO School or Childcare*

NEW YEAR THEMED SPIRIT WEEK INFO FOR ALL K-8 STUDENTS:



The poster features a purple and blue background with a city skyline at night. At the top, it says "The Montessori Elementary & Middle School" with a logo of two butterflies and a string of beads. Below that, the title "NEW YEAR Themed Spirit Week 2022" is written in a large, orange, cursive font. The main content is a 3x5 grid table with a background image of the word "HAPPY NEW YEAR" in large, white, block letters.

Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
No School	Share Day	Game Day	Tea and Cookies Day	STEAM Day
Teacher Professional Development	Bring something you would like to share	Bring your favorite board game to school	Grace and courtesy serving tea The art of communication	Science, Technology, Art and Engineering Day

Kindergarten Level Update

Kindergarten had a great time this fall learning about trees, apples, and pumpkins. We also explored the flora and fauna of the Americas, and further explored the richness of other countries with a visit from the Maxwell Museum to show us instruments from around the world. We are moving into the colder months with a unit on birds and a focus on the continent of Europe.



6-9 Level Update

World Children's Day, reports and presentations were a success. 6-9 level students really did a great job participating in the theme of this year, "A better world for every child." In our Choose Love curriculum, we have wrapped up our unit on Courage; now, we are learning about Gratitude. This last week before winter break, we will have concluded assessments and are very proud of the growth, on many levels, that are taking place in our classrooms. Our 6-9 classes had a great time at Big Jim Farms this fall. We are grateful for the wonderful families and students that are in our care! Wishing you wellness, Level 6-9

Montessori Quote

"One test of the correctness of educational procedure is the happiness of the child." – Maria Montessori



9-11 Level Update



9-11 has had a lively and productive end to our fall semester. In our core subjects, we have been practicing and reinforcing math skills, including studying geometry, decimals, and furthering our skills with the four operations. In language we have analyzed sentences, studied figurative language, and written personal narratives.

Our cultural studies have included compass work, continents and understanding maps in geography. New Mexico history has been the focus in history, including a fascinating project in writing historical fiction. Ecosystems, energy transfer, and food webs have concluded our semester in science.

We are seeing students polishing their skills as independent learners and thinkers. We are excited about a robust spring semester with some new additions to our weekly routines. We will continue to spotlight our social emotional learning and provide positive lessons and outlets on how to navigate challenges that arise in our daily lives.

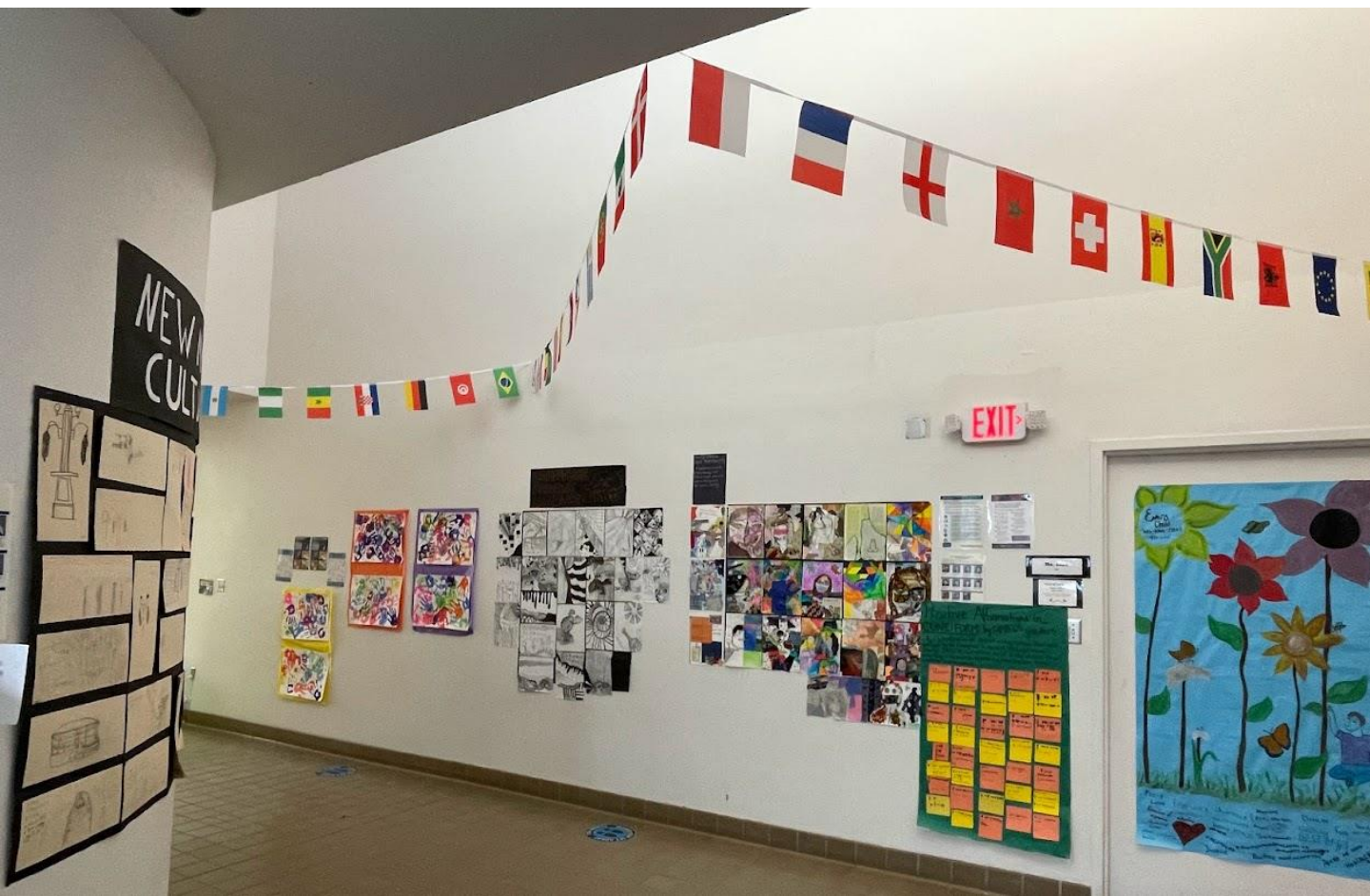
The 9-11 teachers and staff are looking forward to a great spring semester! Happy and safe holidays from all of us

Middle School Update

Our Middle School students have been busy this semester! They have been working on a variety of topics, ideas, themes, projects and reading books that focus on personal identity, growth, worldliness, and mindfulness; all to help students feel knowledgeable and connected to their community. Students have created many art pieces that represent and reflect on these topics throughout the semester. Our middle school hallways are decorated with all the beautiful artwork our talented students have created!

Students have been able to enjoy many fieldtrips this semester, including Angel Fire, Cottonwood Gulch Base Camp, Camp Oro Quay, Bosque nature walks, Sandia Tram, and Los Poblanos Open Space. These trips have helped students create a more cohesive and happy community through team-building activities.

Our 8th grade students had a very successful Holiday Bazaar for Montano Campus students. The money made from this event helps 8th grade students pay for their Poland trip in May 2022. The event made more than \$6,000!






7th Grade Trip To Cottonwood Gulch Base Camp



Student Council Food Drive & Giving Tree

Every year our TMMS Student Council organizes a food drive for Roadrunner Food Bank and a "Giving Tree" for All Faiths Receiving Home to support our local community through donations provided by TMEMS families. We are excited to report that you helped donate a total of **1,352 pounds** of food to Roadrunner Food Bank this year! We will wrap up our Giving Tree on Friday, December 17th. If you would like to contribute gift cards or Play-Doh to the Giving Tree, please make sure to send in your donation no later than 9:00 am on December 17th. Thank you for helping us make a difference in our local community!





MEMBER OF

FEEDING AMERICA

5540 Office Blvd NE
Albuquerque, NM 87109
505.247.2052
www.rffb.org

WHAT HAPPENS TO MY FOOD DONATION?

- Drop off items at Roadrunner Food Bank or a designated location point in the Albuquerque metro.
- Volunteers sort donated food inside our warehouse and stack food on pallets.
- Partner agencies (food pantries/soup kitchens) order food from us through an online system similar to an online grocery store.
- Our fleet delivers the ordered food items to each partner agency at a set date and time.
- Clients receive food at hundreds of partner distribution sites across the state which includes food pantries, soup kitchens, shelters, group homes, schools, low-income housing sites, senior centers and health care clinics.

FOOD DONATION RECEIPT

Thank you for your donation of food! We appreciate your generosity!

Name: The Montessori Elementary + Middle School
 Address: 1730 Montano Rd NW Albuquerque, NM 87107
 City/State/Zip: _____

Roadrunner Food Bank of New Mexico does not retain a copy of food donation receipts. Please keep this form as your food donation receipt and use for tax purposes. IRS regulations do not allow charitable organizations to place a value on food donations. Please consult with your tax advisor to determine if your food donation is eligible for a tax deduction. Our staff can provide a total weight when food donations are brought directly to Roadrunner Food Bank's warehouse located at 5540 Office Blvd. in Albuquerque. Roadrunner Food Bank is a qualified 501(c)(3) charitable organization. The Food Bank's Federal Tax ID Number is 85-0278525.

Total food pounds or items received at Roadrunner Food Bank: 1352 Assorted dry goods (5 items)
 Received by Staff Member: [Signature] Date: 12-3-21

No goods or services were received by a Food Bank staff member in exchange for this food donation (in whole or part).
 Interested in making a financial contribution, or learning more about Roadrunner Food Bank? Contact info@rffb.org or call 505.349.8909.
 Every \$1 given allows the Food Bank to distribute FIVE meals in communities across the state.



World's Children's Day at TMEMS!



From: <https://www.un.org/en/observances/world-childrens-day>

"World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child.

Since 1990, World Children's Day also marks the anniversary of the date that the UN General Assembly adopted both the Declaration and the Convention on children's rights.

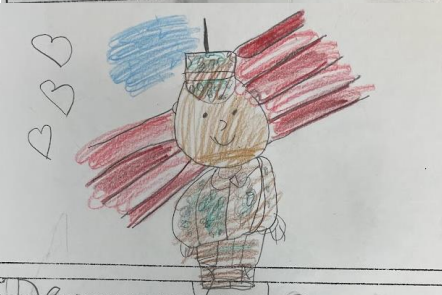
World Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for children.

2021 Theme: A Better Future for Every Child"

Veteran's Day at TMEMS!



Dear Veteran
Thank you for
defending our freedom.



Dear Veteran,
I thank you for
defending our
freedom.

The Montessori Elementary & Middle School salutes veterans. TMEMS has a long history of honoring veterans through various in-school lessons, student essays, presentations (including from our very own bus driver, Mr. Lee Dapson, who is a veteran himself), celebrations and choral productions in years past. Although we are unable to hold public Veterans Day programs or celebrations this year due to COVID-19, our students and staff will recognize Veterans Day through lessons and activities in our classrooms.

On this Veteran's Day 2021, TMEMS first wants to thank every veteran for your service to our country. You stepped up to protect and defend our democracy and we are, and will forever, be grateful. We also want to thank every veteran's family for their sacrifices. We acknowledge that you kept things going here at home so your soldier could focus on protecting all of us. We are grateful.

In salute to all who have served, our classrooms are planning various activities to honor and recognize all those who served or are currently serving in our armed forces. Some examples are:

- **Kindergarten:** Activities will focus on student's family veterans and local veteran's they know. Students will also create cards to send.
- **Level 6-9:** Our 1st – 3rd grade students receive lessons on veterans through videos, read-alouds and discussions.
- **Level 9-11:** Our 4th and 5th grade students will make posters for the VA Hospital, and learn about service people and what veterans have done for our country.
- **TMMS:** Our 8th grade students visited the Vietnam Memorial in Angel Fire, NM in August. All middle school students will participate in a PBS lesson plan about Veteran's Day and the meaning of sacrifice.

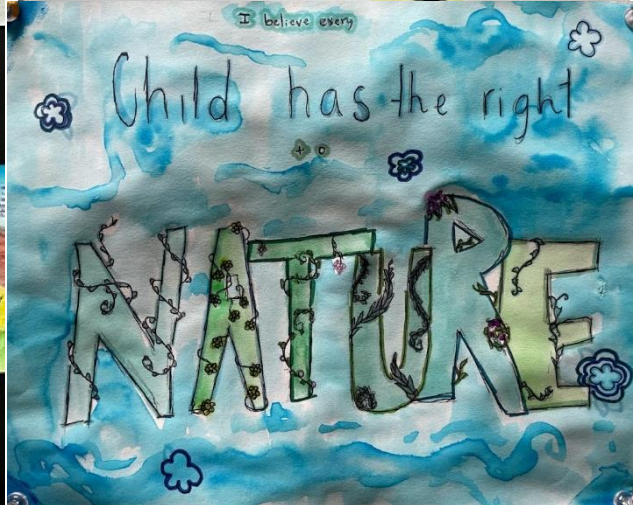
The Montessori Elementary & Middle School wants to thank all service members and their families, past and present, in all branches, living and dead. Thank you for serving our country; we appreciate and honor you!



Middle School art from
around the school!



I want the
world to
be more
United then
before after
Covid.



Student art from around the school!



Student art from around the school!

