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## Important Dates

## March 10th –Daylight Savings Time

March 11th-15th -Spring Break-Nonacademic (Free Dress)

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# **Silverline Montessori**

**Silverline Montessori Newsletter**

3121 Cullen Parkway Pearland, Tx 77584 **March 2019**



**Spring Break March 11th -15th**

**Just a reminder:**

Our Spring Break will be the week of March 11th -15th This will be a non-academic week. Free dress will be allowed. Please remember students that attend school day hours or part-time hours will be charged an additional fee of $25 per day for non-academic days if they choose to attend.

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**St. Patrick’s Day**

We will be celebrating St Patrick’s Day on March 18th. If you would like to send a special green treat for snack please let your child’s teacher know. Don’t forget to wear green on that day!

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In culture this month we will study insects, life cycles, and weather and clouds. Our continent for the month will be South America.

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**Women’s History Month**

March is National Women's History Month, a time to honor the achievements of American women and to recognize the historical impact of those achievements**.**

**The Montessori Corner**

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# **Teaching Gratitude: Tools for Inner Peace and Happiness**

In the fields of theology and philosophy, gratitude has long been a topic of reflection and celebration. The world's major religions, including Christianity, Hinduism, Islam, Buddhism, and Judaism, extol the virtues of gratitude as worthy of cultivation. Albert Schweitzer reminded us, "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

What is our responsibility to children with regard to gratitude? Teachers who are deeply grateful individuals bring an attitude of joy and enthusiasm for life that is apparent in their daily conversations, student interactions, and observation interpretations. They model the language of gratitude and a way of being that encourages and guides children to grow in authentic gratefulness and appreciation. Take, as an example, a teacher greeting her student at the beginning of the day. As he is hanging up his jacket, the student shows the teacher that he has a new backpack. A typical adult response is generally a brief acknowledgment: "That's a very nice backpack. “But this teacher moves instead to a gratitude-based response, saying, "Who gave you that backpack? Your grandmother? How generous (thoughtful, loving, caring, etc.) of her. You must feel very grateful. Have you thought about how you can show your appreciation?" In this way, the emphasis has shifted from getting something new to the generosity of the grand- mother. When we move beyond thank- fullness as a theme that only comes up around the Thanksgiving holiday to a place where gratitude is integrated wholly into our classrooms and year- long work with children, then we are teaching to the inner spirit in ways that counter cultural consumerism, pessimism, and restless boredom. The teacher's role is to provide a lens through which children are able to view their lives more positively, and to help them understand the value of deliberately attending to what is good and beautiful in life - and understand that doing so fosters gratitude, which produces deep contentment and authentic happiness.

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**Illness**

##### Despite our efforts to wash our hands constantly, cover our sneezes and coughs, and sanitize the classroom, some illnesses still manage to get past our defenses. If your child is presenting any or all of these symptoms, please keep them home from school:

##### Diarrhea or vomiting in the last 24 hours

##### A fever over 100° F in the last 24 hours

##### Drainage from the eye, or a pink color in the white of the eye

##### A sore throat, especially one with a fever (no matter how slight)

##### A rash with fever or behavior change

##### Any illness diagnosed by a doctor to be contagious

##### General signs of illness, such as unusual fatigue, irritability, persistent crying, bodily pain, or difficulty breathing

##### Please use your best judgment when deciding whether or not to send your child to school.

Parents,

We are studying the continent of South America in March. Here is a South American Recipe for you to try!

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Chilean Empanadas



* 1 tablespoon [olive oil](http://www.food.com/library/olive-oil-495)
* 1/2 lb [lean ground beef](http://www.food.com/library/beef-199)
* 1/2 [green bell pepper](http://www.food.com/library/sweet-pepper-150), chopped
* 2 tablespoons chopped [garlic](http://www.food.com/library/garlic-165)
* 1/3 cup [raisins](http://www.food.com/library/raisin-57), chopped
* 1/4 cup pimento stuffed olive, chopped
* 1 1/2 tablespoons [red wine vinegar](http://www.food.com/library/wine-vinegar-493)
* 1 tablespoon [flour](http://www.food.com/library/flour-64)
* 1 3/4 teaspoons [allspice](http://www.food.com/library/allspice-161)
* 1 teaspoon [cumin](http://www.food.com/library/cumin-20)
* 1/4 teaspoon [cayenne pepper](http://www.food.com/library/cayenne-pepper-320)
* 1 cup [monterey jack cheese](http://www.food.com/library/jack-cheese-565), grated
* 1/3 cup [cilantro](http://www.food.com/library/cilantro-16), chopped
* 2 (12 ounce) packages refrigerated buttermilk biscuits
* 1 [egg](http://www.food.com/library/egg-142), beaten with 1 tablespoon water

## Directions:

**Prep Time:** 45 mins

**Total Time:** 45 mins

1. Heat oil in heavy skillet over medium heat.
2. Add beef, bell pepper and garlic.
3. Cook until beef loses its pink color and vegetables begin to soften, about 6 minutes.
4. Add raisins and next 6 ingredients and cook until mixture is thick, about 5 minutes.
5. Season to taste with salt and pepper.
6. Mix in cheese and cilantro.
7. Preheat oven to 375º.
8. Roll out one biscuit on lightly floured surface to 4-inch circle.
9. Brush half the dough with egg wash.
10. Place 1 rounded tablespoon filling on dough.
11. Fold over to crate half circle; press edge to seal.
12. Using fork, crimp edges.
13. Place on large baking sheet.
14. Brush with egg wash.
15. Bake until golden brown, about 12 minutes.