



# TRILLIUM BILINGUAL MONTESSORI



## DADS, NEW PLAYGROUND AND BUTTERFLIES: JUNE IS GOING TO BE BUSY

This Month, We Celebrate Dads

JUNE 20, 2021 is Father's Day

June is going to be a month where we will be talking about dads and family as we prepare for Father's Day.

If your child has an alternate father-figure in their lives, please let their teachers know by telling them who the special person is and how your child refers to them (uncle, papa, grandpa, etc.) so they can modify and adjust their narratives and any of the activities and crafts they will be doing with the children. It is important for us to make sure that everyone is included and that everyone feels special.

FAMILIES COME IN ALL SORTS OF SIZES AND PEOPLE. We welcome this opportunity to be as inclusive as we can for all the families.



## REMINDERS

### CANADA DAY

We will be closed on  
Thursday, July 1st and  
will be open on Friday,  
July 2nd.

## SUNSCREEN

Public health recommends that children wear sunscreen during the hotter months when playing outside. If you haven't provided us with any sunscreen yet and you would like your child to wear sunscreen, please send us a bottle that we can keep here.

You will need to fill out a permission slip. You can find it [here](#), fill it out online and send it in for us to print or print a copy yourself.

We also have some hard copies at the screening table if you need them. These are requirements from the Ministry of Education and without these forms we are not allowed to apply sunscreen on your child.





## COMING TO OUR PLAYGROUND

In case you don't follow us on social media (which you should by the way, there's a lot of additional information and postings about the program), we received a generous donation of a playhouse mud kitchen for our Casa side of the play area.

Thank you to Rosa Hoffman (Gisela's mom from Casa 2, for organizing the donation and getting us in contact with them! It is the first item to arrive for our play areas. We have also:

- added organic shaped mirrors and flower chalkboards around the inside fence
- added turf carpeting under the pergolas to have a 'quiet' area for the children to sit and gather out of the hot sun

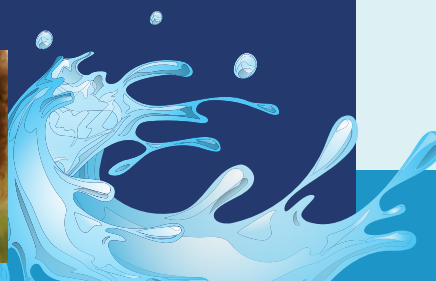
### Coming Soon

- natural wood playhouses, one per play area
- natural wood water table with functioning water pump
- small toddler natural wood play kitchen (for the preCasa play area)
- large wood pirate ship/platform for the preCasa side
- wood outdoor grocer's shelves/shop for the Casa side
- outdoor fence easel
- large wooden tree shape ribbon weaving frame
- and many more accessories and new materials...

### Water Bottles

Water bottles are brought outside at every outdoor play session.

The teachers are trained to prevent and recognize the signs of dehydration, heat exhaustion and heat stroke. Children are reminded and encouraged to drink often by the teachers.



Wow!

NEW



## ADDITIONAL INFORMATION

## HAPPY BIRTHDAY

We want to wish happy birthday to the following friends:

Carmelo.....22

Idris.....25



## PYJAMA DAY

FRIDAY, JUNE 11

Back by popular demand from the children and the staff, we are having a pyjama day.

Bring your child wearing their favourite pyjamas on that day and if you are brave enough, you can even do the drop off, pick up in your pyjamas yourself!

## SOCIAL MEDIA

ARE YOU FOLLOWING US YET?

We are active on Facebook, Instagram and Twitter. Follow us @tbmontessori

Our FB Parent Group page can be found here:

<https://www.facebook.com/groups/tbmontessoriparents>







The caterpillars have arrived and will be making their appearances in the classrooms by the end of the week.

These tiny caterpillars will be eating away and growing for the next few weeks and soon they will be turning into small chrysalis when we will be able to move them into a butterfly enclosure. This is when the children get really excited and observe them closely since they are anxiously awaiting the arrival of the butterflies.

Once the butterflies have appeared, we will keep the butterflies in the classrooms for a few days for the children to be able to observe them as they will be feeding on very ripe fruits. All this is going to culminate into the release of the butterflies and wishing them a happy safe trip.

### Learning Outcomes

- learn and understand the butterfly life cycle.
- Develop a sense of observation
- Learning to respect all living beings
- Living and non-living classifications
- Size comparison



Once the butterflies have arrived and we are spending some time observing them, we invite you to send small pieces of fruits (one grape or berry, small cube of fruit). We do not need them to be big pieces. Butterflies don't have a very big appetite! If you have access to fresh flowers, you can send one or two flowers to share.

### School t-shirts

School t-shirts are available at cost. The TeeSpring shop is still active if you are interested. They have toddler and preschooler sizes and colors will vary depending on what is available, so check often. You can find the TBM collection [HERE](https://teespring.com/stores/trilium-bilingual-montessori) or (<https://teespring.com/stores/trilium-bilingual-montessori>)

### Scholastic Books

For exclusive access to children's books at reasonable prices visit [www.scholastic.ca](http://www.scholastic.ca) or [HERE](#)

**For FREE SHIPPING use the school code: RC148880**

In turn, the school receives Scholastic dollars to spend on books.

### Plastic Bottle Caps

We are still collecting plastic bottle caps of all sizes and colours. We ask that you wash them and put them in a sandwich bag or plastic bag to drop them off at the screening table. Eventually, we are hoping to use the bottle caps to make an outdoor-recycled-art-piece in the playground. If you have any questions, check with [sydnie@tbmontessori.ca](mailto:sydnie@tbmontessori.ca).



# The Teachers Need Your Help



A few fun facts about our program:

- Some classrooms have up to **24** children daily
- The children vary daily (part-time programs)
- Each child bring a minimum of **4-5** items with them daily; shoes, a hat, a water bottle, sunglasses, sweater/coat, a blanket, stuffed animal, etc.
- Quick math- teachers must remember and keep track of anywhere between **90-120** items, per classroom x **4** rooms



Help  
us  
keep  
our  
sanity!



NAME: \_\_\_\_\_

**PLEASE LABEL EVERYTHING!**

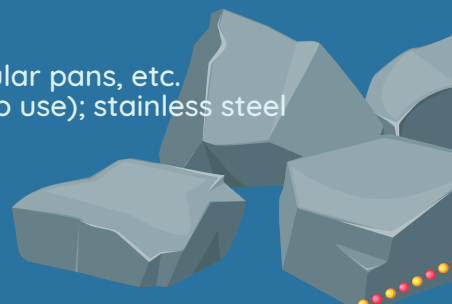
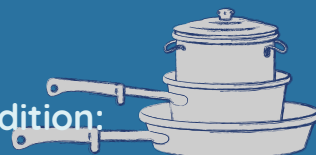


## Looking For Items

We are looking for the following items in used, safe condition:

### FOR OUTDOOR PLAY

- pots and pans (no glass)
- stainless steel bowls or any cookware
- metal cake pans, cupcake pans, baking or cookie sheets, square or rectangular pans, etc.
- large kitchen utensils (nothing sharp, broken or dangerous for the children to use); stainless steel spoons, large tongs, wooden spoons or non-pointed forks, spatulas, etc.
- pieces of outdoor-safe cedar
- logs (various sizes and diameters) preferably hardwood
- longer pieces of pressure treated 4x4 and 2x4
- large natural or man-made boulders (large enough for children to sit on)



### FOR INDOOR PLAY

- multicultural items; decorative or functional coming from other countries or cultures (non faith-based items); money, daily used items, framed pictures, paintings or prints, music instruments, jewelry, small statues, picture books (even in other languages), etc.
- any craft items; leftovers of any sort, paper, cardboard, cardstock, construction paper, beads, etc.
- natural items; pinecones, feathers, river stones, sea glass, etc.
- any costume jewelry, even broken items that can be recycled into a craft



IF YOU HAVE SOMETHING YOU THINK WE COULD USE, CONTACT US IF IT'S NOT ON THE LIST

### We Have More Children Chairs!

We have more commercial-grade plastic children chairs for sale at \$5/chair. We have 9 blue chairs and 2 red chairs. We have just received the last of our wooden chairs to replace these ones. If you would like to purchase some, you can send the teachers a message on HiMama or let Miss Christina know at pick-up. All the money will be donated to [www.food4kidswr.ca](http://www.food4kidswr.ca). First come, first serve!



### RECE Students Starting June 07

Back at the beginning of May, we were supposed to host 2 RECE students, but their student placement got cancelled.

They are ready to start on Monday, June 07.

Karanveer Tandon will be in Casa 1.

Jaspreet Singh will be in Casa 2.

They will be working under the supervision of Ricardo and Amanda and will not be left unattended with the children since they are not employees.



### Coming Up in July

We have a few new staff members that will be joining us on July 5th, in time for our summer program.

Miss Amanda will be returning to her first love, the pre-casa program. She will be heading PreCasa 1 with Miss Stephanie and a new member; Miss Louka Lafrance. Louka is Mr. Yanick's common-law partner. She comes as a RECE to join as an extension of the Tremblay family. She is fluently bilingual.

Mrs. Maggie Campbell will be replacing Miss Amanda in Casa 1. Maggie is a Montessori trained RECE with over 10 years experience. Maggie speaks fluent, English, French and German.

More detailed biographies of both teachers will be sent out shortly.

JUL



By: Mélanie Tremblay

## MENTAL HEALTH

# Childhood Separation Anxiety

Childhood Separation Anxiety is one of the most difficult things to see your child go through as a parent.



## WHAT IS SEPARATION ANXIETY?

Saying goodbye to your child is always difficult. Drop-off can be especially stressful when it is in a new person and environment.

Though most toddlers understand object permanence—the idea that something exists even if it cannot be seen, the concept of time remains elusive for most children under 6 years old. Leaving them for a few minutes or a few hours feels all the same to them.

By age 3 or 4, they start to understand time by using adverbs; soon, later, tomorrow, yesterday, first and then, etc. The act of leaving them can be scary and stressful for children since they don't understand when you will return.

Also, "somewhat ironically, anxiety can be a sign of the child's increasing autonomy," says Miranda Goodman-Wilson, assistant professor of psychology at Eckerd College in St. Petersburg, Florida. "They have their own opinion on the

situation—that parents shouldn't leave—and want to exert control."

## Prepare Yourself

- Prepare yourself mentally for the potential tears
- Mentally walk through the process
- Make sure you are confident and positive
- Do not let your child see your anxiety (and sadness)
- Keep the positive front until you are away from your child's gaze

## Prepare Your Child

- Talk to your child about going to childcare/school
- Verbally talk your child through the steps of dropping them off
- Have a visual schedule for them to follow (in the morning)
- Practice 'saying goodbye'; play the 'drop-off game'
- Establish a routine or a little ritual; a special kiss or hug or handshake to do at drop-off

## Books About Saying Goodbye And Separation Anxiety

- The Kissing Hand
- The Invisible String
- I Love You All Day Long
- Llama Llama Misses Mama

## Additional Tips To Ease The Transition

- Send a comfort item
- Buy a special 'stay-at-daycare/school' stuffed animal
- Send a photograph of your family or Mommy and Daddy with the child
- Send a shirt, scarf, gloves, hat that belongs to Mom or Dad (that smells like you)
- Children do better with routine and consistency; ideally, keep the same routine daily (children should attend daily programming if they struggle with changes)
- Have the same parent do drop-off and the same parent do the



pick-up daily.

- If someone different is doing a pick-up, let their teachers know so they can tell your child ahead of time

### At Drop-Off

- Be positive and confident
- Say a short 'goodbye' and remind them that you always come back
- Once you have said 'goodbye' do not come back, leave
- Don't linger, it makes the child nervous and think that they should be panicked or scared and will cause them to cry more and longer
- Don't make empty promises; if you say 'We will go to the park afterwards' then follow-through
- Don't use bribery; it only works short term and the child will continue to have bigger expectations daily
- Try to do the drop-off at the same time daily

### Part of Childhood Development

- Separation from your child will have to happen sometime
- Make it as easy on them as possible
- Crying is an expected response from children
- Children are not under distress, they are just adjusting to a new situation
- Parent-guilt is real; don't let it get the better of you



### Remember

- You are not a 'bad' parent by leaving your child, it's a natural part of their development
- You have done your research and have vetted the program you have chosen for your child, don't doubt yourself on the first day, the first drop-off
- You are not alone, the staff understands how difficult it is for parents and they are here to support not only your child, but you also
- Check-in with the teachers if needed
- Don't project your stress and anxiety on your child

### When To Worry(After 4-6 Weeks In the Same Program)

- There has been no improvement in their level of anxiety, even if there's still some tears, there should be some overall improvement (less tears, shorter period of crying, etc.)
- Your child cannot function 'normally' due to anxiety when in programing
- Your child's appetite, sleep and toileting as not returned to their 'normal'
- Your child spends their time away from the program



- Regression of any kind that doesn't resolve itself; toileting, bed-wetting, etc.

### What To Do If You Think Your Child Needs Help

- Talk to your child's teacher; we have access to additional resources and can give you referrals
- Talk to your child's pediatrician; they will give you some recommendations and/or referrals

Don't be too hard on yourself and remember, there is a light at the end of the tunnel. Soon enough, your child will wave goodbye to you with a smile!

