

RED COTTAGE

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Toddler Community

The toddlers are off to a busy start this year! Now that everyone has had 'practice' separating from their parents, the room is delightful and peaceful. Children are learning how to wash their own hands, find their snack, assemble puzzles, use a glue stick, and paint at an easel. With the beautiful weather, we are exploring falling leaves as well as the pollinator garden.

Children's Houses

The Children's House children have settled into their classroom routines and are ready for a wonderful year of discovery and learning. Children are learning to make work choices, put work away when they are finished, have a snack with a friend, participate at circle time, and how to be a good friend. With the beautiful weather, many hours are spent outdoors. Hikes through the woods searching for colorful leaves is right around the corner!

Elementary

Elementary students are truly experiencing the 'golden years' of education. Now that their class 'constitutions' have been designed and signed, the enthusiasm for learning is growing. Students have learned how to follow their workplans and choose projects of interest, participate in class council meetings, and be role models for the rest of the school. They are about to begin research projects to present at Heros and Heroines Night - mark your calendars for Oct 29 - the whole school is invited because it will be held outdoors!



Note from the Head of School

Although the weather doesn't feel like it, fall is upon us and all the wonder of the changing season. We see transformation reflected in the colors, the fields, the animals and most importantly, in our students. They have settled into their daily routines, built relationships with their guides and support staff, kindled and rekindled friendships, and found connections with their learning environments. Thank you to those who were able to come to our first Parent Education Night! Although it is sometimes difficult to carve time out to come, I think all feel glad they came! There is always something to learn:). We hope you enjoy the month ahead! Love, Kai





Calendar

10/6 SMALL HANDS
ORDER DUE
VIOLIN BEGINS

10/8 EARLY RELEASE
11:30AM

10/20 EARLY RELEASE
11:30AM

10/21-22 FALL BREAK
NO SCHOOL

10/29 ELEMENTARY HERO
& HEROINES NIGHT
5-6:30PM

10/30 HARVEST FUN RUN

11/1 CONFERENCE PREP
NO SCHOOL

11/8 PARENT - GUIDE
CONFERENCES
NO SCHOOL

11/24 EARLY RELEASE
11:30AM

11/25-26 THANKSGIVING
BREAK

SCREENS - Sometimes screens end up to be a necessary evil for our children. But other times, we have control. The basic idea - less screen time = better sleep, better behavior, better brains and better overall health. A study in 2011 by Angeline Lillard found only NINE MINUTES of watching a fast-paced cartoon (like Sponge-Bob) had IMMEDIATE negative effects on a 4 year old's executive function. If you would like to read more, the full study can be found at <http://pediatrics.aappublications.org/content/early/2011/09/08/peds>

NUTRITION - The basic idea - sugar is to a child's brain like alcohol is to an adult's brain. Please do all you can to reduce your child's sugar intake before school. It literally sets them up for struggles. Toast, eggs, low sugar cereal (6g or less!) or homemade smoothies are goals to shoot for! If your child struggles with breakfast, please pack something healthy and let their teacher know... we are happy for them to eat at school.

