

STMS STORY

THIS IS HOW WE ROLL



Upcoming Events

November 1 - School Closed / No Camp

Staff Work Day

November 5 - Election Day

Kids Voting Activities

November 11

Veterans' Day Luncheon, 12 - 12:30 pm

November 15

Stone Soup Lesson & Activity

November 18, 5 - 6:30 pm, No Sunset Program

Give Thanks Open House - all invited

November 27

Thanksgiving Pie Day!

November 28 - 29 School Closed

Thanksgiving Holiday

December 6

Nutcracker Field Trip

🎄 December 13, 2:30 - 5 pm 🎄

Holiday Program, Raven Landing, 2:30 - 3:30 pm

Holiday Party, At School, 3:45 - 5 pm

December 19 - January 6 School Closed

Holiday Break

January 7

Students Return to School

January 20 School Closed

Martin Luther King Jr. Holiday

February 17 - 28

Winter Break

February 17 - 21

Break Camp 3: On the Move, Dance & Yoga

February 24 - 27, No Camp Friday

Break Camp 4: On the Mind, Mad Science

March 2

Session 4 Begins

Perspective: Culinary Arts at STMS

By Ms. Catey Burtness-Adams,

Our School Chef & Food Services Coordinator

I design and execute a varied and intentionally educational menu. I aim to provide the children with healthy, well-balanced meals while providing the consistency and support of well-liked classics mixed in with palate expanding options. I would like to take this opportunity to discuss my philosophy and educational goals for Spruce Tree's Hot Lunch Program. I envision daily lunches to be both comforting and exciting for the children providing them with nutritious, sustaining food while including an educational element. I use whole and non-processed ingredients as much as possible to provide added nutrients, reduce sugars, salts and fats in an effort to support the development of healthy eating habits. This includes presenting vegetables both as a whole flavorful option regularly as well as hidden in most of the meals to increase the nutritional value for those still hesitant to eat raw or cooked vegetables. My daily salads are meant to familiarize children with the availability of fresh vegetables in many forms as well as encourage them at their own pace to try new tastes using the strategy of taking two "No Thank You Bites". Hidden vegetables can be found in pancakes, cornbread, pizza sauce, stir fry sauce, burger patties, grilled cheese, mac n cheese, and barbecue sauce, among others. I generally include a popular starch as a backup filler for the more selective eaters as well as a cost effective addition.

Food is also a fun way to learn about culture and global systems. I have thoroughly enjoyed the challenge and response of the weekly continent cuisines. It opens a conversation and connection with what they are learning in the classroom while encouraging their willingness to try new foods and expand their palates. Whole and homemade food also provides the most thorough and hands on learning opportunity for the Elementary Sous Chefs as they have the opportunity to learn how bread is made, how yeast works, what goes into familiar recipes,

why beans need to be soaked and about unusual international ingredients. Additional food related school projects such as our school garden and our chickens



support a broader perspective on food in general. My favorite example was the taste comparison between store bought tomatoes and those from our CSA with Goosefoot Farms. First, each child blindly tasted both and discussed the differences followed by the reveal and a further discussion of reasons why the local tomato tasted so much better.

I have tried to understand how children learn to eat, what forces impact their comfort and willingness to try food and how to create a supportive and encouraging environment to build a lifelong healthy relationship to food and how it's made. I am creating a kitchen culture that supports enthusiasm, curiosity, and enjoyment of food while providing students with the nutrition that best benefits their educational needs. I thoroughly enjoy the energy, vibrancy and variety of working with children. This element of my job has provided the greatest excitement and challenge and maintains my interest and enthusiasm. My favorite part of the day is supporting and encouraging the inquisitiveness and eagerness of the Elementary Sous Chefs and Children's House Snack Helpers.



THIS IS OUR SCHOOL



Practical Life: The Next Generation – Social-Emotional Learning

By Mrs. Erica Nash, Our School Counselor

Social Emotional Learning (SEL) lessons at the Children's House level lay the groundwork for healthy emotional expression, while Elementary students are guided to bring awareness to their emotional responses and recognize how to have thoughtful conversations with their peers and adults.

Our *Children's House Program* uses *Connected and Respected* as a foundation for: community building, welcoming similarities, and celebrating differences. This evidence based curriculum grew from national violence prevention efforts into an early childhood social emotional learning curriculum.

Making Connections - Students learn foundational social skills, such as introductions and greetings. They practice acknowledging others in order to shift their focus from egocentric toddlers to children who notice others.

Alike & Different - Children are encouraged to share their likes and dislikes and recognize that different preferences exist in their classroom community.

Groups We Belong To - As students are more connected to their classroom community, they begin to learn about each other, such as who has siblings, pets, or plays soccer.

Our Class - Students participate in a community art piece and see how the contribution of each member adds to the overall aesthetic. This year we did a tree with fall leaves, and students were excited to see how many leaves were added by each classmate.

Cooperation - As children become more comfortable with one another, we progress to cooperative play and problem-solving as a group. Students were challenged to devise a way to cross a chocolate river using only marshmallows. The group only wins when everyone makes it safely across.

Social-Emotional Learning cont.

Our *Elementary Program* is using *MindUP*, an evidenced based mindfulness curriculum that seeks to promote: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. If children can learn to hold space for their thoughts and feelings, instead of reflexively reacting, I genuinely believe we are setting them up for a lifetime of health and wellness.

"It is easier to build strong children than repair broken men." -Frederick Douglas

How Our Brains Work - This serves as an introduction to parts of the brain, and how our brains function when stressed compared with relaxed.

Awareness - We use a walk in the woods as a metaphor for learning and practicing mindfulness. When a skill is practiced regularly, the more worn the trail becomes, and the path becomes a familiar stroll.

Focus - Introduce the Core Practice which is a breathing exercise that bookends our lessons and provides an opportunity for students to quiet their minds as they transition between the class and the Peace Room.

Listening - The first in our sensory series where each sense is highlighted for one week. Students practice identifying mystery sounds, and how to filter out irrelevant background noise to focus on what is important. Older students are challenged to identify different musical instruments from various songs.

Seeing - Students hone their visual acuity and expand their vocabulary as they describe similar wood pieces and work to differentiate their piece from others. As they slow down to notice the intricate details, they become more grounded and able to access that higher judgement and processing area of the brain. Upcoming lessons include: smelling, tasting, and movement.



SAVE THE DATE!

A special invitation for our
Kindergarten parents...

...to an Evening Exploration of the
Elementary Experience at
Spruce Tree Montessori.

Join our current elementary parent
community for a presentation about
the Second Plane of Development,
The 6 - 12 Child.

Monday, January 27

5:30 - 7:00 pm

Who:

Elementary Parents & Kindergarten Parents

What:

Information & Connection

When:

January 27, 5:30 - 7:00 pm

Where:

Elementary Classroom

Why:

Inspiration & Community

Refreshments provided.



Elementary Reading Nook;
Oliver & Hugo Brans



Children's House PE Class;
Yoga



Halloween Party at STMS;
teacher theme LifeGuides!



Fall Break Camp: Ceramics &
Sculpture; Alice Billingsley, Denali
Marsikova, Paxson Persinger

Beyond the Classroom

STMS Sockeye SKI Club

January 13 - February 13
Monday & Thursday, 4 - 5 pm
\$210, ages 5 and up
Must have nordic skis and boots
(poles optional), and warm gear.
Transportation by STMS; pick up at
Birch Hill Nordic Ski Lodge.
479-TREE to register

STMS Sockeye SWIM Club

January 14 - February 12
Tuesday & Wednesday, 3:45-4:30 pm
\$195, PreK / K ONLY, ages 3 - 6
Transportation by STMS; pick up at
The Alaska Club.
479-TREE to register

Fairbanks Children's Museum

Kids' Night, 1st Fridays
5:30 pm - 8:00 pm | 374-6873

Thursday Night Family Movie

@ Venue, 514 2nd Ave
5:30 & 7:00 pm Show Times
374-3044 for info.

JUNIOR NORDICS

Cross country skiing for ages 4 - 14.
November - March, various times.
Choose to ski 1 - 4 days per week.
www.nscfairbanks.org

LEARN TO SKATE

UAF Patty Ice Arena.
474-6888 for info.

MARTIAL ARTS

Orion's Belt. Martial Arts classes for
ages 3 & up, with pick up from STMS
available. orionsbentalaska.com

ENJOY THE JOURNEY



Boreal Classroom, Partner Tracing;
Leo Norum & Tanner Sonnenberg



Spruce Tree Alumni receiving
Monroe Jr High Academic Honors;
Isa Bond & Simon Binkley



Snowy recess!
Welcome Winter.



Taiga Classroom, The Pink Tower;
Charlotte Dawson & Chase Kemp