

Montessori Global Research Institute



SPRING 2018

March :: Newsletter



2018 MGRI Summer Camp

Don't forget to sign up for our MGRI Summer Camp! There is limited space left so please make sure to turn in your paperwork soon. This will save your child a spot.

Administration Note

Spring is a fun and exciting time at MGRI. We love gardening and the classrooms have been looking forward to planting their Spring garden.

As we are ending the year, we have opened up enrollment for the 2018/2019 school year. Please ask for your registration package and make sure to turn in along with any fees, to reserve a place for your child in August 2018.

Enrollment has opened to the public at this time.



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Joy, feeling one's own value, being appreciated and loved by others, feeling useful and capable of production are all factors of enormous value for the human soul.

Maria Montessori



March 1, 18

Pollen Allergen

Pollen is one of the most common **allergens** in the United States. Over 67 million people suffer from **allergies**, and of those 67 million, 81% say they are **allergic to pollen**.

As you may know, pollen is an airborne allergen, which is picked up and carried by the wind. Various trees, grasses and weeds create pollen, which can cause *hay fever*, irritate your sinus passages, cause rhinitis and irritate your eyes and skin.

<https://www.pollen.com/forecast/current/pollen/32174>

General Allergy Symptoms

When you have an allergic reaction there may be a combination of the following allergy symptoms:

- sneezing
- wheezing
- nasal congestion
- coughing
- itchy, watery eyes
- runny nose
- itchy throat
- stomach ache
- itchy skin
- hives
- fatigue
- irritability



- Butterflies are insects.
- A butterfly's lifecycle is made up of four parts, egg, larva (caterpillars), pupa (chrysalis) and adult.
- Butterflies attach their eggs to leaves with a special glue.
- Most caterpillars are plant eaters (herbivores).
- An adult butterfly will eventually emerge from the chrysalis where it will wait a few hours for its wings to fill with blood and dry, before flying for the first time.
- Butterflies can live in the adult stage from anywhere between a week and a year, depending on the species.
- Butterflies have four wings.
- Butterflies often have brightly coloured wings with unique patterns made up of tiny scales.
- Most butterflies feed on nectar from flowers.
- Butterflies have taste receptors on their feet.
- Scientists estimate that there are between 15000 and 20000 different species of butterfly.

Celebrate
Spring...
fly a kite with
your child!



Leafy Greens Lowers Risk for Health Disease

Leafy greens, which are rich in vitamin K, have again been shown to provide outsized benefits for heart health. Researchers from the Medical College of Georgia at Augusta University found that a reduced intake of vitamin K1 lead to more than triple the risk of an enlargement of the heart's left ventricle, which reduces blood pumping volume, according to a study published in the *Journal of Nutrition*.

Researchers followed diet records for 766 participants ages 14 to 18 and monitored their vascular structure and functionality. When compared to those with the highest intake of vitamin K1 from food such spinach, cabbage and other leafy, green vegetables, those with the lowest intake were more likely to experience vascular enlargement.

(2018, March) Leafy Greens Lowers Risk for Health Disease. *Natural Awakenings*, 8.



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MGRI Gardening

MGRI will celebrate **Earth Day** on Friday, April 20, 2018. During this month we will be requesting donations of seeds, plants and/or flowers for our garden.

Gardening is a wonderful way for children to connect with nature and nurture living things. It provides learning opportunities when studying parts of seeds, flowers and plants.

Children love to dig in the dirt and get great exercise while doing so. We are fortunate to have beautiful gardens where our children can be part of the growing process. They have ownership of the gardens as well as the food and flowers produced in them.

We have had the beautiful opportunity of planting seeds and watching them sprout inside. We transfer them into our garden when weather allows. We watch them strengthen and grow.

Our gardens are the place to be in late summer and early fall. The children cut the flowers we grew to do flower arranging work or use our abundant basil to make pesto. They also love digging up and scrubbing a carrot to crunch on. Passers by enjoy plucking off cherry tomatoes to snack on as much as the children in the classroom enjoy picking, cleaning and eating them.

Our gardens are beautiful extensions of our classrooms and the children thrive in them.



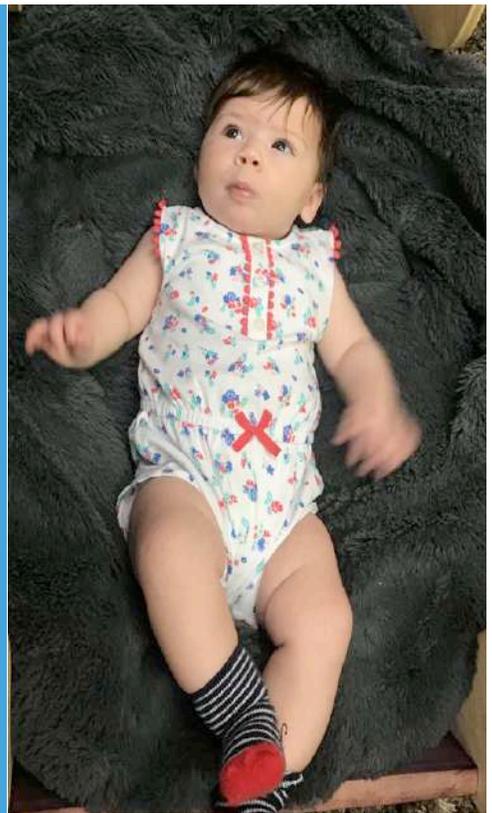
Save the Date!

- 1 **March 12 – March 16**
Spring Break
School Closed
- 2 **March 19**
Classes Resume
- 3 **March 23**
Spring Celebration
- 4 **March 24**
Open House
10:30 am – 12:30 pm
- 5 **March 30**
Good Friday
School Closed

In MGRI we made a correction in our calendar, we will be closed Good Friday and we will resume the classes on Monday, April 2, 2018.

Knowledge Note

In 1931, Gandhi wrote to Maria Montessori: “You have very truly remarked that if we are to reach real peace in this world and if we are to carry on a real war against war, we shall have to begin with children and if they will grow up in their natural innocence, we won’t have the struggle, we won’t have to pass fruitless idle resolutions, but we shall go from love to love and peace to peace, until at last all the corners of the world are covered with that peace and love for which, consciously or unconsciously, the whole world is hungering.” (M. Gandhi, Speech At Montessori Training College, London) Dr. Montessori was an early proponent for establishing Departments of Peace and was twice nominated for the Nobel Peace Prize.



MGRI

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