

March News at Frederick Country Day

School wide news...

OUTREACH: Gently used shoes for El Salvador

- 1 Pizza Lunch \$5 (optional)
- 9 Saturday STEM Event
- 14 Shoes for El Salvador
- 15 Practical Life Lunch \$5
- 28 **Montessori Parent**

Education Night 5pm- 6pm

*RSVP please "How nutrition impacts your child's learning" by Cheryl McKee, Nutrition and wellness coach



In the month of March: We will focus our outreach on one of most memorable projects, gently used shoes for El Salvador. Friends of the school will visit on March 14th to talk about their trips to



several villages in El Salvador and what life is like there. These photos are from last year's visit. They will also share cultural items and textiles they have collected over the years. They talk about their trip and will share photos with our children. In Culture this month we study **Asia** and the Biome: Alpine. Our Art and Music enrichment continues with bells and an art appreciation of **Holbein**: "Portrait of a Boy with Blond hair".

FREDERICK
Montessori & Arts School
COUNTRY DAY

March Parent Education

Come and engage in a real discussion of nutrition with the developmental needs of a child in mind by local nutritionist, Cheryl McKee.



We will dive into very relevant topics and take home great tips:

- How to pack a healthy lunch
- Healthy breakfasts you can make in 10 minutes
- The magic of family meals
- Why HOW you eat is just as important as WHAT you eat
- How to encourage picky eaters to try new things

