

**The  
Children's House**

*An Independent Montessori School*  
5363 North Long Lake Road  
Traverse City, MI 49684 231.929.9325

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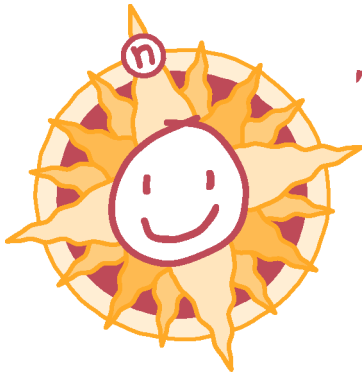
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August 12, 2011

Dear Children's House Families,

Welcome! In a few short weeks, the 2011-2012 school year will begin. It is exciting to be preparing for the arrival of over 200 children and their families. We look forward to an exceptional year with you!

By now, you should have received a welcome card with a photo of your child's teacher. For those of you who are new to the school or have a child entering a new toddler or primary classroom, you will be receiving a call soon from your child's guide to make plans for a home visit.

This year, "**Back to School Night**" will take place **Wednesday, August 31<sup>st</sup> from 6:00-8:00 pm**. It is expected that at least one parent from every family attend. Information offered in this meeting is intended for your child to have the most successful year possible and your participation is a key factor in making that happen.

Attached, you will find all of the information you need to begin planning for a great year together. Please review the contents and contact us if you have any questions.

We are dedicated to providing the very best educational experience for your children. The beginning of the year is the perfect opportunity to begin a partnership between your home and our school. We, at The Children's House look forward it!

Sincerely,

A handwritten signature in black ink that reads "Michele Shane". The signature is written in a cursive, flowing style.

Michele Shane  
Head of School



## Back to School Orientation Schedule 2011-2012 (no classes the week of August 29-September 2)

### PARENTS

Back to School Parent Meeting  
Wednesday, August 31 6:00 P.M. (no child care provided)

### BRITNY, BETSY & MARIE'S CLASSES

Thursday & Friday – September 1 & 2 Individual visits for children new to the classroom  
Tuesday – September 6 Regular schedules begin including early (7:30) & late care (5:30)

### JEN, JULIE & ALISON'S CLASSES

Thursday & Friday – September 1 & 2 Individual visits for children new to the classroom  
Tuesday – September 6  
1<sup>st</sup> year students 8:30-9:30  
2<sup>nd</sup> year students 10:00-11:00  
Extended Day students 1:00-3:30  
Wednesday – September 7 Regular schedules begin including early (7:30) & late care (5:30)

### MELISSA'S CLASS

Tuesday – September 6 Regular schedules begin including early (7:30) & late care (5:30)

### LOWER ELEMENTARY

Tuesday – September 6  
1<sup>st</sup> year students 9:00-11:30  
2<sup>nd</sup> and 3<sup>rd</sup> year students 1:00-3:30  
Wednesday – September 7 Regular schedules begin including early (7:30) & late care (5:30)

### UPPER ELEMENTARY

Thursday – September 1 Open House - all UE students and parents 9:00-10:30  
Tuesday – September 6  
4<sup>th</sup> year students 9:00-11:30  
5<sup>th</sup> and 6<sup>th</sup> year students 1:00-3:30  
Wednesday – September 7 Regular schedules begin including early (7:30) & late care (5:30)

School provided lunches begin on Wednesday, September 7<sup>th</sup>.

## STUDENT SUPPLY LIST 2011-2012

Welcome! Please bring the following items to school on your first day (even if it's just a visiting day). Please contact your child's teacher if you have any questions about supplies.

### ALL STUDENTS

- Completed Child Information Card. New students must have one on file on the first day. Parents of returning children should return updated forms to the reception desk on the first day of school.
- Health Appraisal form completed by a physician annually for children under 30 months and every 2 years for children over 30 months who are not yet in extended day.
- Statement of Good Health completed annually by the parent for children in extended day and elementary.
- Immunization record
- Hat and long sleeve shirt for sun protection while outdoors.

### INFANTS

- Specific list is provided by the infant teacher.

### TODDLERS

- Diapers as needed. We use *Kirkland* brand (unscented) wet wipes. Please send your own wipes (labeled packages) if your child is sensitive to this brand.
- One pair of shoes with good tread, a waterproof bottom, and easy for the child to put on and take off. No "light-up shoes" please.
- One complete change of clothes including socks and underclothing. Place clothing in a one gallon size labeled zip-loc bag. (Wet clothes will be sent home in plastic bags to be washed.)

### PRIMARY STUDENTS

- One complete change of clothes including socks and underclothing. Place clothing in a one gallon size labeled zip-loc bag. (Wet clothes will be sent home in plastic bags to be washed.)
- One pair of gym shoes to be left at school. Students are not allowed to participate in gym activities without appropriate footwear. Please see details below.

**PLEASE LABEL ALL CLOTHING, OUTERWEAR AND FOOTWEAR, BOOTS & BACKPACKS  
WITH YOUR CHILD'S NAME**

## **ELEMENTARY STUDENTS**

- One pair of gym shoes to be left at school. Students are not allowed to participate in gym activities without appropriate footwear. Please see below for details.

### **JILL'S CLASS**

3 dozen plain #2 pencils (preferably Ticonderoga)  
2 square rubber erasers  
1 sturdy, hardcover, bound, lined paper journal (blank)  
1 spiral bound sketch pad (blank)  
1 pair scissors  
1 glue stick  
1 small, zippered pencil case  
1 box of 12 colored pencils  
1 napkin ring  
2 cloth napkins

### **NADINE'S CLASS**

3 doz. plain #2 pencils  
2 square rubber erasers  
1 hard cover, bound, lined paper journal with blank pages (journal with book mark preferred)  
1 spiral bound sketch pad (blank pages)  
4 plain folders (duo-tang is fine) with rings or pins to hold paper  
1 hard covered 7" X 9.5" composition book – lined pages  
1 glue stick, 1 pair of scissors, 1 small, plain pencil case, 1 box of 12 colored pencils  
1st year students need an additional plain red folder  
a cloth placemat, napkin and napkin ring (to be left at school)

### **UPPER ELEMENTARY**

3 doz. standard #2 pencils (yellow barrel)  
1 box of twelve colored pencils  
1 glue stick  
100 sheets 8 ½" x 11" graph paper  
250 sheets 8 ½" x 11", lined, (wide rule) paper  
4 spiral notebooks  
1 hard cover, bound, lined paper, writing journal (8.5" X 11")  
1 pencil sharpener and eraser  
1 small pencil case  
1 pair scissors  
1 ruler with U.S and metric units  
1 protractor

## **Athletic Shoes for Physical Education By Steve Maas**

Athletic shoes with "non-marking soles" must be worn in PE. Shoes with non-marking soles are common and the norm. It is rare to find an athletic shoe that marks the floor. Athletic shoes must be worn in PE for safety and health reasons. Improper shoes can cause shin splints, injury to the students and others if it comes off while kicking or running. Athletic shoes are more shock absorbing and thus protect the knees, hips and ankles of the child. The shoe must be secured by laces, Velcro straps, or elastic so that the shoe does not fall off during active play. Mary Jane style shoes or slip-on loafer style shoes do not provide support, traction or protection to feet and ankles. When considering a purchase, please consider the following issues:

- Would you run in this shoe? (The activity level in a PE class is similar to running 1.5 miles)
- Does the shoe offer proper shock absorption?
- Does the shoe fasten securely to their feet?
- Does the shoe motivate the child to be an active participant in PE class?



Dear Children's House Families,

In 2009, The Children's House brought all of our green and healthy living initiatives under one umbrella "Earth to Table." In 2010, we expanded Earth to Table and made many investments and improvements that benefit the children. Among many things, we expanded the school garden organic fruit and vegetable production, added heart rate monitors for PE, and provided equipment to the kitchen to make whole grain bread every week. Earth to Table is a unique and innovative program that was recently showcased at a national gardening conference in Lansing this summer (American Horticultural Society National Children & Youth Gardening Symposium July 20-23). You will find a copy of that presentation and more about the TCH's involvement in the summer symposium on the TCH website soon.

The Earth to Table program includes these three components:

- **Physical education-** During physical education, students practice motor skills needed to perform a variety of physical activities. Students develop knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Extended Day and elementary students at The Children's House have 30 minutes of scheduled physical education EVERY DAY, while younger children have ongoing and daily opportunities for physical activity in their classrooms, in our outdoor environments, and in the gym.
- **Della Terra-** Children's House students are provided with the opportunity to develop the knowledge and skills necessary to practice good nutrition and environmental stewardship. Della Terra is a practical outdoor laboratory where lessons in applied math, science, and horticulture are used to actively engage the student in learning and reinforce lessons from the classroom.
- **Kitchen Classroom-** In addition to teaching an understanding of the social and cultural components of preparing, serving, and sharing food, Kitchen Classroom provides TCH students with experiences that promote the acquisition of general food preparation skills, familiarity with a variety of whole foods, making healthy choices that benefit their bodies and the environment. Kitchen Classroom includes an extended day program, an elementary program, lunch, and snack.

**On September 23<sup>rd</sup>**, we will host our first **TCH Harvest Festival**—an Earth to Table collaborative event! This is a unique opportunity for families to come together as a community to harvest our garden, prepare for winter, share a meal, and celebrate together. Come to help in the gardens during the day, or arrive at 5:30 to enjoy the meal and fun! Please look for a flyer (to come home with your child soon) describing all of the details of this great new Children's House tradition for our whole school community.

In good health,

The TCH Earth to Table Committee



## SCHOOL PROVIDED LUNCH

Dear Families,

Healthy living is very important to us at The Children's House. The Children's House Earth to Table program guides students in learning how to grow healthy food, prepare it, and keep their bodies strong through physical activity. Through their experiences, we hope to help them form lifelong healthy living habits\*.

It is our priority to provide your child with fresh, nutritious, unprocessed food using local and organic options whenever possible. At the same time we are committed to maintaining a cost that allows us to support the program while allowing you a healthy and affordable lunch option.

The cost of lunch at \$3.25 per day supports program expenses. We hope that this pricing coupled with the convenience and peace of mind of knowing that your child is eating delicious and healthy food will encourage you to take advantage of the program. To look at sample menus, please go to our website at [www.traversechildrenshouse.org/lunch\\_menu.asp](http://www.traversechildrenshouse.org/lunch_menu.asp). The lunch menu for September 2011 will be provided to you at our "Back to School Night."

Come in and try lunch with your child. It will undoubtedly change your perception of "school lunch!"

In good health,

Michele Shane, Head of School  
Kristina Weidenfeller, Kitchen Classroom Director

\*to view a copy of the [wellness policy](#) which is directly supported by Earth to Table, refer to your parent handbook