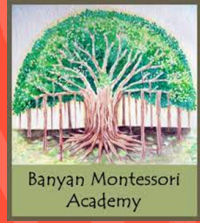


Banyan Montessori Academy

# Newsletter

September 2025



## Toddler Montessori Classroom

Dear Families,

What a wonderful start to the school year! August and September have been filled with learning, exploration, and joyful moments as we welcomed new and returning friends into our classroom. These first weeks were focused on creating a peaceful environment, building routines, and laying the foundation for the months ahead.

### **August – Ground Rules & Practical Life**

In August, we focused on adaptation, helping the friends feel safe, confident, and comfortable in their (new) environment. We introduced and reinforced ground rules such as using walking feet indoors, using indoor voices, waiting for a turn, cleaning up after work, and using gentle hands.

We also began presenting lessons from Everyday Living (Practical Life), which support coordination, concentration, and independence. Some of the first activities included hand transferring, pouring, spooning, and tonging. They love to use broom, mop to clean our classroom floor and enjoy washing their hands with soap and water. We have now introduced washing dishes after their snack. These activities are loved by our friends and help them feel capable and proud of their meaningful contributions.

### **September – Apples, Nutrition, and the Changing Season**

**Apples** – We explored apples by tasting different varieties and learning their parts (skin, flesh, seeds, stem, and core). Our friends also created apple prints using paint and practiced sorting apples by color.

**Nutrition & Food** – We explored healthy food choices through puzzles, matching activities, and sorting foods into categories of healthy vs. not healthy. Our friends also practiced sorting fruits and vegetables, developing early classification and vocabulary skills.

**Weather** – We introduced vocabulary for sunny, rainy, cloudy, and windy days. Friends observed the weather each morning and helped add a weather symbol to our daily chart. We also talked about the different types of clothing we wear for each kind of weather.

**Peace** – As part of our Peace curriculum and International Peace Day, we read books about kindness and friendship, practiced taking deep breaths, and created doves and handprint art to represent peace. We also introduced the song Light a Candle for Peace as a way to reflect on peace in our daily lives.

**Children Around the World** – We looked at flags, traditional clothing, and music from different cultures. Some friends brought objects from home that represented their heritage, and we thank all the families who contributed!

Autumn – We began observing signs of fall by collecting leaves outside and discussing how trees change. The friends created leaf rubbings and started decorating our classroom with seasonal colors. We will continue exploring more autumn activities in the coming weeks.

Thank you for your support during these first months. We look forward to all the growth, discovery, and joyful learning ahead!

Warmly,  
The Toddler Team

# Pre Primary and Kindergarten Montessori

Dear Parents,

September has been a month of orientation and full of exciting learning and discoveries in our Montessori classroom. We are forming a peaceful, joyful, learning community in our mixed age classroom. An overview of some of the many activities presented in different curriculum areas, are listed below:

## **Peace Curriculum**

This month, we introduced the concept of what does peace mean? . We learned everyone's name, ground rules and being mindful. We are using peace rose for conflict resolution. Our friends joyfully participated in a Peace Parade on the International day of Peace. They collaborated to create numerous beautiful banners with messages of love and harmony. Our friends also practiced and sang peace songs, spreading their voices of kindness. We proudly walked through our school neighborhood, sharing the spirit of peace with everyone around us. It was a meaningful experience that reflected the values of unity, respect, and friendship. We also interviewed our friends and asked them what peace meant to them. They gave some beautiful answers. They learned to voice their views. We learned to recycle and the workshop with Ms. Victoria from Priority waste helped.

## **Every Day Living**

In our Everyday Living curriculum, our friends enjoyed a variety of hands-on food preparation activities. They practiced picking grapes and explored different kinds of apples through apple tasting (Red Delicious, Gala, and Honey crisp). Our friends also worked on banana slicing, which strengthened their fine motor skills and independence. Along with these, they engaged in practical life exercises such as hand transfers, spooning, and touching activities, all of which build concentration, coordination, and care for the environment. These activities not only nurtured healthy eating habits but also fostered joy, confidence, and pride in completing tasks on their own.

## **Sensorial**

This month, we introduced and revisited a variety of sensorial materials that are tactical and auditory:

Pink Tower – friends carefully built the tower using cubes of different sizes, developing visual discrimination, balance, and order.

Brown Stair (Prisms) – Through arranging prisms, friends explored thickness and dimension, while strengthening their spatial awareness.

Geometric Solids – friends held and explored 3D shapes, building vocabulary and awareness of form.

Knobbed Cylinders – these materials allowed friends to refine their visual perception and hand-eye coordination while matching sizes.

Knobless Cylinders – friends compared and graded cylinders by height and diameter, building a deeper understanding of dimension.

Rough and Smooth Boards – through touch, friends experienced texture and developed their tactile sense.

Sound Cylinders (Sound/No Sound) – the friends enjoyed shaking and matching cylinders, refining their auditory sense.

Red Rods – friends worked with rods of different lengths, exploring size relationships and preparing for later math concepts.

Geometric Cabinet - Geometric shapes and gradations

Color tablets #1 #2 #3- Primary, Secondary, and grading colors from darkest to the lightest

Thermic Tablets - Feel the temperature of the solid materials and match

## **Mathematics**

This month, our friends explored many Montessori materials that help make abstract concepts concrete:

Numerical Rods – friends practiced counting and associating quantity with symbols, strengthening their understanding of number order.

Spindle Box – an activity that introduced the concept of zero and reinforced the idea that each number represents a specific quantity.

Sandpaper Numerals – through tracing, friends developed tactile and visual recognition of numbers, preparing for writing.

Hanging Bead Stairs (Units and teens) – friends worked with colorful beads to recognize quantities and build number bonds.

Teen Board – introduced numbers from 11 to 19, helping friends understand place value and number formation.

Odd and Even Activity – through concrete materials, friends discovered the pattern of numbers, distinguishing between odd and even.

Tabletop rods - Used for finding equivalencies, addition, etc.

## **Language**

In Language this month, our friends worked on pre-language activities like matching, sorting, sequencing, classification, puzzles and critical thinking activities. Our friends are building order, logical thinking, and vocabulary by using these activities. Alongside these activities, our friends were introduced to phonics lessons, where they explored the sounds of letters and the beginnings of word building. Hand writing preparations and practices along with moveable letters are introduced as well.

## **Science**

Nutritious and Non-Nutritious Foods – Through sorting and discussion, friends learned to identify healthy food choices that give us energy and foods that are “sometimes” treats. This activity helped guide awareness toward healthy eating habits.

Apple Harvest – In connection with the fall season, we talked about apple harvesting and where apples come from. This seasonal study gave friends a sense of connection to nature and farming.

Parts of the Apple – The friends explored apples through a fun hands-on activity, identifying the skin, flesh, seeds, core, and stem. This activity encouraged observation, vocabulary building, and scientific

thinking.

The community snack basket program serves as a great foundation for healthy eating. Thank You so much to all families !

Science based art and Physics are providing a holistic approach to the science curriculum . We learned about germs and light. More details in the newsletter.

Gardening gave us a lot of opportunity to learn science , understand that Zucchini's are harvested while the plant is still green, while pumpkins are harvested when the vine dries out etc. We cooked our produce . It was all a great experience and education.

## **Geography**

Children of the World – We celebrated diversity by exploring how friends live around the globe. The friends enjoyed learning about clothing, traditions, and lifestyles, helping them develop respect and appreciation for different cultures.

Map of the World – Using Montessori puzzle maps, the friends discovered continents and countries, developing early geography knowledge and global awareness.

## **Art,Music and Theater**

We are doing various art projects, play dough work, easel work, paper crafts, Mandarin crafts etc. in Art. We are learning songs and practicing those in our classroom ( songs like : John Brown's Baby, Flip Flop Ms.Rabbit, Opposites song, Days of the week song, Peace songs, Mandarin-Spanish-Hindi songs etc.). We are practicing role plays and public speaking .

We are working on the play Fredrick with Ms.Nancy

Public Presentation topics for October: Land/Air/Water, Plain-sphere, Living/Non-Living, Cardinal Directions, Fire safety

With warm regards,

The Pre-Primary Montessori Team



# Enrichment and Educational Programs

Hello Everyone!

In this exciting September edition, we have elaborated on different International Languages and Science sessions:

## Hindi

This month in our Hindi curriculum, we joyfully began our learning journey with the theme of Harvest season. The children were introduced to and reviewed the names of fruits in Hindi through engaging, hands-on activities.

🍏 Fruits We Learned in Hindi

Apple – Seb (सेब)

Grapes – Angoor (अंगूर)

Orange – Santra (संतरा)

🎨 Fun Activities

To make learning meaningful and enjoyable, the friends participated in:

Matching and Sorting Picture Cards of fruits.

Warm regards,  
Your Montessori Hindi Team

## Mandarin:

Color and Eggshell Art:

Introduce how to say "hello" and "thank you" in Mandarin. Recognize body parts and learn how to count fingers.

Show different colors cards with lovely shapes and match colors. Put the eggshells on a light to show eggshells art. Teach friends how to use napkins to make a colorful eggshell.

Sing a song named two tigers.

Red 红色 (hongse)

Green 绿色 (lvse)

Yellow 黄色 (huangse)

Orange 橙色 (chengse)

Pink 粉红色 (fenhongse)

Blue蓝色 (lanse)

Color and butterfly:

Review body parts,numbers and colors.Show butterflies crafts and let friends to match colors.Cross hands and do finger dance like a butterfly.Do an experiment about napkin flowers blooming in the water.Use a colorful napkin to make a butterfly.

White 白色(baise)

Butterfly 蝴蝶 (hudie)

<https://m.youtube.com/watch?feature=shared&v=RApHGXfBKO0>

### Spanish:

During the month of September, our Spanish lessons focused on learning the names of colors. We started with the primary colors - rojo (red), azul (blue), and amarillo (yellow) - and explored how to mix them using paint on our hands to create the secondary colors: naranja (orange), morado (purple), and verde (green). The friends had so much fun discovering these new combinations through hands-on experiences.

To reinforce the vocabulary, we did activities like sorting blocks by color and completing coloring pages with the colors naranja, azul, verde, rojo, and amarillo. The children are becoming more confident recognizing and naming colors in Spanish

### Science based Art session with Ms. Anuja :

#### Germes

In September, we learned all about germs and how to keep ourselves healthy. The children discovered that germs are tiny living things all around us. Most are harmless, but some can make us sick, so it's important to know how to stop them from spreading. We read What Are Germs? by Usborne and did fun experiments to see how germs travel. A pretend sneeze with pom-poms showed how far germs can spread, and glitter high-fives helped us see how easily they pass from one person to another. We also learned that soap is the real hero when washing hands, watching how it made glitter scatter away in water. To finish, the children made funny and colorful germ drawings that turned learning into art.

#### Dental Hygiene

We also focused on dental hygiene. The children learned how bacteria can cause cavities and practiced brushing on a tooth picture with spots of "plaque." An apple and pipe cleaner helped us understand how cavities form, and flossing with a yarn-and-egg carton model showed how to clean between teeth. We ended with apple stamp art to celebrate strong, healthy teeth. By the end of the month, the children understood the importance of washing their hands and brushing their teeth every day to stay healthy—and they had a lot of fun learning it!

## Science Experiments with Ms. Bhargavi:

For our physics experiment we learned about LIGHT .We learned the following with fun experiments :

1. We learned that there are 2 sources of light - Natural ( Sun) and Man Made ( Bulbs, Flash lights etc)
2. We learned that Albert Einstein proposed that light consists of photons and he won a nobel prize
3. We learned that Sir Isaac Newton discovered suns light's white light contains 7 colors and you can see it when it passes through a prism.
4. We learned air is the medium that light travels through and we saw how it gets dispersed when it has more/ less space
5. We also experiments light through transparent, translucent and opaque objects
6. We learned opaque objects do not let light in and thus creates shadows

## Art, Music and Theater

### Pre primary and Kindergarten Montessori :

#### Music:

The children said their names and one thing they liked, such as ice cream or playing with friends.They sang the name song. They were introduced to the musical instrument, ukulele. They repeated the beat that the instructor presented, such as clap-clap, slap-slap (hitting the floor), clap. The children also created their own rhythms for everyone to follow.They stood and imitated body positions (statues), following the same procedure as the rhythm experience.

### Instructor Read Frederick by Leo Lionni

The children discussed the story. They discussed colors and seasons as related to the story. They acted out portions of the story, such as huddling together as little mice who were cold in the winter or carrying heavy ears of corn to save for the winter. The instructor introduced acting, drama, and theater to the children. The children shared their past experiences of going to a play or performing in a play.

### Art Experience

The children created a picture of Frederick or his friends, through a puppet craft.

### Toddler Montessori:

The toddlers created rhythms together. They listened to a short version of Frederick. They learned a song with movement.

## Soccer for After Care – Pre-Primary & Kindergarten Montessori Friends

This month during our After Care soccer time, our Montessori friends practiced dribbling with close control of the ball while learning not to use their hands just like real soccer players! To make it fun and engaging, our soccer coach incorporated animal strides as part of our warm-up. and for acquiring skills. We also enjoyed silly songs and movement games that encouraged teamwork, body awareness, and following directions all while building gross motor coordination. In true Montessori spirit, the children practiced independence, self-regulation, and respect for others as they waited for their turn and cheered on their friends. It was a joyful blend of physical movement, imaginative play, and social-emotional learning!

# Mexican Style Zucchini ( Calabacitas Ala)

Time : 20 mins

## INGREDIENTS

- 2 medium zucchini, chopped
- 2 cloves garlic, minced
- 1 small onion, diced
- 2 tomatoes, diced
- 1 bell pepper, diced
- 2 tbsp olive oil
- Salt, to taste
- Black pepper, to taste
- Fresh cilantro, chopped (for garnish)

## INSTRUCTIONS

- Heat olive oil in a skillet over medium heat.
- Add onion and garlic, sauté until softened and fragrant.
- Stir in tomatoes and bell pepper. Cook 3–4 minutes, until tomatoes begin to soften.
- Add zucchini, mix well. Cover and cook 7–10 minutes, stirring occasionally, until zucchini is tender but not mushy.
- Season with salt and black pepper to taste.
- Garnish with fresh cilantro before serving.
- Enjoy!



# Potato Kibbeh

Time : 20 mins

## INGREDIENTS

- 4 to 5 medium potatoes about 2 lbs
- 1 cup fine bulgar wheat
- ½ cup fresh parsley chopped
- 1 to 2 sprigs green onion chopped
- ½ cup olive oil
- ¼ teaspoon black pepper
- salt to taste

## INSTRUCTIONS

- Wash and drain the bulgur.
- Wash, peel, boil, and mash the potatoes.
- Place the washed bulgur in a large mixing bowl, top it with the mashed potatoes.
- Next add in the chopped parsley, green onions, pepper and salt.
- Knead everything together to allow the flavors to be evenly distributed. Add in drizzles of olive oil as you knead.
- Spoon the mixture into a large serving plate and use a spatula to spread it out.
- Drizzle with some more olive oil and serve.
- Enjoy!

## September Special Events Update

This month, our children enjoyed several exciting learning experiences. We welcomed Victoria from Priority Waste, who led a recycling workshop. She explained why recycling is important, what items can and cannot be recycled, and how small daily choices help take care of our planet. The children asked thoughtful questions and shared their own recycling habits from home.

We also had a dental health presentation by Professor Dr. Deepali from UD Mercy School of Dentistry, who spoke about the importance of brushing properly, eating healthy foods, and protecting our teeth from cavities. The children practiced brushing techniques and learned how good habits keep their smiles strong.

Next, Dr. Kalyan from the University of Michigan guided us through a fascinating germ experiment. He collected samples from unwashed hands, hands washed with only water, hands washed with soap and water, hands cleaned with sanitizer, a dirty surface, and a clean surface. He will grow these samples in his lab and return to show the children the results. This hands-on activity helped them see how germs spread and why proper hygiene is so important.

In addition, our Director Ms. Shiva hosted a webinar on the Montessori Peace Curriculum, where she shared how peace education is woven into daily classroom life. Families were provided with resources and examples of peace lessons, along with practical ways to bring these ideas into the home. You can find more information and recordings through the following links:

<https://www.banyanmontessori.com/the-uniqueness-of-the-montessori-peace-curriculum/>

<https://www.banyanmontessori.com/building-bonds-as-the-foundation-of-raising-children/>

Warm regards,  
The Banyan Montessori Enrichment Team



# Parent Education

## Brain Development: 10 Key Points for Parents

**90% by Age 5** – A child's brain grows to 90% of its adult size before kindergarten, making early years the most important for learning.

**Rapid Growth** – At birth, a baby's brain is 25% of adult size. It doubles in the first year, reaches 80% by age 3, and 90% by age 5.

**1 Million Connections per Second** – Babies' brains form over 1 million neural connections every second, shaping movement, language, emotions, and problem-solving.

**Early Experiences Matter** – Positive or negative experiences shape lifelong learning, behavior, and health. Montessori helps by giving children hands-on, real, and concrete experiences that build strong foundations.

**Talk, Read, Sing, Play** – Everyday activities stimulate brain growth. Montessori classrooms also use purposeful work—pouring, sorting, building—to strengthen concentration and coordination.

**Responsive Relationships** – Loving adults who respond to children's cues grow their brains in healthy ways. Montessori teachers model this with patience, respect, and gentle guidance.

**Connection is Essential** – Strong emotional bonds with parents, teachers, and caregivers form the basis for confidence, self-control, and curiosity. Children thrive when they feel deeply connected.

**Explore with All Senses** – Using touch, sight, sound, taste, and smell builds lasting brain connections. Montessori materials are designed to be touched and explored, making abstract ideas concrete.

**No Screens, More Presence** – Screens interfere with brain development and relationships. Children (and adults) need real-world, face-to-face interactions to grow healthy brains.

**Protect from Toxic Stress** – Ongoing stress or lack of nurturing damages brain growth. Supportive relationships, calm environments, and Montessori routines build resilience and help children thrive.

# Upcoming events

## Upcoming Events in October :

Oct 7 : Firefighter Visit – 9 AM ( In-house field trip )

Oct 17 : Police Visit on Safety & Awareness – 9 AM ( In-house field trip )

Oct 29 : Posture & Exercise Presentation by Chiropractor ( In-house field trip )

Oct 31 : Halloween Crafts & Parade – Half Day (8:45–11:30 AM)

Parade: 10:45–11:30 AM. Parents invited to join the parade. Parents may bring educational items as treats during the parade on Oct 31 instead of Oct 30.

