



WHISPERING FARMS NEWS

Yearbooks

Yearbooks will be ordered on Friday, June 5th. If you are interested please sign up at the bulletin board. The yearbook costs \$20 and will be delivered to the school in a couple of weeks.



Donuts for Dad

On Monday, June 22nd all Dads are welcome to come and share a donut with their child. Breakfast will begin at 8 A.M in the classrooms. Please RSVP at the front desk.

Graduation

The graduating class includes: Parker Covington, Nolan Walley, Parker Kennedy,

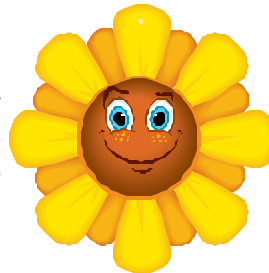
Mikayla Simmons, Akash Darshan, Jake Schafer, Blake Dogget, Sydney Fisher, Jady Mitchell, Caroline Koster, Benjamin Rhymes, Isaac Perez

Congratulations to all our graduating students. We wish them much luck and success in Elementary School!

Summer Program

This summer will be filled with many fun and exciting programs. Some programs are provided by the school while others are Parent sponsored. The school will be hosting a visit from the Fun Bus, Petting Zoo, Story Tellers, and Splash Days.

There are also some summer camps available for parents to enroll their children in. This includes KinderTots- Space camp in June as well as a Gymnastics camp and Art camp. Please see the front desk to sign up to the extracurricular camps.



Whispering Farms Montessori Academy

Volume 2; Issue 6

04/01/2009

Important Dates:

- 06/09 Petting Zoo 9 a.m
- 06/22 Donuts for Dad
- 06/17 Fun Bus Visit 9a.m.
- 06/23 Story Teller 9:30a.m
- 06/30 Fun Bus Visit

Inside this issue:

Stress	2
Catered Lunch Menu	3
June Birthdays	4
Lunch Reminder	4

Prayers and Well Wish Request

Please keep the Holdren Family in your thoughts and prayers. To find out more please visit

<http://www.caringbridge.org/visit/holdren>

Thank you

STRESS IN OUR CHILD'S LIFE

Children often feel stressed at this time of the year. Moving to a new school, a new class, saying good bye to friends and teachers, can all be a bit stressful for them. So what can we do to lessen its effects? We don't want stressed-out children to bottle up their emotions, creating emotional and physical effects. You can help your children develop skills to express and release their feelings to maintain good emotional health.

The truth is you know your children best. Some children are more resilient than others to teasing, school issues, or family situations. Nothing seems to bother them. Others are more sensitive and require a little more attention, love, and affection. Try to meet your children's emotional needs by talking openly and paying attention to what may be bothering them.

It is extremely difficult to predict what will stress out children. What may seem like a minor event to an adult, may seem catastrophic to some children. Even at an early age, you can help your children practice stress management techniques to open the lines of communication and encourage them to share problems with you.

Regardless of your children's ages, give them special time when you focus only on them. Often, children need to feel they are safe and listened to before they will open up. During this time, leave the dishes and laundry, and don't answer the phone. Sometimes all your children need is 15 minutes of your undivided attention.

Although the way children view the world differs greatly from that of adults, stress is a reality to them as much as it is to us. By providing our children with the tools and attention to deal with stress, we are giving them a healthy outlet that sets them up with coping skills for life.

Stress Busting Tips

- Encourage a creative outlet such as painting, drawing, or modeling clay to help children express their feelings and let off steam.
- Participate in a family exercise program. There is nothing like a little sweat to take children's minds off their problems.
- Teach your children some stress-busting yoga poses to help them develop appropriate coping skills. Home videos designed especially for kids are now available.
- Ensure your children eat a proper diet filled with essential fatty acids (fish oils), lean proteins, and complex carbohydrates such as fruits, vegetables, and whole grains. Avoid white flour and sugar products that can exacerbate any behavioral or emotional conditions.
- Teach your children how to belly breathe. Belly breathing switches the nervous system from a "fight or flight" response to one of relaxation. Have your children sit down and breathe through the nose for a count of five watching the belly rises; then have them exhale through the nose for a count of five while the belly flattens.
- Bring laughter into your home. Rent funny movies, play board games, or tell jokes. Never underestimate the power a little giggling can have on your children.
- Give your children hugs, hugs, and more hugs! Above all, children want to know they will always be loved and

End of the Year Party!

The children had a blast at the "End of the Year Party!". There was a bounce house, sports games, and water balloons!



June 2009 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Diced Pears Green Beans	2 Steak fingers Mashed Potato Corn Pudding	3 Mac' n' Cheese Apple Sauce Mixed Veggies	4 Mini Corndogs Applesauce Mixed Veggies	5 Grilled Cheese Diced Peaches Mixed Veggies
8 Steak fingers Mashed Potato Corn Pudding	9 Mac' n' Cheese Apple Sauce Mixed Veggies	10 Cheese & Beef Ravioli Pears Peas	11 Frank & Beans Potato Mixed Fruit	12 Turkey & Cheese Peaches Chips
15 Mini Corndogs Applesauce Mixed Veggies	16 Chicken Wrap Mixed Fruit Carrots	17 Chicken Nuggets Carrot Sticks w/ Ranch Grapes	18 Spaghetti Salad w./ Ranch Peaches	19 Grilled Cheese Mandarin Oranges Potato chips
22 Personal Pizza Mixed Fruit Corn	23 Steak fingers Mashed Potato Corn Pudding	24 Quesadilla Mandarin Oranges Peas	25 Burgers Diced Peaches Green Beans	26 Ham & Cheese Apple Slices Potato Chips
29 Grilled Cheese Mandarin Oranges Potato chips	30 Chicken Nuggets Diced Pears Green Beans			

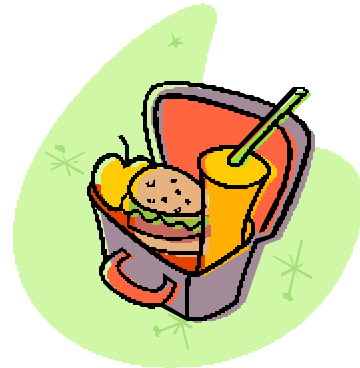
June Birthdays!!!

6/01 Jady
6/08 Ms. Rachael
6/23 Grace
6/29 Ava



Lunch Reminder

Our catered lunches are a easy and nutritious option for your family. If you choose to provide your own lunch please make sure to send it with a cold pack. Also please do not send any frozen lunches, we can reheat food but do not have the capacity to cook them.



Whispering Farms Montessori Academy

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Whispering Farms Montessori Academy is Prosper's first (and only) Montessori school. It was founded in January 2003. Lead Teachers in the Primary and Transition program are Montessori Certified. All teachers are CPR and First Aid Certified. We have a dedicated staff and are proud to have a low turnover in teachers.

Our Goal is to provide a creative environment where each child will excel and learn at their own pace.

We would really appreciate it if parents could place a review about our school on any search engines like Google, Yahoo, etc..