

MARCH 2023

AMCS NEWSLETTER

Alief Montessori Community School

Alief Montessori
Community School
12013 6th Street

AMCS Spotlight

MS. ELENA NOVIO

Position:
Lower Elementary
Teacher

Favorite Food:
Spaghetti

Favorite Book:
Romance Novels

Favorite Song:
Rescue by Lauren Daigle

Fun Facts:

In her free time Ms. Novio enjoys singing and doing arts and crafts. You can also catch her outside riding her bike and camping. She's traveled to many different parts of the world and has a great sense of humor.



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Interdependency is Everywhere

BY: HAYDEN NGUYEN (AMCS 4TH GRADE STUDENT)

Interdependency is always observed in our daily lives. Without it, we can't live. Interdependency is when organisms rely on each other. For example, an interdependency chart has a producer. This producer makes its own food using the sun and water. It relies on the sun, water, and land. The consumers eat it for their own nutritional needs. We eat those organisms for our own energy, and we also use the water and plants. The animals, water, and plants also rely on us. We take good care of the animals by feeding them and trying to save them. We take good care of the body of water, and same with the plants. Interdependence is like a symbiotic relationship where both get a benefit by interacting with each other. Of course, interdependency is seen and experienced all around us. It is in an ecosystem. There are different applications of interdependency. Let me discuss some with you.

One example of this is when we wake up, we automatically feel the energy within us. This comes from the food we eat. The sun provides Vitamin D transferred to the food we eat. . Animals also eat plants to get energy. Like us they are also consumers. Another is we use clean water from the sink to moisten our toothpaste and to rinse. We also use water to wash the dishes and drinking. We clean the water using filters, we take care of the animals by feeding them. We water plants too. We rely on each other. Animals and plants rely on water and each other. Plants rely on the animals to protect them, and animals rely on plants for food if they're an omnivore or herbivore. This happens in farms, sewers, and neighborhood houses. Interdependency is everywhere!

Interdependence is so important to us. It's one big supernatural web which is connected like a web with relationships all around the web. We all are related to each other, and we all rely on each other. Ever since humans first appeared on Earth, interdependency is already there. They depend on each other to survive. How much more nowadays? What if we recognize this and apply this to us? Would it be a much better world to live in?

“Let the children be free; encourage them; let them run outside when it is raining; let them remove their shoes when they find a puddle of water; and, when the grass of the meadows is damp with dew, let them run on it and trample it with their bare feet; let them rest peacefully when a tree invites them to sleep beneath its shade; let them shout and laugh when the sun wakes them in the morning as it wakes every living creature that divides its day between walking and sleeping.”

Maria Montessori



Empathy

BY: MARIA PALACIOS (AMCS PARENT)

Try to imagine being the age your children are now. Try to go back in your mind and heart to your young self, and, if only for a second, try to see the world through the eyes of the child you once were. The younger our children are, the harder it is to mentally go back in time, and pull those experiences from the archives of our memories.

It is easy to forget what it was like to be a child, to remember the innocence and the joy of life's simplest moments, or the hugeness of something that, now, looking back we realize was just a breeze, something we feel at ease with when the memory of it rises to the surface of our thoughts.

Empathy comes from our ability to put ourselves in somebody else's shoes. It is something our children learn from us—from the shared moments during which they witness our interactions with the world. Are we kind? Are we patient? Do we open our minds to welcome lessons of diversity and inclusion? Or do we allow fear dictate the way we react to those different from us? Empathy is important to exercise in our daily lives. One of the best ways to do so is by practicing putting ourselves in our children's shoes —try to walk a mile in their short, yet intense life experiences. Instead of telling our kids things like “It's not a big deal.”, or “You'll get over it.”, try to purposely put yourself there. Go back in time in your memories of being your child's age. How would you have reacted to the same experience? What would you have liked your parents to have said to you?

We often forget that children experience life differently. They don't have enough years stored in their pockets to be able to relate to pain, fear, anger or the many other emotions they must learn to express and control. To young children, life can be very intense. Simple things can be frustrating, scary or overwhelming. As parents, our job is to help our children deal with their emotions in a healthy and safe way. They need to know their emotions are valid. They need to know their emotions are natural. They need support learning the emotional ropes that are part of growing up.



Empathy continued

BY: MARIA PALACIOS (AMCS PARENT)

As a wheelchair user, I automatically have an advantage when it comes to communicating and relating to children. I am at eye level with them. Most children feel comfortable around me almost immediately after their curiosity about the wheelchair is out of the way. It is their innocent raw honesty paired with my short stature what makes communicating with me easier for kids. They seem to have a natural sense of empathy as if they understood how the world to me is always tall. How I have to look up to communicate with non-disabled adults who, more often than not, address me as a child or disempower me through some form of unintended ableism.

When we purposely put ourselves in our children's metaphorical shoes, we are connecting with them heart to heart, soul to soul. We are sharing with them what empathy feels like without having to explain it. Empathy involves understanding emotions, and being able to imagine ourselves in a situation outside our own. However, there is always a thin line between empathy and pity. Empathy involves kindness and understanding. Pity usually involves fear and judgment confused as compassion and kindness. Empathy never passes judgment. Empathy simply means being there, being present, being honest.

So...next time our children feel angry or frustrated, let's try validating their feelings by practicing empathy. By trying to touch the thread of a moment similar to the one our children are experiencing, we get to the core of what empathy is about. Empathy is about trying to feel somebody else's experience of pain or frustration. It is about being able to show, that in a way, we've also been there, that we too have felt what that person is feeling even if the experience is not exactly the same. Empathy means we show our children that we have had the scratches and the scrapes and the heartaches that are part of being human. Allowing our children to witness our humanity is one of the most precious gifts we can give them as it equips them with the ability to understand their own emotions from a place of trust and self-forgiveness.

SUBSTITUTE TEACHERS WANTED

AMCS is in need of Substitute Teachers!

Come work with the amazing teachers and staff at AMCS, learn more about the Montessori method, and support our AMCS community.

Application available in the Main Office.

amcs PODCASTERS

LISTEN AT:

[HTTPS://OPEN.SPOTIFY.COM/SHOW/3H0CDBBU05UBEZHBYHF3MQ](https://open.spotify.com/show/3H0CDBBU05UBEZHBYHF3MQ)

AMCS
VOLLEYBALL



IS IN SEASON!

Reading Topics for Primary Students

Head on over to your local library and check out a book with your student on one of the following topics, that will be highlighted in your student's classroom this month:

Rodeo, Mardi Gras, St. Patrick's Day, Europe, Artists, Spring, Baby Animals, Wild Flowers, and Gardening

AMCS Parent Volunteer Shout Outs!

Thank you to all of our AMCS Parent Volunteers!
We appreciate all your hard work!

**THIS MONTH WE'D LIKE TO SEND A "SHOUT OUT" TO ALL OUR
AMCS PARENT VOLUNTEERS: MARTIN PHAM, NGOC DINH,
DAVID CHARLES, LAURA CURRASCO, BRIAN ORTIZ, ISABEL
CHUACA, MADHAVI PATIKI, AND TU CAO FOR ALWAYS
SHOWING UP TO HELP OUR AMCS COMMUNITY.**

AMCS ONLINE:

AMCS Website

<https://www.amcsmontessori.org/>

AMCS Official Facebook Page

<https://www.facebook.com/Alief-Montessori-Community-School-102144042265960>

Alief Montessori Community Parents Group

<https://www.facebook.com/groups/AMCSParents/>

Did you know AMCS students recite the AMCS Pledge beginning in elementary?

AMCS PLEDGE

I believe in myself and in my ability to do my best.
Today, I will listen, I will speak, I will read and I will
write.

I will do these things with one purpose in mind- to do
my best.

I will not waste this day for this day will come no more.

I can make it a great day or not.

The choice is mine.

Coming up:

Volleyball Practice
MARCH

Class Pictures
Free Dress Day
MARCH 2ND

Library Volunteer Day
MARCH 3RD

Spring Break
MARCH 13TH - 17TH

First Tee Champions
Challenge
MARCH 25TH

S'mores & Stars
(6th Graders)
MARCH 31ST