

**Newburyport Montessori School**  
**Enrichment Program Summary 2008-09**

**Spanish taught by Cristina Meissner**

I am delighted to have your children in our Spanish program at the Newburyport Montessori School. My goal as a foreign language teacher is to make our children feel confident about their ability to learn a foreign language and to speak clearly with a native accent when using the vocabulary and concept they have learned. I introduce children to Spanish through songs, movement, games and group activities to reinforce vocabulary and themes.

During this year, children have worked on different units such as numbers, colors, family members, farm and zoo animals, clothing, food, weather, the calendar with days and months, transportation, parts of the body, greetings and common expressions.. Our classes begin with the Greeting Song and five minutes of review time to go over concepts previously learned. Then, with the use of manipulatives and visuals, we introduce children to new concepts. Because of the emphasis on oral skills songs and story books in Spanish are a great way to reinforce the new vocabulary. We usually finish our classes by reviewing the calendar in Spanish and with a fun game. Time goes fast when you are having fun!

I hope this year of Spanish was a good and positive experience for your children.

**Music taught by Claudia Keyian, B.M.Ed.**

[www.ClaudiaMusic.com](http://www.ClaudiaMusic.com)

It continues to be my great joy to make music with the children of the Newburyport Montessori School. Using the combined philosophies of the three great music educators Emile Jacques Dalcroze, Zoltan Kodaly and Carl Orff, it is my goal to elicit each child's innate musical ability. Dalcroze's focus was on movement, believing that all children will benefit from moving with music. Orff stressed the playing of instruments while Kodaly's focus was on singing; indeed Kodaly was a firm believer that all children can learn to match pitch. (I agree!)

In the **Transition class**, we participated in lots of fun finger-plays, songs with movement, ball-rolling games, and playing rhythm instruments including the drum, sticks and bells. The enthusiasm of classroom teachers Pat and Aida added tremendously to the joy we all felt in this group!

**Kelley, Linda Kay and Debbie's class** played many fun musical games and circle songs. We enjoyed listening to the music from Camille Saint-Saens' "Carnival of the Animals" and were very happy to see the clarinet that Debbie brought in to show us. (The children had heard the clarinet in the piece entitled "The Cuckoo" from "Carnival of the Animals.") Many of our young friends enjoyed singing short solos in some of the songs we sang as a group.

**In Zoe and Beth's class, Donna and Anna's class, Cindy and Linda's class, and Juliet and Linda B's class**, the focus was on singing. The children's singing became more

and more beautiful as the year progressed! Many children sang solos and came up with creative motions for our songs. We listened to music from “Carnival of the Animals” as well as music of J.S. Bach and Corelli.

In the **Extended-Day Kindergarten** class, the children learned about quarter notes, half notes, whole notes and eighth notes and are able to read rhythms containing these note-values. The children especially enjoyed participating in singing games. (We love to sing and dance at the same time!) I showed my violin to the group, and we talked about how sound is made.

### **Yoga taught by Julie Sheehan**

The NMS yoga program teaches children a natural way to exercise, relax and strengthen their bodies, minds and spirit connection. Through the use of strengthening and calming yoga poses, breathing exercises, positive affirmations and a focus on their peaceful hearts, yoga at an early age encourages children to develop self-esteem, while it enhances flexibility, strength, coordination and body awareness. It also offers your children the tools that can help them create a sense of calm and peacefulness from within as they navigate their way through their ever-changing childhood.

- I. **Opening and Centering:** The children join together seated in a circle with legs crossed, hands resting gently on their knees and eyes closed. They are guided in taking a few deep breaths and asked to observe how still they can make their bodies and how peaceful it feels. The opening chime reminds them it’s yoga time and provides a pleasant sound for the children to draw their awareness to something present in this moment where they are.
- II. **Energy Awareness:** Rubbing hands together the children tune into the energy they are and create. They are guided to place smiles into their eyes, heart, belly, knees, feet (for grounding) and any other place they choose that may need a smile that day.
- III. **Breathing Exercise:** (Pat & Aida’s class only): Bunny breath to wake us up and remind us we have a tool to make us feel happy and peaceful. Three short breaths in and one long breath out.
- IV. **Yoga Poses:** The children engage in a series of yoga poses that encourage strength, flexibility and body awareness. The format is structured so that approximately 90% of the poses are familiar and repetitive and the other 10% are new and fresh or are not incorporated into the practice on a weekly basis. Poses your child is familiar with and can show you include:

Butterfly, seed to flower, puppy dog, downward dog, jumping frog, gorilla walks, mountain/statue, tree, shining star/falling star, alligator, crab walking

**Closing Meditation:** The children return to the circle and sit with legs crossed, hands resting gently on their knees and eyes closed. They take a deep breath and put a smile into their peaceful, loving hearts. They are then guided to send this smile out to their friends, teachers, family and every living being. They are reminded that their smiles from loving hearts make the whole world peaceful and happy. They then engage in a simple breathing exercise (to encourage breath awareness); they sing an OM (to experience the power of energy moving through sound); and they offer a “namaste” to their teachers, friends and selves.

