



WEST SIDE MONTESSORI *presents* AN INTRODUCTION TO POSITIVE DISCIPLINE *With guest speaker Chip DeLorenzo* Thursday, Oct. 17 at 7 p.m. ▶ Toledo Campus

Oct. 14, 2013

Upcoming Events

Monday, Oct. 14

WSM Board Meeting
4 p.m. (Toledo Campus)

Thursday, Oct. 17

- Pizza Day (CH-6)
- Lower Elementary Field Trip
8:30-11:30am (Fossil Park)
- Middle School Field Trip
12-3:30 p.m. (Watershed Watch)
- **Positive Discipline Parent Program with Chip DeLorenzo**
7-8:30 p.m. (Toledo Campus)

Friday, Oct. 18

NO SCHOOL/NO CHILD CARE
Teacher Inservice
Staff Appreciation Luncheon

Monday, Oct. 21

8th Level visits Maumee Valley
11 a.m.-3 p.m.

Thursday, October 24

- Middle School Field Trip
12-3:30 p.m. (Waste Water Treatment Facility)
- Destination ImagiNation Informational Meeting (Levels 3-8)
5:30 p.m. (Central Park-Library)

Friday, Oct. 25

- Donuts with Dads (Levels 1-3)
7:45 - 8:15 a.m. (Toledo Commons)
- Upper Elementary Field Trip
9 a.m.-3 p.m. (Sauder Village)
- Toledo Kindergarten Field Trip
1-3 p.m. (Gust Brothers Farm)

Come and learn about the basic principles of *Positive Discipline* and effective tools for encouraging cooperation and mutual respect with children. The program is this Thursday, Oct. 17, beginning at 7 p.m. in the Commons of the Toledo Campus. It's free and open to the public.

Positive Discipline is a program developed from the work of Alfred Adler and Rudolf Dreikurs and designed to teach young people to become responsible, respectful, and resourceful members of their communities. Based on the best-selling *Positive Discipline* books by Dr. Jane Nelsen, it teaches important social and life skills that are encouraging for both children and adults. *Positive Discipline* teaches adults to employ kindness and firmness at the same time.

The tools and concepts of *Positive Discipline* include:

- Mutual respect. Adults model firmness by respecting themselves and the needs of the situation and kindness by respecting the needs of the child.
- Identifying the belief behind the behavior. Effective discipline recognizes the reasons kids do what they do and works to change those beliefs, rather than merely attempting to change behavior.
- Effective communication and problem solving skills.
- Discipline that teaches and is neither permissive nor punitive.
- Focusing on solutions instead of punishment.
- Encouragement (instead of praise). Encouragement notices effort and improvement, not just success, and builds long-term self-esteem and empowerment.

AEF Campaign in Full Swing



Our *Unrestricted Possibilities* Kick-off Breakfast was a success! Thank you to all the families and

Board of Trustee members who came to support West Side Montessori. A special thank you to our guest speakers:

- ♦ Nikita Ajmera – WSM graduate and current senior at Notre Dame Academy (see page 2).
- ♦ Kyrie Lee (LE Bluebird) and Amy Lawrence (Toledo Children's House) – teachers at WSM

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Meet An Amazing Outcome ... Nikita Ajmera

If you were present for the *Unrestricted Possibilities* AEF Kick-off Breakfast last week, you had the pleasure of hearing Nikita Ajmera share her passion for West Side Montessori. As a 2008 WSM graduate, this highly successful young woman fully believes that WSM instilled in her an inspiring foundation resulting in an excitement and focused drive



for learning. She knows that while the same concepts in math, English, science, and history are universal and taught everywhere, West Side has opportunities that no other school has. Because of WSM's unique hands-on approach to learning, Nikita was prepared to soar in and out of the classroom.

As a senior at Notre Dame Academy, Nikita is on an exceptional academic track. She maintains a 4.5 GPA with an intensive course load of International Baccalaureate classes in physics, mathematical studies, and English literature; AP environmental science and U.S. government and politics classes; and honors classes in chemistry and biology.

While balancing this demanding work, she also is an outstanding public speaker and has won several local and statewide competitions:

- Promedica Flower Hospital 21st Annual Speech Competition 2013 *1st place*
- Senate President at the 2013 Buckeye Girls State; elected out of 900 participants
- Head Prosecuting Attorney at the 2012 National Youth Leadership's Forum on Law & CSI

She feels her transition from WSM to Notre Dame Academy was seamless for a variety of reasons.

"Making friends was the easiest thing for me to do when transitioning from West Side to Notre Dame. West

Side taught me how to be polite, how to eloquently carry out a conversation, and how to put others before myself. Because of WSM, I have developed

excellent manners," shares Nikita. That positive and enthusiastic attitude helped Nikita jump quickly into many extracurricular activities at Notre Dame with ease. She is on the tennis team, speech team, student council, and volunteers her time to several area organizations.

West Side can certainly be proud of helping to build the foundation for this successful, well-rounded, humble, and amazing young women. The *better method* of West Side Montessori has led to *amazing outcomes* for Nikita and she is only just beginning her career. "And four years later, I say with firm conviction that I would not be the accomplished 'Woman of Vision' that I am today if it wasn't for West Side," said Nikita.



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West Side Montessori



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Sixth Level Returns From Camp Storer

The Upper Elementary sixth level class enjoyed their four-day, three-night adventure at YMCA's Camp Storer near Jackson, Mich. last week. The group stayed at the camp and participated in team building activities, went canoeing on Stony Lake, and horseback riding.



Oct. 15 Final Day to Schedule Parent-Teacher Conference

Parent/Teacher Conferences are scheduled from 4-6 p.m. on Tuesday, Oct. 29 and Wednesday, Oct. 30, and from 8 a.m.-3:30 p.m. on Thursday, Oct. 31. Parents may call and request specific times for their conferences through Tuesday, Oct. 15, after which conference times will be assigned. Please call your campus office to schedule a time.

Save These Dates

Lower Elementary Donuts with Dads

Friday, Oct. 25
7:45 - 8:15 a.m.

in the West Commons

Flyers for your reservation were sent home in backpacks last week. Please RSVP by Thursday, Oct. 17.

PACC Movie Night

PACC will hold its fall movie night on Friday, Nov. 15 at the Maumee Indoor Theatre featuring *Monsters University!*



Doors open at 6 p.m. and the movie will begin at 6:30 p.m. The cost is \$1/per person. Popcorn, water, and pizza will be available for purchase.



WSM Shopping Fundraiser

Learning Express in Sylvania is once again offering West Side Montessori a shopping fundraiser, just in time for the holiday season. Mark your calendar to stop by on Thursday, Nov. 14 or Friday, Nov. 15.

Lower Elementary Flags Revealed

On Friday, Oct. 4, the three Lower Elementary classes held their annual opening ceremony. Each class revealed its class name and flag for the year. From top to bottom below are: Nice Narwhals (*Bluebird*), Montessori Monarchs (*Cardinal*), and Peaceful Penguins (*Goldfinch*).



Parents' Corner

WSM Family Seeks Part-time Nanny

A West Side Montessori family is looking for a part-time nanny to watch two toddlers and an infant. The hours are Tuesdays and Wednesdays from 10 a.m. until 6 p.m. and every other Saturday night from 7 p.m. to midnight. Qualifications must include: experience with toddlers (ages three and two) and infant (one month old); is patient, active, and trustworthy. Please contact Reem Yousif for an interview via email (yousifreem@gmail.com) or phone at (419) 902-6369.

WSM Spring Fundraiser Committee Wants You

Would you like to join an enjoyable, creative committee as we plan the elements for the awesome annual West Side Montessori spring fundraiser?

The committee is looking for new members to assist in all areas. It's a fun committee and there are many opportunities, including

- ✓ helping to create the ambiance for the event
- ✓ assisting the auction committee or
- ✓ lending a hand in obtaining sponsorships

We also have very specific organizational elements that you can do from home.

If you are interested or want to learn more, contact **Roberta Handel**, Development Assistant, at (419) 866-1931 or email at rhandel@wsmctoledo.org.

Who Should Take The Time Out?

Part II

Guest post by Chip DeLorenzo
Originally posted on May 29, 2013 at
Maximize Your Talent

In the previous article we discussed that we, as adults, are often the ones who need a “time out” when we are angered by our children. We also discussed ways to cool down when we “flip our lid” so that we can naturally reengage our pre-frontal cortex (or rational brain), which regulates emotional responses and interpersonal responses. Now let’s talk about how we can help our children develop their EQ by using a “positive time out.”

To begin with, let’s discuss some of the ways that time out is used with children today. Many parents utilize some sort of punitive time out as a method to discipline their children. This practice became very popular in the 1970’s as parents sought out alternatives to corporal punishment. Today it is used everywhere you find children. Often, it is the primary tool for discipline.

When misbehaving, children are often asked to go to a predesignated area for a specified period of time, or until the adult retrieves them. The guiding ideas behind this discipline tool usually involve the parent wanting the child to think about what they have done, or experience the negative consequence of being isolated with the hopes that this will prevent future misbehavior. Sounds logical, right? However, consider your own experience, as many who

read this article have personally experienced time: If you were sent to there as a child, did you ever take the time to truly think about what you had done? Did you consider the consequences of your actions, and develop contrition and a sincere desire to set things right? I can’t know what you thought about, but I can tell you what I thought about: how to get even, how to not get caught next time, and how to make my parents feel guilty for this obvious injustice!

One of the major tenets of positive discipline is that children do better when they feel better. “Feel better” does not mean pacified or happy at all times. When children are pacified they develop dependency and manipulation skills. By “feeling better” I refer to the experience that children have when taking responsibility for their actions, brought into the problem-solving process, and learn that mistakes are an opportunity to learn. When this happens they develop a sense of capability and responsibility for themselves and their family. In turn they experience a sense of connection and feel better about themselves and who they are.

One of the ways we can help children gain this sense of connection through personal responsibility is to teach them how to respond to stress, anger or sadness. A “positive time out” is an incredible way to teach children self-regulation and successful problem solving.

Continued online - [click here](#)



AEF Campaign in Full Swing

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- ♦ Becca Gorman – parent of Patrick, a WSM graduate, and Rachel, a current MS student
- ♦ Brian O’Neill – WSM Board president and parent at WSM
- ♦ Lynn Fisher – Head of School

Each speaker told their unique perspective of how WSM has had an impact in their lives. It was truly a memorable breakfast. Visit our [website](#) to view the slide show if you were unable to attend the program or to enjoy it again!

For Perrysburg families who were unable to attend the breakfast last Friday, Lynn Fisher and Lynn Cherry will host a conversation over cider and fall treats *Tuesday, Oct. 15* at the Perrysburg Campus from *10:30-11:30 a.m.*, just in time for carline for half day students. We hope to see you there!

All families will receive the *Unrestricted Possibilities!* brochure in your child’s backpack today that outlines our goals for this year’s annual fund, including a donation envelope. This envelope can be mailed or returned to school with your child. Thank you in advance for your support!

Play is the work of a child.

~ Maria Montessori

**Free child care is available for WSM families attending
An Introduction to Positive Discipline.
Please call (419) 866-1931 to make your reservation before
Wednesday, Oct. 16 at 6 p.m.**