

# Health, Wellness, & Tower Garden Class Newsletter (class #1 & #2)

*Hello Montessori Preschool families! Mrs. Stapley here!*

I'm a Health Coach & I teach your kiddos the **Health & Wellness & Tower Garden classes on Tuesdays.**

(Some of your kiddos may have had me last year)



What a joy that is to see them loving & learning to take care of their bodies!

For our **first week** we introduced the concept of “Good sugars vs. Bad Sugars”.  
Ones that are helpful for our bodies & ones that are not.

Here are some wonderful **healthy alternatives** to the chemical filled,  
often addicting common sugars used in foods these days.



It was taught to the kids, that although Honey & Maple syrup are great natural sweeteners, we only need very small amounts per meal. Whereas, the granule forms of Monkfruit & Erythritol can be a 1 for 1 measurement when replacing cane sugar in recipes.

We've got **Liquid Stevia** (over 200 x's sweeter than cane sugar. We are actually growing the Stevia plant on our Tower Garden!), **Raw & Unfiltered Honey**, **Monkfruit granules**, **100% Pure Maple Syrup**, & **Erythritol** aka **Swerve** sugar replacer (won't cause blood sugar levels to spike).



They also taste tested an oh so good for you dairy free & sugar free chocolate chips sample.

They can be found at your local Sprouts or online at Amazon.

- They were then introduced to the amazing **Tower Gardens!**

They learned a bit about how they work (Aerophonically – No soil, through a watering system).  
They are grown in coconut husk mulch. )

As well as how it makes it possible for families with yards as small as even just a porch to be able to have a fresh garden. #Towertotable

### **A few neat facts about Tower Gardens . . .**

- They take up 90% less space than a traditional garden that would be required for the same amount of plants.
- They use 90% less water than traditional gardens.
- The plants (greens, lettuces, veggies, herbs, flowers, fruits) grow 3 x's faster than a traditional garden.
- The Tower Gardens can be placed on a back porch or indoors to grow. (Lights designed for the TG's are needed for indoor growth).

## **Week #2**

We talked about how to “Show Your Body Some Love”.

They were asked, “How many bodies do we get?”

They all knew, just One!

“So we need to learn how to take really good care of it so we can be healthier & happier.”

They watched/listened to the story board version of the “Very Hungry Caterpillar”  
to see how he felt & grew b/c of eating “good healthy foods”  
compared to how yucky he felt when eating lots of “junk food”.

We talked about which foods make us stronger & healthier & which ones don't help our bodies, even though they may taste really good!

Storyboard video here: <https://www.youtube.com/watch?v=75NQK-Sm1YY>



## Our Tower Garden lesson...

consisted of them learning how the whole system works with the water & indoor lights. They got to see what the inside system looks like with a diagram & they all took turns looking into the big water tub where the water pump is located to push the water to the top & then have it “rain down” through the holes in each section of the tower so each plant gets the needed water.

- This week they taste tested Chives! Most of them really liked it!



## THE TOWER GARDEN

The Future of Urban Gardening

- No Dirt
- 90% less water
- 90% less space
- 100% success



Oh! And we always do in each class,

The Healthy Eating Song & dance. <https://www.youtube.com/watch?v=-JldSBUQB34>

(Ask your child if they can remember the fun & simple dance moves to the song and if they'll dance & sing along for you).

Here is a link to check out more info on these amazing tower gardens, and on easy & yummy kids supplements to fill in those “Nutritional Gaps”.

[www.karisstapley.towergarden.com](http://www.karisstapley.towergarden.com)

[www.karisstapley.juiceplus.com](http://www.karisstapley.juiceplus.com)

Or contact me directly, I'm happy to answer any questions you may have regarding Tower Gardens & how to have success with keeping your kids healthy & growing strong!

With much care,

Karis Stapley, The Health Compass [www.compassdevelopment.org](http://www.compassdevelopment.org)

Ps. For more family health tips, you can follow me at

<https://www.facebook.com/The-Health-Compass-by-Karis> or

<https://www.instagram.com/the.health.compass/>