

Health, Wellness, & Tower Garden Class Newsletter (class #5 & 6)



Hello Montessori Preschool families! Mrs. Stapley here!

Week # 5

This week we learned so much about the Amazing Awesomeness of the Power of our Brains!
And how “The mind doesn’t groove if the body doesn’t move”.

Here’s a quick video they watched entitle, “Use your Brain! By SciShow Kids”

<https://www.youtube.com/watch?v=b79xio8qiiY>

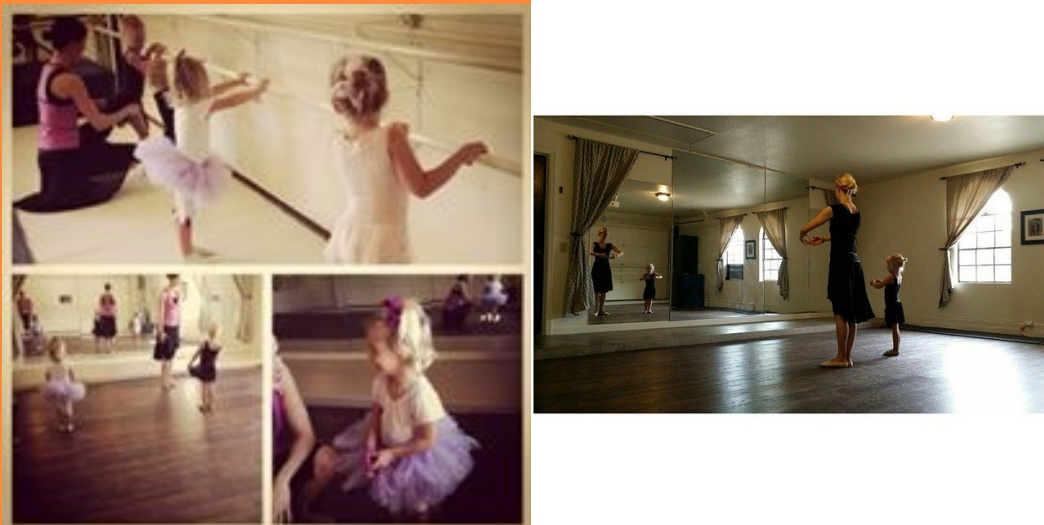
We learned some neat facts about our brains such as . . .

- Our Brains are as soft as soft butter
- Our brains are the “Headquarters” or “Boss of our Body”
- Dancing has been scientifically proven to be one of the very best exercises for our bodies
 - Your brain is like a muscle, so we need to keep learning our whole lives to keep it strong

Since dancing is one of the very best types of exercise for our brains, we all had fun taking turns coming up with dance moves for the whole class to do together.

We danced to, “I Feel Better When I’m Dancing” By Meghan Trainor
<https://www.youtube.com/watch?v=pkCyf8ibibI>

Throw back to when Mrs. Stapley ran a Dance studio & taught Ballet, Lyrical, Jazz, & Tumbling!



Class #6

We Welcomed in the Autumn season
by learning about Pumpkins, its seeds, & the many benefits of them.
And briefly that its “cousins” are the zucchini, squash, & cucumbers.

There are so many different types of pumpkins & Gourds!



The kids got to taste test “**Pepitas**” – The green seed inside of the white pumpkin shell.

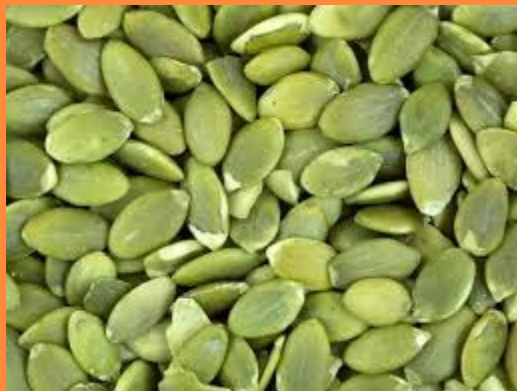
Many were asking for more!

They can easily be found at your health food store year round.

The best form to consume them in is RAW, to receive the most benefits.

Here are just a few of the benefits of “Pepitas” or “Pumpkin Seeds”

- They strengthen the Immune System – good source of Vitamins C, B, & A
 - They Protect your Skin – Vit. A Renews skins cells & smooths it
 - Improves Heart Health
 - Helps the body detox from parasites.
 - They are full of Fiber, Proteins, Vitamins, & Minerals
- They Can Boost your Mood- Boosts serotonin to help you relax & unwind.



This week they were also introduced to The Vegetable Song for kids. It was a hit! Enjoy!

<https://www.youtube.com/watch?v=RE5tvavnVak>

For Our Tower Garden lessons...

The kids have really continued to enjoy sampling a variety of greens, Herbs, & veggies from our fast growing Tower Garden.

They recently taste tested Chives for example...

Just a few Benefits of Chives:

- Strengthens Bones
- Improves heart health
- Full of Antioxidants like Vit. K & Quercetin, that help protect against cancers
- They are full of Nutrients such as Potassium, Iron, Calcium, Vit. A & C, Folate, & niacin.
- They may help alleviate stuffy noses & colds since they have high Vit. C levels



Here is a quick Time Lapse video that was shared with the kiddos of how much growth can happen on these towers in just 4 weeks!

<https://www.youtube.com/watch?v=JG-z1Or4RTE>

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).

Here is a link to check out more info on these amazing tower gardens

www.karisstapley.towergarden.com

And on easy & yummy kids supplements to fill in those “Nutritional Gaps”.

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

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/>