

# Health, Wellness, & Tower Garden Class Newsletter (class #9 & 10)

*Hello Montessori Preschool families!*

## Week # 9

This week was all about: Staying healthy during cold & flu season & what to do to fight off sickness.

We watched this little video on “Colds, Flu, & You”

<https://www.youtube.com/watch?v=4uzNnKm41W8>

We then talked about some simple, yet important things we can do

To stay healthy such as...

- Drinking Lots of Water
- Relaxing in Warm baths
- Lots of Rest & Sleep
- Eating Healthy Foods (lots of Veggies, Some Fruit, Soups, Broth)
  - Taking vitamins & whole food nutrition
  - Avoiding sugar as much as possible

**PARENT TIP:** Having your cutie soak in a warm bath for 20-30 mins in Epsom Salt (mineral salts) can help speed up the healing process



## Week #10

### This week was all about: The Importance of Brushing our Teeth

We watched this little video from Scishow Kids : Why Do We Brush Our Teeth?  
<https://www.youtube.com/watch?v=aOebfGGcjVw>

Your kiddos are so Bright and Quick to understand why these Things help us stay Healthier, Stronger, & Happier!

### For Our Tower Garden lessons...

- The kids got a chance to help tend to & care for our new baby seedlings!
- Some of them helped spray the plants with a natural Neem oil mix to help keep away a little bugs that may want to eat our food!



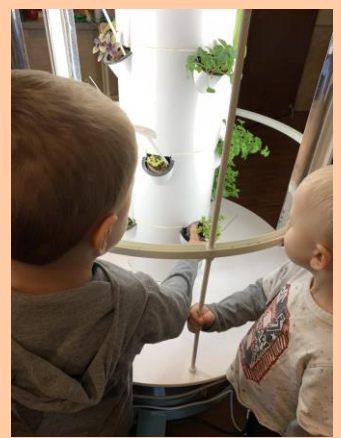
-We also measured the height of a few of the plants so we could see how quickly they are growing over the coming weeks.



\*For example, the seedling Mint plant started out at our measurement of 4 ½ in. tall & 2 weeks later it was 7 in. tall! Whoah! We talked about how awesome that is for us so we can eat them sooner and how good it is that us humans don't grow that fast; or we'd be giants! Hahaha!

- We also learned why we are able to cut or pull off some of the leaves of the plant & eat it and it will still continue to grow in the tower again, and again, and again for about 3-5 months even!

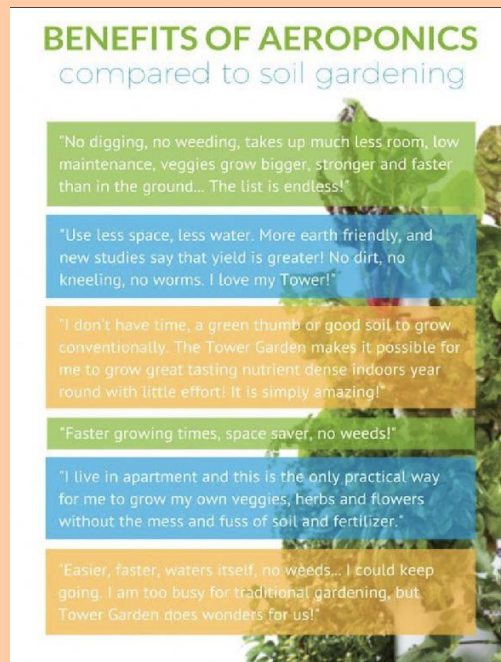
Today some of the kids got to help add some new seedlings to the tower!  
They Loved it!!



**Ta- Da!! They did so great!**

\*\*\*I am sooo very impressed how nearly every child is willing to at least give these Oh so beneficial greens & veggies a try!

You can't get fresher (And full of all the nutrients) than Tower to Mouth or Tower to Table!



Here is a link to check out more info on these amazing tower gardens  
[www.karisstapley.towergarden.com](http://www.karisstapley.towergarden.com)

### *Parent To Parent: Did you know? . . . .*

**The recommend servings of Fruits & Veggies that we need  
To be consuming every day is 7-13!?  
And only a mere 5% of Children in the US are hitting  
That mark each day?**

**It can be tough to hit that target, even for the most  
Diligent health minded parents.**

**Here is an EASY, SIMPLE, & YUMMY way to get 30 (yes 30) Fruits & Veggies into your  
Kids growing bodies & brains to fill in those "Nutritional Gaps" in the form of a  
gummie.**

**Check it out! My kids love them!  
And I'm happy to share more with you  
Or answer any questions you may have.**

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

## *And Last but not least!*

*Did you know that when our tower plants get big enough, we harvest them & set them out for your family to take home & enjoy?*

*Pretty sweet, huh?!*



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/>