

Health, Wellness, & Tower Garden Class Newsletter **(class #11 & 12)**

Hello Montessori Preschool families!

Week # 11

This week was all about:

“What’s the difference between Fruits & Vegetables?”

We watched this little video on the topic from Scishow Kids:

https://www.youtube.com/watch?v=DTK-uWx_VQo

We then used our kids toy “brown grocery bag” & plastic Fruits & veggies to play the game of which is a veggie & which is really a fruit.

Week #12

This week was all about:

**“How do our bodies Heal themselves from
Physical injuries?”**

We watched this little video from Scishow Kids :

“How do cuts heal?”

<https://www.youtube.com/watch?v=cLEdznnTT8s>

They Loved this topic & all had stories they wanted to share
Of a time when they got hurt & how they were helped to get it healed.
It was too cute!

We talked about how different types of “ouchies” need different things
at times to heal, such as band-aides for cuts, Natural Arnica for bruises,
and bigger things like casts or slings for broken bones.

Parent Tip:

Have you heard of the Natural Homeopathic gel/cream/pellets called ARNICA to help with muscle aches, pain, swelling, & bruising in & on the body?

It can be found at your local food health store such as Sprouts or Natural Grocers.



The Healing Power of Arnica Montana (Leopard's Bane)

- Bruising
- Muscle cramps
- General soreness and pain
- Abscess
- Hematoma
- And so much more!



From Our Tower Garden lessons...

- The new baby seedlings we planted a few weeks ago have gotten soo big, so fast!



- Some of them helped spray the plants with a natural Neem oil mix to help keep away any little bugs that may want to eat our food!
- They also taste tested the Oh so fast growing Mint plant! Most kiddos love it! Mint helps to aid in good digestion & focus. Yay for those pluses!
- You can't get fresher (And full of all the nutrients) than Tower to Mouth or Tower to Table!

MERRY CHRISTMAS & HAPPY HOLIDAYS!!

'Twas the season of illness
And all through the town
People dropped like flies
From the viruses around.

But because of these gummies
And its science that proves
Our immunity is balanced
Through these sweet little chews.

Over 30 fruits and veggies
antioxidant rich berries to boot
Equals no copays or sick visits
Saving our family some loot.

Just one simple change
An investment that finally
Moved mountains and helped
our immune systems so mightily!



healthy STARTS
FOR FAMILIES
by jessica phillips

Parents reported
the following about
their children:

 **66%**
visited the doctor less

simple.	simple.	Simple.
+ apple	+ raspberry	+ broccoli
+ peach	+ bilberry	+ parsley
+ cranberry	+ blueberry	+ tomato
+ orange	+ cranberry	+ carrot
+ mango	+ pomegranate	+ garlic
+ lemon peel	+ concord grape	+ beet
+ acerola cherry	+ black currant	+ spinach
+ pineapple	+ blackberry	+ cabbage
+ prune	+ elderberry	+ lemon peel
+ date	+ artichoke	+ rice bran
+ beet	+ cocoa	+ kale

d over-consumption. from all non-GMO vors, or



#gethealthy
#stayhealthy
#simplenutrition
#mykidslovethese
#easytogetinfruitsandveggies
#couldyougetyourkidstoeatthatmanyfruitsandveggiesinoneday

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.

**Did you know?... You can get your kiddos on these gummies for
FREE by you
taking these Fruits, Veggies, & Berries yourself?**

<https://karisstapley.juiceplus.com/us/en/get-started/healthy-starts-about>

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/>