

Health, Wellness, & Tower Garden Class Newsletter (class #7 & 8)

Hello Montessori Preschool families! Mrs. Seapley here!



Week #7

This week we learned about the **POWER** of **HERBS & SPICES**!
And combined that with our Tower Garden lesson.

We focused on **PEPPERMINT, GINGER ROOT, & CINNAMON**.

The kids got to see what forms they come in, what they smell like, and taste test
Fresh Mint from our wonderful Tower Garden!

We talked about what foods/drinks we would find and use these in.

A few benefits of ...

PEPPERMINT: Good for seasonal allergies, pain relief of muscles, helps reduce
nausea, improves brain focus & function, relaxes & soothes skin.

GINGER ROOT: Warming & anti-inflammatory - good for sore muscles,
soothes sore throats & congestive coughs, eases nausea & upset stomachs,
Addresses ear infections.

***Mom to Mom Tip: Add some Ginger Root (fresh slices or 1/2 cup grated if possible OR a
teaspoon of powdered ginger) to

Your kiddies bath tub when they have a cold or flu. Let them soak in it for an - 30 mins.
It helps to relieve

their aches, soreness, and speeds up the circulation which creates heat
and therefore for helps the body to detox.

CINNAMON: Controls blood sugar levels, helps cognitive development & memory,
helps treat symptoms of IBS, improves health of gums & teeth, relieves muscle pain, relieves colds,
sore throats, & cough, relieves a headache, contains iron, fiber, & calcium & other great
antioxidants to help repair bodily cells.

