

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

*Hello Montessori Preschool families! Mrs. Stapley 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 tummies,  
Addresses ear infections.

\*\*\*Mom to Mom Tip: Add some Ginger Root (fresh slices or ½ cup grated if possible OR 1  
teaspoon of powdered ginger) to

Your kiddos bath tub when they have a cold or flu. Let them soak in it for 20 – 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 throat, & cough, relieves a headache, contains iron, fiber, & calcium & other great  
antioxidants to help repair bodies cells.

