

# 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.



## **Class #8**

This week was all about the Importance of WATER & SLEEP for our bodies!

Here are a couple of quick, fun, informative videos the kids watched on why we need water!...

“Water is Everything”

<https://www.youtube.com/watch?v=gjuhAVH-BU8>

“Importance of Drinking Water for Kids”

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

A great little video we watched & discussed on Sleep:

“Why Do We Need Sleep?”

<https://www.youtube.com/watch?v=aAmaCeq9v4>

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

They recently taste tested **CELERY** for example...

Just a few Benefits of CELERY:

- Strengthens your Immune System
- Helps Reduce Headaches & Asthma
  - Calms your Nerves
- Full of Vitamins & Minerals like: Potassium, Manganese, Calcium, Vit. K, Vit. A, & Folate
  - Aids in your Digestion
- Helps maintain a Healthy Brain



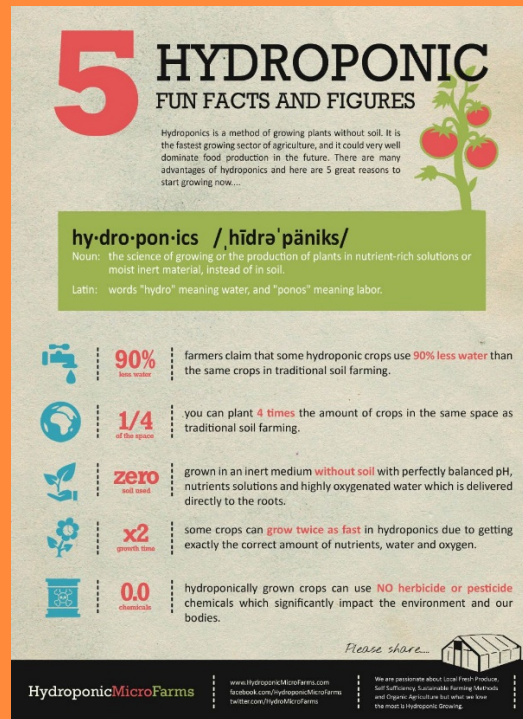
\*\*\*I am sooo very impressed how nearly every child is willing to at least give these  
Oh so beneficial greens & veggies a try!

**And you know what?**  
Most ALL of them like it and are asking for more!

For me personally, I have never tasted more potent & full of flavor  
Celery in my life than I have from these Tower Gardens!

You can't get more fresh (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)

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

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