



Harborlight Parent Association Newsbrief

The Harborlight Parent Association's Annual Fundraiser begins Friday, September 17th and ends Friday, October 8th.

This is the only annual fundraiser that supports the HPA and all the wonderful events and programs the Association brings to the School.

- To give our families and friends product options, the HPA has added Tupperware to the regular offering from Innisbrook Wraps. Look for complete sales kits in your mailbox Friday, September 17th.
- The fundraiser runs for three weeks and all proceeds go to the HPA.
- In years past, the revenues have funded valuable student enrichment programs, such as "A Week of Bread" (a parent led program that looked at the scientific, historical and social impact of bread throughout the ages) , High Touch High Tech (a hands-on science program), and Starlab (a portable planetarium). The HPA also funds such desirable family events as the Fall Festival, the Winter Snowdeo, and Game Night. Teacher Appreciation Week would not be the same without the annual HPA Teacher Appreciation Lunch, an event all faculty and staff look forward to.
- Friends, neighbors, business associates and out-of-town family members are welcome to make purchases as well—so spread the word. The HPA receives 50% of all sales through Innisbrook and 40% on the Tupperware fundraiser line (20% from the catalog).

So support your HPA—shop for Innisbrook products through the catalog or on line at www.innisbrook.com (Harborlight's ID # is 108313). Tupperware merchandise may be purchased through the flyer or on line at <http://my.tupperware.com/tupperjodie>.

Thank you for supporting *your* Harborlight Parent Association!

Please join us for the first meeting of the HPA - Thursday, September 23rd at 8:45 in the Library/Media Center.

Make Your Child's Lunch Trash Free

Beginning September 2010, Harborlight encourages all families to institute a Trash Free Lunch Policy. To do this, make sure that you pack a nutritious lunch in a **reusable and closable container** with your child's name on it. Children often bring home food that they do not eat and using a closable container will prevent spills inside and outside of the lunchbox. Juice boxes are not closable once opened and cannot be recycled, so please send juice, water, or milk in a thermos or other closable container.

Having your child participate in the packing of their own lunch provides a great opportunity for the development of independence and the learning of responsibility. Planning ahead and involving children in the age appropriate tasks of shopping for nutritious food, and then packing it in their own lunch bags or boxes, turns the entire process into a fun learning activity. At Harborlight, we begin teaching about good nutrition at a very young age and the students who read begin to learn how to find the ingredients on packages in order to make good food choices. Keeping a bin in the refrigerator stocked with different foods which children can choose from will expedite the lunch packing process.

Preparing for and eating lunch together in the classrooms is an integral part of the school day as lunch and snack times are also social experiences for your child. The teachers introduce good habits of healthy eating and table manners in the classrooms. During lunch

and snack the emphasis is on building community and respecting others while learning good nutrition and food preparation. This process begins at the toddler level where grace and courtesy and practical life activities such as setting the table, retrieving lunch from the cubbies and cleaning up are all part of the experience. The older children learn how to recognize environmentally unfriendly packaging and "fast food" type containers that pollute our earth and how to make educated purchasing decisions.

Tips to assist you as you help your child learn independence and responsibility:

1. Please make sure that your child is able to open and close their lunch box or bag and all of the containers without any help from anyone else. (NB: Toddler & young 3-year-olds need and receive assistance.)
2. Food that needs to be reheated at School will be done so on a non-plastic surface. To assist in this process, please send any food requiring a reheat in a microwavable glass or ceramic container.
3. Please make sure that all containers can be closed tightly so that leftovers may be brought home without spilling all over everything.
4. Please refer to the Parent Handbook and review the School's policies regarding food and ideas for snacks and lunches.

Thank you for taking the time to read about Trash Free Lunch Policy and the School hopes to seek your cooperation in its implementation.

Remember...Harborlight is a Nut Free School!

Parents can purchase a healthy lunch alternative to the brown bag from **Dom's Trattoria** in Beverly Farms. Dom's offers a healthy, nutritious menu of child friendly lunch options that are packed and delivered to the School. All foods are made with healthful whole grains, fresh local produce (when available), and naturally raised meats. Click on the link provided on Harborlight's Parent page on the web site to place your orders: <http://harborlightmontessori.org/parents>.

Bon Appetit!

Did you know that on average, a child using a disposable lunch creates 67 pounds of waste every year?

Harborlight is making an effort to reduce waste. As parents, we encourage you to do the same. Consider purchasing eco-friendly products from area vendors or web-based companies that offer environmentally friendly and chemically safe reusable products. Recommended sources include:

- Green Life Natural Living Store, 196 Main Street, Gloucester
- or go to www.kidskonserve.com and receive 15% off every order—**20% off in September** if you use the coupon code printed below!

Coupon Code:

Schools2010

www.kidskonserve.com

Veggie Pita Pockets (or "not your grandmother's cucumber sandwich")

Ingredients:

Hummus (recipe below)

Ripe avocado, pitted and sliced

Cucumber and/or bell pepper, seeded and sliced thin

Shredded carrot

Whole wheat mini (3 inch round) pita pockets (lightly toasted if preferred)

Spoon about 1 tablespoon of the hummus into pita pockets. Add avocado, cucumber, and/or pepper slices (or other favorite veggies), plus a few shreds of carrot. Season to taste with salt & pepper.

Pack in hard container to prevent sandwiches from getting squished.

Hummus:

15 ounces canned chickpeas or white beans, rinsed and drained

1 to 2 tablespoons water

1/4 cup grated manchego or pecorino Romano cheese (optional)

2 teaspoons freshly squeezed lemon juice

1 teaspoon kosher salt (or more to taste)

Pinch red pepper flakes

1/4 cup extra-virgin olive oil

Puree chickpeas/beans, water, cheese, lemon juice, salt & red pepper flakes in food processor until completely smooth (about 5 minutes). While the motor is running, pour in olive oil & process until fully incorporated & velvety. Season with pepper to taste. Left over hummus makes a great veggie dip!

More from *your* Harborlight Parent Association...

Opportunity Knocks...

There are several great volunteer opportunities available this fall at Harborlight, so please consider giving some time if you can...

•**Destination ImagiNation Team Co-Manager:** 1 hour per week @ home; 1-2 hours per week @ School September through February. Additional sessions prior to the tournament. One Saturday for training and one Saturday for the tournament.

•**Salem Haunted Happenings Parade Event Coordinator/Co-Coordinator:** 1-2 hours @ home, plus a couple of hours at the Parade. This is a wonderful community event held in downtown Salem on Thursday, October 7th. Help coordinate & market to Harborlight families and friends to march for the School.

•**Fall Family Festival**—October 23rd (rain date October 24th). **Co-Coordinator** for approximately 5 hours @ home & a couple of event meetings. Help oversee this fun family friendly event. **Music/Entertainment Coordinator:** 1-2 hours @ home. The Festival comes alive with music & entertainment. **Refreshment Coordinator** 4-2 hours total - what's a Festival without great food & the Annual Chili Cook-Off?! Ditto for **Activities & Games** - **Coordinator(s)** needed for 4-6 hours!

Check out the bulletin board in the School's main lobby for further details & to sign up for these and other volunteer opportunities as they arise.

Thank you!

The average elementary school creates 18,760 pounds of lunch waste every year - Let's kick the habit of buying disposable bags and single-serve packaged foods & reduce trash!

Book Corner

Want to learn more about the incredible education you have chosen for your child? One of the newest titles on the bookshelf is Montessori Madness by Trevor Eissler, a business jet pilot and flight instructor, and father of three Montessori students.

To read more about Montessori Madness and its author, or to order a copy for yourself and/or friends, go to www.montessorimadness.com.

Here are a couple of reviews:

What's great about this book is that it is written by a Montessori parent for other parents who may or may not have already discovered Montessori education for their children. It's easy reading and passionately makes the case for choosing Montessori.

-Nirvair Khalsa, Head of School, Khalsa Montessori School

The beauty of Montessori Madness is that it is written very objectively, and presents an "outsider's" view of the method. It is a great tool for explaining Montessori in lay person's terms and for helping to eliminate skepticism that many people feel at first about the method.

-Alan Koesten, Principal, Marware Montessori Academy