



WINTER 2022
VOLUME 7 ISSUE 2



cmh connections

CMH students benefit from seasoned and knowledgeable teachers and staff, and we want to take this time to celebrate our teachers and their commitment to our school. Navigating teaching virtually and through a pandemic, all of our teachers have met the challenges of the new normal and remained committed to teaching our students in a true Montessori fashion. Every anniversary is worthy of celebration. Since February is the season of love, join us in sending some love and hearty congratulations to our tenured staff members, especially those achieving milestone anniversaries this year!

CMH FACULTY YEARS OF SERVICE MILESTONES

5 YEARS+

- 6 Nicki Thomas
- 6 Lisa Tompkins
- 6 Karen Whitlock
- 7 Birte Buse

10 YEARS+

- 10 Anne Kroger
- 10 Blanca Mosconi
- 10 Emily Seger
- 12 Megan Kelly

15 YEARS+

- 15 Veronica Brannen
- 16 Theresa Bell
- 16 Andrea Glassmeyer
- 18 Kim Kimmons
- 19 Michelle Meder

20 YEARS+

- 20 Jeanne Berter
- 21 Casey Reed
- 24 Diane Gersten

25 YEARS+

- 27 Dana Dale*

30 YEARS+

- 32 Margaret Pfarr

45 YEARS+

- 49 John Phenix*

★ Wow! CMH Alums, do you recognize former CMH staff member, Molly Wilkins, pictured above in the red coat? She recently returned to CMH as an aid in Junior South.



*It is with great joy and sadness that we announce the plans of retirement of John Phenix and Dana Dale in May 2022.



Please share your memories of these two beloved teachers by March 30th.

Email photos or notes to:
cmhalumninews@cmhschool.com.

Or go to:
www.tribute.co/john-phenix/
www.tribute.co/dana-dale/
to record your tribute

“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.”

-Brad Henry Love

UPCOMING EVENTS

February

- 18 Teacher In-Service Day
No School
- 21 Presidents' Day
No School
- 28 Seniors Science Fair

March

- 28 Spring Break Begins

April

- 4 School Resumes
- 7 "Walk in Their Shoes"
Parent Social
- 8 2022 Roots to Wings
Auction Preview
- 9 2022 Roots to Wings Auction:
A Virtual Event
- 12 Parent Education Workshop
(via Zoom)
Planes of Development
- 15 Teacher In-Service Day
No School



For more information,
visit cmhschool.com
or follow CMH on



LETTER FROM THE DIRECTOR

CMH Community,

Now that we have embarked upon a new year it is natural to reflect on the past and plan for the future. How do we do this in the year 2022? We have lived in the midst of a pandemic for the last two years, expected to manage the uncertainty of each day. How do we look back or envision the future when our minds are consumed with the present day challenges?

Sigh, pause, deep breath...



"Hope is being able to see that there is light despite all the darkness."

- Desmond Tutu

CMH has continued to evolve and adapt over the last 49 years, and remains grounded in our Montessori practice. We have achieved a historic year of enrollment and are on track to celebrate our 50th Anniversary next year with even more families. There is always much to be considered and accomplished, but the consistent factors in this equation remain the same: committed leadership + extraordinary faculty + past and present families whose tremendous impact allows for the hopes and dreams of our school community to keep shining bright.

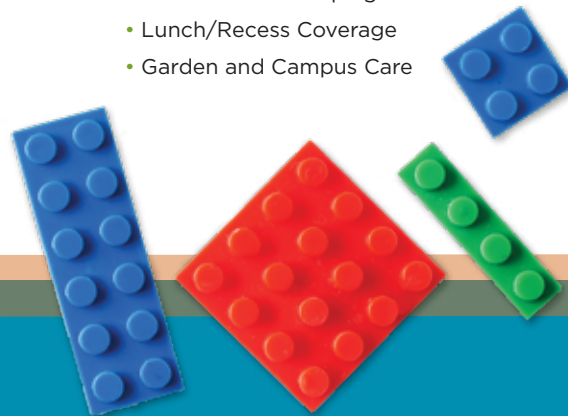
So, let's start the new year by channeling some of our hope into supporting the CMH we all value and treasure!

There are many various ways you can make a difference in the lives of our students, faculty and families, so consider some of these:

- Auction Committee
- 50th Anniversary Committee
- Middle School Committee
- Office Support
- After Care Program Coverage
- Annual Fund Campaign
- Lunch/Recess Coverage
- Garden and Campus Care

Warmly,

Casey Reed
CMH Director



SPORT FOR THE MIND

Dean Kamen, engineer and inventor, began the **FIRST LEGO League Challenge (FLL)** in 1998 for students in grades 4-8. Kamen's non-profit **FIRST foundation (For Inspiration and Recognition of Science and Technology)** also creates the **FIRST Tech Challenge (FTC)** and **FIRST Robotics Challenge (FRC)** for high school students. There are currently more than 54,000 FLL teams on the planet who compete yearly in a scientific and real-world challenge. Teams learn about and research the yearly challenge topic in addition to building and programming a LEGO robot to compete autonomously on a 4' by 8' competition table with LEGO missions inspired by the challenge topic. Cargo Connect, which is the 2021-22 theme, involves the very timely topic of

the transportation of goods and services. Scrimmages and competitions are held locally with the top teams advancing to state, national, and international competitions.

The CMH Blazers robotics team consists of 10 students in the senior class, which is the maximum number of students allowed per team. They have built their robot and 16 challenge missions, as well as learned the programming language. In their first competition, the CMH Blazers qualified for the District competition, the next step on the way to the State Finals! During the competition season, team members will continue to learn about the problems involved in the transportation business while settling on a problem to solve and

developing a solution. They would LOVE to learn from any parents, grandparents, aunts, uncles, and neighbors in this business. Please reach out if you have a contact. Stay tuned for the amazing things these students will do and learn as the competition season progresses.



It is hard to believe that it is already 2022! The pre-primary classrooms are in full swing now and the children are very busy. The works in our classroom continue to change regularly as we add new concepts and skills which build upon each other. One important piece teachers consider when setting up new works for the classroom is something Maria Montessori called the sensitive periods of development. Sensitive periods are described as a time when a child is more likely to gain knowledge in one specific area. They vary from child to child but are typically seen sometimes during the three year cycle. Understanding the developmental stages of a child is highly valued in Maria Montessori's methods and is one reason why each year and group of children is handled based on their unique needs. Maria Montessori stressed that the environment must reflect the particular developmental period of the students. A few important sensitive periods seen in a pre-primary classroom are for order, language, movement and small objects.

The sensitive period for order is seen in many aspects of the classroom. The shelves are meticulously organized from the simplest to the most complex, and everything has an exact place on the shelf. Each lesson is presented in a particular order which most children try to mimic in order to come up with the same results. For example, when the teacher shows a lesson on shaving cream at the easel, we show students to get the water before covering their hands in shaving cream. If a child does not get the water first, as a natural consequence, they end up with hands covered in shaving cream. Hopefully they will help them remember next time to get the water before they start. This sensitive period for order helps children learn how important it is to pay attention to even the smallest detail.

The sensitive period for language is also seen within the children. This period begins well before entering the classroom. It usually begins at 4 months old and is a time when children are more susceptible to picking up sounds and forming a language. Even before children are able to speak words, they are absorbing everything that is going on around them for future language use. This stage is the hardest and therefore lasts the longest. When they are in the classroom environment, the children are getting a lot of new language, such as names of colors, shapes, objects and descriptive words such as tall, short, thick, thin and long. This language may seem simple but can be new for many of the young children in the class.

The sensitive period for movement is very important because this is when the child begins to explore. As a child begins his

or her physical activity they begin to use certain muscles. As they get older they may use muscles in a particular activity that are not used in other activity. For example, a ballerina and a surgeon do not use the same muscles. Therefore, the muscles a child chooses to use has a strong influence on their individual personality. Works such as the pink tower, brown stairs, painting at the easel, golden bead materials and scrubbing activities all cater to the sensitive period for movement.

Another sensitive period is that of small objects. Children, beginning at the age of two, start to notice the small things in life that even we, as adults, may not notice. Ironically, many adults assume that children are attracted to more obvious objects such as bright colors and lights, however this is not always the case. Many Montessori materials have very small pieces to cater to that interest.

As teachers, we keep so many things of these stages in the back of our minds when preparing the environment for children. Maria Montessori described the classroom as the "prepared environment in which the child, set free from undue adult intervention, can live [their] life according to the laws of [their] development." (Maria Montessori Her Life and Work) Although times have changed since Maria Montessori taught, we as teachers continue to use her theories and teachings to guide us when we prepare our classrooms and work with your children each day.

THE PRE PRIMARY TEAM

*Andrea, Anne, Colleen, Birte,
Jessie, Marlis, Megan, Michelle,
and Jeanne*





Our children came back from Winter break excited to delve back into lessons, reunite with friends, and to return to the familiarity of their respective classrooms. We have been working on reflective and mindfulness practices such as gratitude journaling, growth mindset discussions, yoga, meditation, and social stories in order to build our toolkit of peace and harmony. Such activities are practiced nearly everyday and the children look forward to their time of quiet and personal reflection. Artistic reflection inspired by The Dot (Peter H. Reynolds) will surely make beautiful art show pieces. As Montessorians, we believe that if a child has peace in their hearts and calm in their minds, they are able to learn and grow much easier.

Junior children have been heavily focused on the study of Africa and everything that embodies this beautiful, vast, and incredibly inspiring continent. Many of our students have been entranced with the study of people who lived in the ancient civilizations of Egypt. They have done experiments pertaining to mummification, studied the creation of Canopic jars, the geometric principles of pyramid building, and research of some of the great pharaohs who reigned during the time of Old and New Kingdom Egypt. We have been really enjoying the presentations of country research projects throughout both classrooms and are delighted to see how children are able to demonstrate their abilities of research and writing. Presentation skills are something we begin to focus on in the 6-9 program, as children are more comfortable speaking in front of their peers.

Dr. Martin Luther King, Jr. and the study of

other important civil rights leaders have been an important cornerstone of our reading and writing curriculum this winter. Junior children have learned a lot about the importance of inclusivity, diversity and civil rights through read alouds, individual research and short videos. We are proud to stand by one of Dr. Montessori's most beautiful declarations, when she said "Education is the best weapon for peace." Junior classrooms strive everyday to embody the principles of Dr. Montessori and other peace leaders.

THE JUNIOR TEAM

Diane, Anne, Karen, and Kim



OUTDOOR EDUCATION

WITH VERONICA



“ Part of the lure of keeping a journal is the world you enter when you open it. Working in it sets up an island of quiet and deliberateness to which you will long to return. **”**

-Hannah Hinchman

AN ISLAND OF QUIET AND CALM

Every CMH student is keeping their very own special nature journal this year. Most weeks, some of our Nature Study time is spent with our journals. We might grab a yoga mat to sit at ground level, find a fallen log in the woods, or take a bench in the Phenix Pavilion, but we know journaling time is spent quietly and being still. Some children might have notes, drawings, leaf rubbings, taped items gathered outdoors, Grow Lab data, poems, records of bird sightings and more that they have chosen to put on the pages of their journal.

NEWS FROM SENIORS

Although we didn't get the gift of snow, the Senior class ended the semester in the Holiday spirit. The room was overflowing with new gadgets and wrapping paper after our Secret Santa Exchange. A good time was had by all! We hope you all had a restful and rejuvenating break and we are now back in full swing.

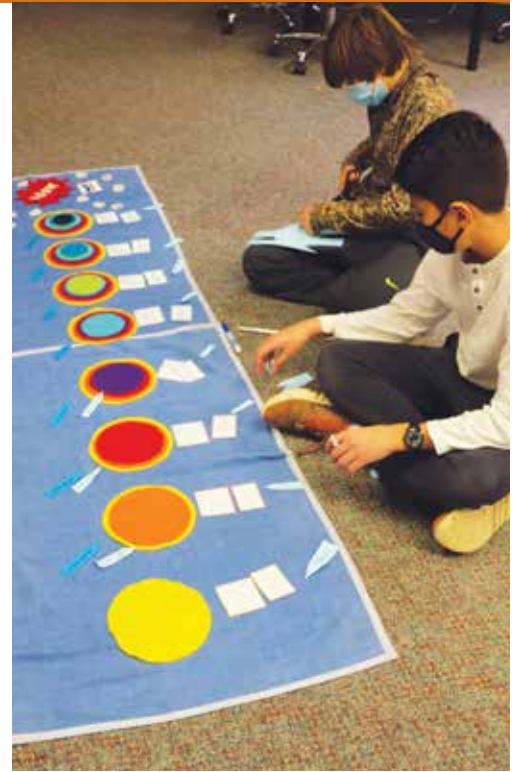
We welcomed Lisa back into the classroom this semester. She jumped right back in, starting lessons for our up-and-coming astronomy night. Students will be diving deep into the world of space, studying our planets, stars, and what lies beyond. We always look forward to class-wide projects and are excited for this extended study.

Another tradition we look forward to is the realization of our students' science fair projects. From the sparking of an idea, to creating a method of experimentation and reporting their finds, students never cease to amaze us in these projects. At the end of February, each student assembles a board and presents their research and findings to the class. It is the exciting culmination of the spirit of scientific inquiry that the students eagerly look forward to sharing.

The New Year always brings about fresh energy, creativity, and diligent workers in the Senior Classroom. We look forward to this time of focused work.

THE SENIOR TEAM

John, Dana, Lisa, and Rachel



We know Nature Journaling promotes creativity, encourages curiosity and observation, and aids in self expression, but there are many other benefits that are so valuable, especially in these crazy times that even the youngest can sense and feel. Our connection to nature is deepened as we gather our journal, settle our bodies, and take time to look, listen, smell, and touch the world right around us. When we take our journal break we can calm our busy minds and take time to breathe and relax, most likely unaware of the gentle slowing of our pulse and heartbeat. We find mindfulness as we focus on the present moment, not concerned with past or future, but just soaking in the here and now.

Ask your child about their Nature Journal to see if they long to return to their "Island of Quiet".



ALUMNI SPOTLIGHT

ELIZABETH BREWER

Hello wonderful Children's Meeting House family and friends!

My name is Elizabeth Brewer. I began my Montessori school education attending CMH when I was 3 years old. I followed in the footsteps of my three older cousins, who all attended CMH! One of those cousins was Rachel Eberhard, who is now the new Senior Class Teacher!

Children's Meeting House has shaped my life in so many beautiful ways. For one, at Children's Meeting house, my teachers empowered me to know and believe that every BODY is important. At CMH, I felt not only that I mattered, but that everybody mattered, and we did. We mattered to each other because we learned from each other. I remember being read to by the grades above me, and then, later, being able to read to the grades below me. This is the way we learned in Montessori, and how I learned to be a teacher.

Not a single child had a disability, rather, some of us were differently-ABLED. Some of us excelled at mathematics, some of us excelled at writing, some of us talked a lot, some of us hardly spoke at all. No matter what our superpowers were, we learned to appreciate each and every BODY for our unique gifts.

These 8 transformative years of learning at CMH shaped my worldview and I carried the lessons with me throughout my life. I began teaching yoga, mindfulness and movement in High School and continued all throughout college, and am still teaching today! It was in the college of Public Health at the University of Arizona that I met my dear friend Jessica Stebbins. Jessica was paralyzed from the chest down. Jessica knew that I taught yoga on campus multiple days a week and asked if I would teach her yoga. I told her I had no idea how, but I would be willing to try and learn. Jessica and I started an independent research study to bring yoga, mindfulness, and movement to students with disabilities. We were in the process of conducting a needs assessment when I received news that she had passed away. That evening I taught my yoga class at the university. I shared with my students her dream of practicing yoga and providing a yoga class for all bodies with no wheelchair user left behind.

Over 30 students from my yoga class offered to help make her dream come true. In Jessica's honor, I carried my lessons from Children's Meeting House Montessori, and made it a mission in my life to redefine disability with ABILITY through movement.



Eight other students from the college of public health joined our independent research study on the University of Arizona campus. We started a club on campus called Yoga for Any Body. I then had the opportunity to start the first yoga for disabilities program at a university serving wheelchair students with paraplegia, quadriplegia, and cerebral palsy. I won the University of Arizona Difference of One Award as well as the Arizona Inclusive Excellence Award for these efforts. I received this award because of you Children's Meeting House Montessori! Today, I am a full-time corporate wellness specialist at Meta Headquarters in Silicon Valley providing health assessments, mindfulness classes and movement services for Instagram, WhatsApp, Facebook, and Oculus employees. I am also the CEO and founder of Spread Loving Kindness, an organization dedicated to spreading loving kindness around the world. Through SLK, I have held healing retreats and congresses in the United States and Brazil for students from over 12 different countries. Missing my years of transformational learning, I am currently going back to school for my Doctorate in Clinical Psychology with a concentration in yoga and psychology and expressive and movement arts at Meridian University in Petaluma, CA. Meridian University has an integrative approach to psychology and a transformational learning model, which emphasizes personal engagement and experiential learning modalities. This is an approach and learning style I know, remember and love from Children's Meeting House Montessori! As I embark on this new journey in life, I am excited that I am continuing to learn the way your children are learning here at CMH today.



“ Described as one of the kindest, most caring individuals you'd ever meet, Elizabeth Brewer, pro-actively and passionately advocated for the establishment of Yoga for Every Body, (Yoga for Disabilities). Elizabeth's efforts, attitude and energy have been called truly inspirational and her undertaking has the ability to impact an entire population of students. Whether it's in her regular classes or through her efforts in Adaptive Yoga she brings students together that otherwise might not interact. She truly is the difference of one. ”

-Dean of Students,
University of Arizona

LETTER FROM THE BOARD

CMH Community,

I hope the New Year is off to a great and healthy start for you all! With a little determination and perseverance from our staff, families, and children, we have again navigated our way through half of the school year. The start of the year is always a great time to begin to plan and lay the foundation for growth. We continue to push forward with a number of initiatives and continue to build our foundation to help prepare CMH for the future.

I am very excited to announce that we have strengthened the CMH Board of Trustees with several new members. Please welcome Aura Love, Kristin Brandstetter, and Dr. Chris Peltier to the Board. Over the years, each has been active in various volunteer capacities and I'm grateful that they chose to commit additional time to serving on the Board. CMH will certainly be the beneficiary of their collective involvement, backgrounds, and experiences.

Our enrollment continues to be strong as do our finances. We continue to monitor and maintain our facilities to minimize surprises. We are also very mindful of investments that we are making for the future. I'm pleased to report that we continue to maintain a healthy financial position and have stayed within our budget. We continue to monitor and maintain our facilities to minimize surprises while being mindful of the investments we are making to plan for our future.

Our robust enrollment is one of the primary performance markers of our school and our numbers continue the upward climb. Our most successful marketing channel is word of mouth from families that have experienced what CMH has to offer. Please keep up the great work of informing those in your circles about CMH. Let's continue to make sure as many as possible can hear our unique story.

As a reminder, there are a number of ways to continue to help ensure our ongoing success. Our Annual Fund Campaign is active and we really appreciate any support that our community can provide. Stay on the lookout for information regarding our Annual LOVE Auction. Our classrooms are also looking for various volunteers to assist our amazing teachers. There are a multitude of additional opportunities for our community to get involved as well. We have a number of exciting committees that are always in need of help. If interested, feel free to reach out to me or Casey.

Here's to a wonderful 2022! As always, thank you for your support and we sincerely appreciate your commitment to CMH!

Mark Sancrant
CMH Board President

2021-22 BOARD MEMBERS

Mark Sancrant, President
*President,
Blue Ash Capital*

**Christina Reinerman, Vice-President,
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Pediatric Associates of Mount Carmel*

Casey Reed
*Director/Principal,
Children's Meeting House*

John Phenix, Honorary Member
*Seniors Teacher,
Children's Meeting House*

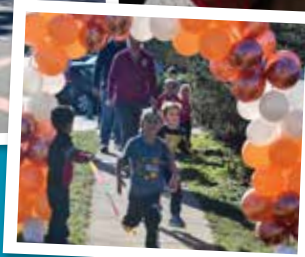
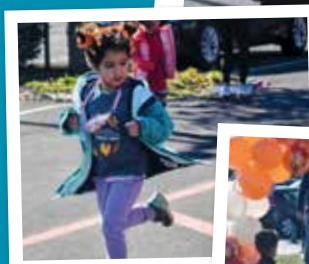
Stephen Richey, Honorary Member
*Senior Counsel,
Thompson Hine LLP*

TURKEY TROT

This year's annual Turkey Trot was another big success for CMH! Our big and little turkeys ran over 2,000 laps or 400 miles to raise \$19,000 for the betterment of our school. These birds were tryptophan free! Part of the fun in this fundraiser is to see which turkeys can bring in the most amount of sponsors to inspire their runs...

PP1 had a turkey with 9 sponsors!
PP2 had a turkey with 7 sponsors!
PP3 had a turkey with 8 sponsors!
JRN had a turkey with 6 sponsors!
JRS had a turkey with 13 sponsors!
SRS had a turkey with a whopping 28 sponsors!

Thank you to our *extended* CMH community and all of our Turkey Trot participants and volunteers for making it such a memorable event.



MEET THE TEACHER



JESSIE SEDDELMAYER

My name is Jessie Seddelmeyer and I am excited to be part of the CMH community. I live in Clarksville with my husband Ryan and our two daughters, Riley (6) and Charlie (1). We enjoy spending time outdoors and love to go camping!

I have a bachelor's degree in Early Childhood education and began working in the local public school shortly after college in Indiana where I am originally from. Shortly after, I discovered a small Montessori school and knew it was where I wanted to be! I completed my 3-6 Montessori training through Adrian Dominican Montessori Teacher Education Institute in Michigan and had my daughter Riley the following summer of 2016. I then taught in a Montessori primary classroom for the next 3 years and loved every minute of it!

In 2018 I began my Master's degree online through Xavier University while still living in Indiana. Luckily my husband's job brought us to the Cincinnati area. I then began attending Xavier in person to focus on my Lower Elementary Montessori Credential in addition to completing my Masters degree while teaching elementary at a nearby Montessori School. I completed my Masters degree as well as my Lower Elementary Credential in 2020 and had my daughter Charlie shortly after.

I originally toured CMH for my oldest daughter Riley to attend but then Covid put a halt to that and we homeschooled for a year. Eventually everything lined up and my daughter and I were able to join CMH this year. I am so thrilled to have the opportunity to be here teaching at CMH in PP3 and look forward to continuing our journey here at CMH!

BID FOR THE BIRDS!

We are excited to let the CMH community know about a new part of our CMH Love Auction – the Birdhouse Art Project!

The Birdhouse Art Project was created to promote the use of birdhouses that provide housing for our beloved birds through artistic expression. Whether you refer to birdhouses as an aviary, roosting place, coop, columbary, perch, or enclosures, they are often not a place used for creative mediums. However, at the Children's Meeting House, birds of Ohio hold a special place in our hearts and we believe they deserve the coolest digs around.

The Birdhouse Art Project believes that providing beautiful artistic birdhouses

will make them more desirable and naturally promote their use to grow the population of birds of Ohio. We are looking for artists and creative members of our community to paint or embellish unfinished birdhouses to be on display at CMH in the weeks leading up to our Love Auction and then be auctioned off on April 9th during our live event!

If you are an artist interested in adorning a bird house (or know someone who is) contact Jessica Anderson at anderson@cmhschool.com and stay tuned for more information as the event draws near!



ANNUAL FUND

The 2020-2021 Annual Fund Campaign raised over \$20,000 due to the generous support of CMH family members, alumni, staff, friends, and our Board of Trustees. These funds went directly to our students as we have expanded our educational programming by offering Keyboarding Without Tears to our elementary students, coding to our Seniors, and Kindergarten enrichment. In the coming year, our goal is to increase our overall giving to further support our nature programs by enhancing our gardens and to facilitate the needed improvements in our building.

Please join us this year in making a tax-deductible gift as part of our Annual Fund Campaign at a level that is meaningful for you. Our goal is to reach 100% participation from our 114 families and all whose lives have been touched by CMH. No gift is too small to show your commitment to CMH.

Contributions can be made on our website cmhschool.com

or sent directly to the school:
927 O'Bannonville Road
Loveland, OH 45140