



MONTESSORI
SCHOOL *of* ITHACA

TEACH PEACE

Nurturing the hearts, minds, and spirit
of children for 37 years!

Handbook
2016 - 2017

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Established in 1979, The Elizabeth Ann Clune Montessori School of Ithaca is a non-profit educational organization offering classes for children ages 3-15. The school is affiliated with organizations established to promote standards of excellence:

Member: American Montessori Society

Member: North American Montessori Teachers Association

Accredited by: New York State Board of Regents (permanent charter)

The mission of our school is to guide the development of children towards becoming independent, responsible, contributing individuals.

*Lisa Swayze, Peter Browning, Robert Clune, Peter Littman, Adam Moore, Jennifer Tegan,
Laura Gottfried, Amy Gonzalez, Emily Smalls, Becky Robinson*

The Board of Trustees is responsible for setting policy as well as for ensuring the financial health of the school. The Board meets regularly, and sets aside time at the beginning of each meeting for non-members to make presentations. Board members act as liaisons for families to facilitate communication during the year. Please feel free to contact them if the need arises.

Lisa Swayze, President	lswayze@impactdc.com	Parent of Alumnus
Robert Clune, Treasurer	mjb@wcslaw.net	Parent of Alumna
Peter Browning	pvb3@cornell.edu	Parent of Alumni
Amy Gonzalez	amy@movecommunity.com	Parent of MS and Alumna
Laura Gottfried	lgottfried@eacmsi.org	Parent of Alumnae
Peter Littman, Vice President	plittman@centralnylaw.com	Parent of Alumni
Adam Moore	ajm@adamjmoore.com	Parent of UL and MS students
Emily Smalls	emily@theframeshopithaca.com	Parent of JL Student
Jennifer Tegan	Jennifer@cayugaventures.com	Parent of JL Student
Becky Robinson	icrew@ithaca.edu	Parent of Alumni

The Elizabeth Ann Clune Montessori School of Ithaca admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, and scholarship programs.

Introducing the Staff

Administrative Team

Lisa Smith- Executive Director- is our Chief Operating Officer and is ultimately responsible for all administrative decisions. She oversees finances, facilities and admissions. Lisa has been a steward of the School's resources and is responsible for prudent budgeting, financial management and numerous capital projects EAC has completed. Over the past 14 years Lisa has worked closely with the Board and has overseen the annual budget. During that time Lisa also grew the school's enrollment. Lisa earned her B.A. in Political Science from Ithaca College and her M.S. in Applied Science from Watson School of Engineering at Binghamton University. Lisa lives in Newfield with her husband Scott. (Lisa@eacmsi.org)

Laura Gottfried-Principal-is responsible for providing moral, intellectual and educational leadership that creates and sustains educational programs of the highest order. Laura is responsible for aligning current practice with the vision of Dr. Maria Montessori. Laura is accessible and responsive to all constituencies: students, staff, parents, and alumni. Laura is an innovative thinker who has been a guiding force in leading EAC to adapt Montessori pedagogy to meet the needs of 21st century students. Laura served as our Montessori Learning Support Specialist for 7 years, working with students experiencing challenges in the school setting; she has extensive experience in the field of learning disabilities, assessment and intervention. Laura spearheaded the development of the school's Learning and Support Model. This model extends the parameters of the Montessori Method to ensure that all kinds of learners can be educated within a Montessori paradigm. Laura began her Montessori life as a Primary teacher. She earned her certification in 1995 from CMTE at the College of New Rochelle and taught at the Primary Level for 7 years. Laura then taught at the Junior Level for 3 years. She lives in Enfield with her husband and has 2 grown daughters. Laura loves Bikram Yoga, flowers and reading. She earned a B.A. in Philosophy from the University of Vermont. (lgottfried@eacmsi.org)

Anne Robbins- Director of Wellness and Student Services- Anne works with students, families, and staff facilitating conflict resolution and problem solving social/emotional and developmental issues. She oversees our special education services, offers our Wellness curriculum to Junior Level students, and orchestrates the community/parent observations at school. Her relationship with EACMSI began in 1997 when she became our school nurse. Anne has been a Registered Nurse and Family Nurse Practitioner since 1980. She returned to school in 2006 and received a MSW from SUNY Binghamton. She is a licensed Social Worker in NYS. In addition to her work, Anne appreciates her family, friends, music, and home. (arobbins@eacmsi.org)

Terry Cater-Cyker- Program Coordinator, Upper Elementary, Team Leader- is responsible for school-wide scheduling and overall program quality and consistency. Terry also serves as Master Teacher liaison in support of Specialty Teachers and Teaching Teams. Terry earned a Bachelor's Degree in Social Work from Cornell University and did some graduate work in Special Education at Mansfield College.

Prior to motherhood, she worked as a school social worker and chaired the Spencer Van Etten school district's Committee for Special Education. Terry was involved in LaLeche League, serving as a leader for three years and also taught Sunday school and chaired her church's religious education committee. Terry completed her Upper Level Montessori training at CMTE/NY. Terry has three children, all who are EACMSI graduates! Now also a grandmother, she enjoys spending time with her 5 grandchildren. (tcatercyker@eacmsi.org)

Administrative Support

Rebecca Couillard - Office Coordinator - is responsible for communicating with the EACMSI community about events and schedules, attendance and other administrative duties. She has been in the Ithaca area since coming to Cornell University in 1987. She completed her B.S. in Materials Science and Engineering in 1991 and her Ph.D. in Fiber Science in 1998 at Cornell. Her daughter graduated from the EAC program and currently attends Ithaca High School. Rebecca teaches scuba diving and enjoys playing her cello. (admin@eacmsi.org)

Wendy Houseworth - Community Relations Liaison - Wendy is responsible for public relations, marketing, social media campaigns, and communications and fundraising for the school. Wendy brings over 15 years of experience working in the fields of communications, marketing, business management, event planning and community relations. Her educational background in marketing, business management, graphic design and photography combined with her desire to help EAC reach beyond the walls of our school and into the greater community drives her. A Trumansburg native, she always has her camera (and most likely a coffee) and can be found with her family, gardening, hiking, chasing sunsets and moonrises and on long biking excursions. (whouseworth@eacmsi.org)

Whitney Wiggins - Business Assistant - is responsible for database management, web communication, accounting and front office assistance. Whitney grew up in Chapel Hill, North Carolina and graduated from UNC with a degree in Political Science and Public Policy. After spending a year abroad in college she wanted to see the world. She began her career as a Customer Service Agent for American Airlines and then quickly moved to Software Technical Support and Software Product Development. She continued to travel for business and pleasure while managing internet based projects for corporate and small business travel. In 2001 she moved to Ithaca with her husband Jeff, a programmer and ornithologist. She loves her two amazing children, Grace (a recent graduate of EACMSI) and Tractor (a student in Upper Level). She enjoys reading, knitting, being outside, college sports and hanging out with her chickens. (wwiggins@eacmsi.org)

Montessori Directors/Directresses

Deb Adams - *Lower Elementary, Technology/Media Literacy Integration and Development*- graduated with a B.Arch. and an M.Arch. II from Cornell University. She taught for three years at Syracuse University as an assistant professor in the architecture department, and for an additional 3 years as a visiting lecturer at Cornell. She has two sons, Nate and Zach, both of whom attend EACMSI. Deb completed her 6-9 training at the CMTE/New Rochelle during the summer of 2012 and will begin her 6th year in Junior Level. She also has developed the Technology piece of the Junior Level curriculum and has taught several summer camps centered on computer programming for children. When not in the classroom, Deb can often be seen around town with her camera. (deb@eacmsi.org)

Liz Allen – *Primary/Extended Day, Team Leader* graduated from the University of New Hampshire with a B.A. in mathematics. She worked for seven years in banking and then began working with NGO's giving business support. After becoming a mother, Liz was very involved in the administration and teaching at cooperative preschools in both New Haven, Connecticut and Ithaca. When her children joined our school in 1999, she frequently worked as a volunteer and substitute. She earned her Montessori certification for 3-6 year olds at Princeton Center for Teacher Education. Liz has training in the diagnosis and remediation of learning problems in mathematics from Prof. Mahesh C. Sharma. Liz lives in Ithaca with her husband, Glenn, two children, Miles and Nelle, and dogs, Osa and Linus. (lallen@eacmsi.org)

Scott Daigler – *Lower Elementary*- is a Montessori teacher with 36 years of teaching experience at three different Montessori schools in New York State. Scott has a Bachelor of Science degree from SUNY Empire State College, with a major in Human Development and a minor in Early Childhood Education. He holds the Early Childhood Credential and the Elementary 1 Credential from the American Montessori Society. Along with his teaching duties, Scott coordinates the Stanford Achievement testing and results for the school. Scott and Katri Sampson have developed the *Dream of the Good* mindfulness program for the Junior Level. He was a presenter at the AMS National Millennium 2000 Conference and has presented workshops nationally for the Montessori Peace Academy. Scott has worked as a consultant for Montessori teacher training programs and the Native American Seneca Nation. His interests are meditation, outdoor sports and activities, scuba diving and oceanic studies, ice hockey and human development. He lives with his partner Sue Carreiro, his two step sons, Joey and Ethan, and their dog Coco and Rufus their cat. (sdaigler@eacmsi.org)

Leah Erato – *Primary* – has been working with children for over 20 years in a variety of settings. Her passion for Montessori was sparked while working with the inspiring staff in Upper Level as an aide. After three years at EACMSI she followed her heart, completed her Montessori 3 – 6 training, and received her Primary Certification in June 2011 from CMTE. Leah lives in Ithaca with her dancing daughter Emma and sweet son Jack. In her spare time she loves to sew, paint, bake and read. Leah and her family can often be found hiking with their pup Caper and cultivating and nourishing the magic in our community. (lerato@eacmsi.org)

Melani Alexander Fuchs – *Lower Elementary, Movement Integration Specialist* - Melani began her journey in the EAC community in 1984. She holds a B.S. in Physical Education from SUNY Cortland and created and implemented the first Physical Education program at the EAC Montessori School. She then took her Montessori Primary training in 1985 at NAMTA in Boston, and completed her 6-9 training at CMTE/New Rochelle in 2000. Melani has completed initial training in Brain Gym® as well as being certified in Movement Based Learning. She implements this work with our staff and the entire student body. In addition, Melani shares her love of movement and collaborates with teachers to implement ongoing Physical Education lessons for the Primary classes. Melani co-authored Movement Matters, a Movement Album for Montessori Early Childhood Programs. She presents Movement Matters workshops internationally, at Montessori Trainings and annually presents at National Montessori Conferences. Melani enjoys playing the guitar and piano and singing with the children. She is an artist and brings experience and passion for painting with watercolor to the classroom as well. Her background in music and theatre support her commitment to the direction and choreography of the end of the year school musical. Melani's two children, Timothy and Annali, are alumni of EAC and have subsequently graduated with degrees in musical theatre from SUNY Cortland. Melani's husband Tom is a professor of Physical Education at SUNY Cortland. (mfuchs@eacmsi.org)

Rebecca Gaspari –*Primary*- Becca received her B.A. from SUNY Fredonia in 2005 with a degree in psychology and a minor in English. She worked for six years as a parent educator for teen moms before moving on to Head Start, where she was an in-home educator for children ages 0-5. She first developed a love of the Montessori Method after enrolling her eldest daughter in a Montessori program in 2010. Becca served as a one-to-one aide in the Primary Level for two years before taking her Montessori training through CME at the College of New Rochelle. Becca lives with her husband and two daughters, and she loves reading and spending time with her family. (rgaspari@eacmsi.org)

Dawn Locke Grover – *Lower Elementary, Team Leader* - began teaching in a Montessori environment in 1990. While doing her master's degree in experiential education, she accepted a summer teaching job with 3 – 6 year olds at Countryside Montessori School in Boulder, Colorado. She liked the Montessori philosophy of teaching so much that she taught at Countryside for 5 years, and then moved to Washington, DC to do her Montessori elementary training for 6 – 12 year old children. Both desire to travel and professional opportunity have led to a variety of teaching situations for Dawn since 1990. Wanting to settle closer to their roots, Dawn and her husband, Scott moved their family to Ithaca in 2003. Dawn began teaching at EAC in September of 2003. In her personal time, Dawn loves to read, hike, camp, travel, make art, and play games. She lives on West Hill with her husband Scott, her son, Cameron, and her daughter, Lily. Cameron is an alumni of EAC and Lily is presently a third year Upper Level student. (dgrover@eacmsi.org)

Jim Hodges - *Adolescent Guide, Team Leader* – joined the EAC Montessori Adolescent Program in August 2002. Prior to this, Jim spent 13 years as Lead Teacher of the Middle School at The Susquehanna School in Binghamton, NY, where he

developed an integrated curriculum for adolescents and taught all subjects. Jim earned his BA in English from SUNY Albany and his MAT in English from Binghamton University. He has permanent NY State teacher certification for grades pre-K through 6 and secondary English. Having taken numerous workshops and trainings in science and mathematics education, Jim has successfully prepared students to earn high school credit by fulfilling the NY State Earth Science and Algebra curricula and exams for over a decade. He received Montessori Adolescent training in July 2002 at the NAMTA Montessori Academy at Loyola College in Baltimore. Jim enjoys running, cycling, gardening, hiking and camping, among other outdoor activities, interests he enjoys sharing with students. He lives with his wife, Tina, and two sons (both EACMSI alums) at EcoVillage at Ithaca. (jhodges@eacmsi.org)

Meridith Jones Scanlon – *Primary/Extended Day* - graduated from SUNY Environmental Sciences and Forestry in 2001 with a bachelor's degree in biology. She has several years of experience working for agencies in Syracuse and Ithaca that support and advocate for people with disabilities. Meridith received her early childhood Montessori certification through the Northeast Montessori Institute. She has a Master's degree in Early Childhood Education from Endicott College. Nature and the outdoors are a big part of her life where she enjoys camping, hiking and baseball. Meridith lives in Ithaca with her wife Pat. (mjones@eacmsi.org)

Sophia Krasnoff - *Junior Level* - graduated from Sarah Lawrence College in 2006 with a B.A. in creative writing and literature. She grew up in Ithaca and attended LACS, where she first became passionate about non-traditional methods of education. Before finding EAC she worked at Cornell Cooperative Extension as an Outreach Educator, teaching music, movement and dance to ESOL and at risk children. Sophia fell in love with the Montessori method during the two years she spent working in the EAC After School program and primary classrooms, and went on to pursue her Lower Elementary Montessori training at the Barrie School's Institute for Advanced Montessori Studies in Maryland. Sophia lives with her dog, Darla, and enjoys writing poems, playing the piano, and spending time in the water and the woods. (skrasnoff@eacmsi.org)

Stephen Lenhart – *Adolescent Guide*- Since 1999 Stephen Lenhart has been teaching in a variety of learning communities, both public and private, working with students ranging in age from three to thirty in three different countries. He studied Geography and Environmental Science at SUNY Geneseo and did his graduate work in Elementary Education at LeMoyne College in Syracuse. He is state certified K-6th grade. He has been at EAC since 2008 and is in the process of completing his Upper Level Montessori training through the Center for Montessori Education. Stephen's interests center around the exploration of connections between beings and how to most beautifully express and enhance those connections. Writing, walking, sharing food, and playing games are a few of the ways he enjoys connecting. Stephen lives at Fern Hollow with many beautiful and intelligent beings: Katri, Finn, Gavin, ZeeZee the dog, brother cats Bob and George, four sweet goats named Fawn, Ferny, Fraggie and Francis Friday, as well as a wonderful assortment of chickens. (slenhart@eacmsi.org)

Karen McCaffery – *Upper Elementary* - holds a B.S. in Psychology from SUNY Oswego. After graduating, she left NY and spent seven years in West Africa, first serving as a Peace Corps Volunteer in Senegal, and then working in educational exchange programs between Britain and West Africa. Karen returned to New York in 1995 to attend Cornell University where she earned her M.S. in plant science and a Ph.D. in agroecosystem science. She fell in love with the Montessori philosophy after becoming a mother in 2003. She returned to school to obtain her Early Childhood Certification from the Northeast Montessori Institute and worked in a small primary Montessori classroom for five years. Karen joined the EACMSI community and the Upper Elementary team in 2012. She completed her Upper Elementary training at the College for Montessori Teacher Education (CMTE/New Rochelle) in 2013. Karen loves trees, forests, the ocean breeze, swimming, biking, running, the sport of triathlon, and spending time with her sons, Sean (a second year Middle School student) and Brian (a third year Upper Level student) both of whom are growing up way too fast for her! (kmccaffery@eacmsi.org)

Marianne Montague – *Upper Elementary* holds a B.S. in Early Childhood & Elementary Education from Chestnut Hill College and an MSW in Social Policy Analysis & Research from Rutgers University. For thirteen years Marianne moved between employments as an elementary classroom teacher in various educational settings, to work as a policy analyst/researcher in an education laboratory. In 1993 she fortuitously discovered the magic of a Montessori education when she enrolled her then young son in the Ithaca Montessori School. The following year she received her Montessori training at the Princeton Center for Teacher Education and ran the Toddler Program at IMS from 1994–1999. She completed her Upper Elementary Montessori training at the CMTE/New York and joined our staff in 1998. (mmontague@eacmsi.org)

Marisa Rae - *Upper Elementary* - graduated from Wilkes University in Wilkes-Barre, Pa. with majors in Political Science and Sociology. She is the program coordinator and long-time instructor of the Center for Montessori Education's Infant/Toddler Guide Training Program in New Rochelle NY. Marisa began working with children through tutoring with The Sisters of Mercy Mission in an urban development in Wilkes-Barre and continued as a student advisor with Project Upward Bound for many years. She believes deeply in the values and connection of serving others. She is certified at the Infant/Toddler level through CME|NY and was the head guide of the toddler community at the Montessori Children's Center in White Plains NY for 5 years prior to moving to the Ithaca Area in 2010. She loves astronomy, physics, fiber work, theatre, and gardening. Marisa lives in Candor NY with her husband, Rob, two children, Rowan and Maeve (both current EACMSI students) and 3 cats, Tycho, Ruby, and Ginger. (mrae@eacmsi.org)

Julie Schaeffer – *Upper Elementary* – Montessori's influence continues to lead Julie on an amazingly fulfilling lifelong journey alongside child and adult learners alike. She is an alumna of our very own EAC and is excited to return full circle as an Upper Level guide on our collaborative team. Before pursuing her studies in Montessori education, Julie joined us in the Primary and Afterschool programs and as a coach of the 2014-

2015 Basketball team. She holds a dual BFA in Fine Art/BA in Anthropology from Ithaca College, an AMI Elementary diploma from Montessori Northwest in Portland, Oregon, and a M.Ed. from Loyola University Maryland. Julie is a lover of sunshine, the outdoors, soft-serve ice cream, and public radio, and delights in reading, rowing, printmaking, and belly laughing with friends. (jschaeffer@eacmsi.org)

Kate Salmon- *Adolescent Guide* - Kate holds a B.A. in Biological Sciences with a minor in Chemistry from the University of Delaware. Her interest in becoming a Montessori guide began while substitute teaching at Soaring Wings Montessori in Park City, Utah where her son Gray was enrolled as a first year primary student. Gray, EACMSI alumnus, is currently at the United States Naval Academy. Her younger son, Sam, is an alumnus at EACMSI and attends Ithaca High School. Kate received her elementary certification from CMTE/New Rochelle in 2004, worked in the Upper Elementary Program for nine years and then, in 2012, attended the AMI-NAMTA Adolescent Orientation in Cleveland, Ohio and on the Hershey Farm School. This will be her 5th year working in the Middle School. Kate is devoted to holistic education. She is a nature lover and avid reader who lives in Fall Creek with her family. She most enjoys family, community, swimming, philosophy, religion, writing, mathematics and a good debate. (ksalmon@eacmsi.org)

Katri Sampson – *Lower Elementary* - Katri fell in love with the Montessori Method in 1992 soon after graduating from Trinity College with a BA in English and Fine Arts. After a year as an assistant teacher in a Montessori Primary classroom in Portland, Maine, she began her 3-6 Montessori training at the Northeast Montessori Institute. She taught at several Montessori schools before opening the Red House Montessori School in North Yarmouth, Maine in 1999. In 2005, Katri moved to Ithaca and devoted the next four years to being with her young children while getting acquainted with the local Montessori community. In 2009, when her younger son turned three, she joined the staff of EACMSI. And in 2012, after a year of teaching in the EAC lower elementary program, Katri began her 6-9 Montessori credential at the Seacoast Center for Education in Stratham, NH. She is passionate about Peace Education, child and animal welfare, preserving natural resources and living gently on the Earth. Katri dreams of homesteading and lives in an old farmhouse in Danby with her partner Stephen, sons Finn and Gavin and animal friends; Zeezee, the big white dog, Bob and George, the acrobatic kitties, 4 sweet goats and a dozen chickens! (ksampson@eacmsi.org)

Donyan Shadions - *Primary* - received her AMS certification from CMTE in 2002. She taught at the Primary Level for two years before being asked to start a Montessori school in EACMSI's founder Andrea's honor in the Caraballo Haitian Batey of the Dominican Republic. This entailed learning Spanish while living among the Dominican and Haitian people in this rural village without modern amenities such as running water and electricity. She was responsible for creating a functioning Montessori classroom using material she had brought with her, as well as hiring and training local women to assist her. Donyan trained her assistants and prepared them to run the program in her absence. The lives of the village women and children were transformed as Donyan shared the Montessori Method with them. In 2006, Donyan returned to her native state of Ohio where she worked as an Activities Director in a

Residential Care Facility. She took the opportunity to implement the Montessori Method with patients with dementia and Alzheimer's to support independence and improve working memory. In addition to this work, Donyan also volunteered as a bilingual parent educator at Women's Network. Donyan returned to EACMSI in 2008 to teach at the Primary Level. She is interested in movement as a vehicle for learning as well as individual learning styles. Donyan attained certification in Thai Yoga Therapy in 2012 and utilizes this expertise to support children and their sensory needs. Donyan offers parent education workshops to provide parents with a fuller understanding of the Montessori Method. Donyan lives with her husband Mike, step-daughter Natalie and daughter Zaira, a student at EACMSI. Among her many passions are empowering girls to have a positive body image. She loves yoga, Spanish and German language practice and the Montessori lifestyle. (dshadions@eacmsi.org)

Virginia Spiers - Primary - graduated from Wells College in 2003 where she majored in Religious Studies and minored in Spanish. That summer Virginia accepted a position in a Montessori classroom and soon developed a lifelong love of this philosophy of education. Virginia joined the staff of EACMSI in 2007. She received her Montessori certification at the Princeton Center for Teacher Education in 2009. Virginia lives in the area with her husband, James, two children, Madison and Kaeden, their dog, Lola, and a cat, Amadeus. Virginia loves gardening, dancing, and working with clay, and can be found spending evenings volunteering at Ithaca's local Hospicare. (vspiers@eacmsi.org)

Specialty Teachers

Kathrin Achenbach- *Spanish, Upper Level 3 and Middle School*- was born and raised in Germany, and studied Romance languages and psychology at the University of Siegen. Her passion for language brought her to Madrid, Spain where she taught at the Inlingua International School of Languages. She has since worked as a teacher and translator in Buenos Aires, Argentina and Barcelona Spain, and traveled extensively through Central America and the Iberian Peninsula. Kathrin has a special interest in applied linguistics and how foreign language is effectively acquired, integrated and maintained. When Kathrin is not thinking or reading about language she loves spending time and traveling with her family and exploring the process of creativity. (kachenbach@eacmsi.org)

Laura Ballard – *Junior Level, Upper Level and Middle School Art*, - Laura graduated with a BS in art education from Millersville University of Pennsylvania. Since then she has worked with children in a variety of ways including teaching environmental education, English in Italy, and on a school farm. Prior to coming to EAC Montessori Laura taught studio art and house parented at North Country School, a boarding school in Lake Placid. Laura is thrilled to be teaching art full time again and to be surrounded by such a beautiful school community. Outside of teaching, Laura is a fiber artist focused on taking wool through the process from sheep to finished piece of artwork. She also works at Windsong Farm, her source for wool, and sells their wares at the Ithaca Farmers Market. Laura lives with her husband Zac in Danby where they raise chickens for eggs and angora rabbits for amazing fiber and incredible cuteness. (lballard@eacmsi.org)

Allison Boex - *Latin Upper Level and Middle School*- graduated *summa cum laude* with a B.A. in Classics from Kenyon College in 2003, having also spent a semester studying Latin and ancient Greek at Eberhard Karls University in Tübingen, Germany. She came to Cornell University the following fall to pursue her doctorate, and began teaching Latin at EACMSI in 2012; she completed her Ph.D. at Cornell in 2014 with a dissertation on Latin grave poetry. She loves the enthusiasm her EACMSI students bring to the classroom, and appreciates the opportunity to be a part of such a remarkable community. When not teaching dead languages, she enjoys working and spending time in the orchards at Indian Creek Farm. (aboex@eacmsi.org)

Linda Chen – *Extended Day, Junior Level and Upper Level Music*, completed her M.A. and Ed.M in Music and Music Education from Teachers College, Columbia University. Teaching, singing, and making music with children of all ages is her passion. She loves engaging with different instrumentations, singing, listening, rhythm games, improvisation, creative movement, storytelling, as well as multi-cultural experiences with students during her teaching. Linda is a registered Music Together teacher, and is also Orff Level I, II, and III certified. She received her Kodaly Level I Teacher Certification at NYU and Dalcroze training in NYC. Linda enjoys baking, cooking, and outdoor activities. (lchen@eacmsi.org)

Angela Cohen- *Spanish-Extended Day, Junior Level, Upper Level 1 and 2*- was born and raised in São Paulo, Brazil. She graduated with a BA degree in Marketing from Anhembi Morumbi University, and worked for over 13 years at BASF headquarters in São Paulo, Brazil. A native Portuguese speaker, Angela learned Spanish as a second language. As a Business-to-Business marketing analyst, specializing in Latin American markets, she made periodic trips throughout many South American countries applying language in her professional experience. Through this process she acquired a vast vocabulary, including a wide range of expressions unique to each country, as well as cultivating a profound understanding of the different cultures and traditions. After a long and successful professional career, she retired to focus on her family and the wellbeing of her children. Angela has concluded her CMTE Montessori 3-6 training, and she is currently completing a comprehensive Montessori Spanish Curriculum for EAC. Her goal as a Montessori teacher is to enable children to learn a new language and to discover new cultures, while in the process, to appreciate and cultivate diversity. Angela lives in Ithaca with her husband, their two children and their dog Panda. She enjoys nature and peaceful walks on deserted beaches along with her family. (acohen@eacmsi.org)

Jeff de Castro –*Extended Day, Junior Level and Upper Level Art, Afterschool*-holds a B.A. from Amherst College, an MFA in Sculpture/Ceramics from Rhode Island School of Design and completed the New York State Certification program at Elmira College in K – 12 Art Education. He has been listed as one of 250 community artists in the United States Initiative called Artists and Communities co-sponsored by the Mid Atlantic Artist Foundation and The National Endowment for the Arts. He has been an artist-in-residence with numerous institutions including Sculpture Space (2003), Long Beach Island Foundation for the Arts (2000), and The Inkshop Printmaking Center (2005). His public art projects have featured educational workshops as a major component in the process of creation and have included young artists of all ages. Very Special Arts/Massachusetts has sponsored his projects with deaf children, inner-city youth, youth-at-risk, and incarcerated teens. He lives in Trumansburg with Sandra Steingraber and their two children, Faith and Elijah, who both attended this Montessori School. (jdecastro@eacmsi.org)

Patrice Jennings –*Reading Specialist, Library, Testing Administrator, Adolescent Enterprise*- holds a B.A. in Community Development and Philosophy of Alternative Education from Goddard College. Patrice left her career in management in 2009 after stints managing for a number of local businesses, including General Manager of Greenstar Cooperative Market and Borders Books and Music, when she realized a life without teaching children wasn't for her. Patrice is a native Ithacan who feels at home in Montessori classrooms being an alumna of both the Ithaca Montessori School and Ithaca's now defunct public Montessori K-2 program, as well as having spent countless hours in her mother's school, Montessori Country Day from 1975 through 2005; pretty much "growing up" in a Montessori environment. Patrice has Orton-Gillingham training in multi-sensory reading intervention from the Dyslexia Training Institute. She lives in Danby with her partner and their two children. Patrice enjoys helping her family can, jam, and otherwise preserve the delicious bounty of our beautiful region,

researching and learning the answer to any “why...” or “how...” questions she is asked, and reading anything and everything she has time for. (pjennings@eacmsi.org)

JP Nawn – *Afterschool, Lunch/Recess Support* - J.P. was born in Tampa, FL and graduated from high school in Seneca Falls, New York in 1999. He has an A.S. in Music Recording Technology from the FLCC, Canandaigua. He has been living in the Ithaca area for 6 years, currently living in the Fall Creek neighborhood. J.P. performs in a Roots Reggae band called Mosaic Foundation and with the Sim Redmond Band. (jnawn@eacmsi.org)

Marianne Pyke Kalousdian - *Art* - has been a Registered Nurse for 25 years and a Doctor of Chinese Medicine for 15 years. She holds a Master of Science degree from the Academy of Chinese Culture and Health Science in Oakland, California and a Bachelor of Science in Biology with a minor in Art from Syracuse University. She obtained Montessori Primary certification in 2005 and founded the Dryden Montessori School in Dryden, NY. During this time she consulted with the Dryden Public School District advocating curriculum enrichment and peaceful character education. The desire to work more closely with like-minded passionate professionals drew her to the EACMSI community and she is happy to be a member of the team. Marianne completed her training and internship for 9 – 12 AMS certification from CMTE at the College of New Rochelle. Marianne has also been an artist and muralist for 25 years. She brings her experience of art instruction in her own Montessori program as well as her creativity and enthusiasm for drawing out creative expression in children and others around her. She enjoys running, swimming, horseback-riding and exploring in nature. Marianne lives in Freeville NY with her husband, her three children, 2 cats, and their Golden Retriever. (mpykekalousdian@eacmsi.org)

Cindy Rice – *Afterschool and Break Camp Director*- holds a B.A. in Sociology from the University of Maine and an M.S. in Outdoor Environmental Education from SUNY Cortland. Cindy taught at camps, parks and nature centers up and down the East Coast for 10 years. Teaching children in non-traditional settings has always been her passion. Cindy lives in Trumansburg where she enjoys gardening, cooking and preserving the local bounty by canning and freezing. Cindy also operates a tailoring, alteration and custom sewing business “CindySews”. (afterschool@eacmsi.org)

Kaylee Ungleich - *Afterschool* - graduated from Gordon College with a B.A. in Political Science. During her time at school, Kaylee studied abroad in Uganda primarily learning the complex structures of East African politics and religions. Kaylee enjoys learning about reconciliation and mediation processes. She returned home to Trumansburg, NY following college to be with family and friends. When not working or spending time with friends, Kaylee enjoys a good hot beverage and books written by post-modern philosophers and theologians. (kungleich@eacmsi.org)

Gary Weiss – *Physical Education for Extended Day, Junior Level, Upper Level, and Middle School; Middle School Occupations* - has a Master’s Degree in Physical Education, Adaptive Physical Education, and a Minor in coaching from SUNY Cortland and Ithaca College. He has 16 years of experience teaching and coaching in

Ithaca and the surrounding areas. He has coached a number of team sports including tennis, swimming, basketball, soccer, track and softball. He is currently involved in coaching track & field and cross-country for the Ithaca Youth Bureau. Gary is an avid bicyclist, swimmer, hiker and gym rat. Wood working and all aspects of construction are a part time passion as well (something that he has done for over 40 years). He has lived in Ithaca for 35 years with his wife Erica. His two grown daughters, Laurel and Hanna. Laurel reside in Florida, and Hanna and her husband Ryan and their daughter Maya live in Ithaca. Gary has been involved with the “Big Brother” organization for 23 years. Gary is currently a “Big Brother” to 2 boys, who are 17 and 12 years old. They have been together for 7 years and 2 years respectively. Gary’s extended family also includes his dog, Rudy. (gweiss@eacmsi.org)

Ryan Zawel - *Music/Band 9 – 14 year olds* - holds trombone performance degrees from Northwestern University and Ithaca College. He has performed with the Tommy Dorsey Band, Broadway’s Miss Saigon, the Syracuse Symphony Orchestra, and the Joel Rubin Jewish Music Ensemble. He has collaborated with members of the Los Angeles Philharmonic, Lincoln Center Jazz Orchestra, and Zappa Plays Zappa. Ryan has served on the music faculties of Hunter Campus Schools in New York City, Ithaca College, and Syracuse University. He currently directs the Klezmer Ensemble at Cornell University. Ryan’s wife, Nicki, is a fellow music educator. They have three children, Daniel, Ruby and Quincy. (rzawel@eacmsi.org)

Nursing Staff

Nancy Kaproth RN – *School Nurse* - began her school nursing career with ICSD in 1996. Nancy has changed from full-time to a half-time position this year. She is excited to be spending all of her time at Montessori. Her nursing career began in St. Paul, MN in 1973. Specialties include Surgical ICU, Recovery Room, Ob/Gyn, Oncology and Pediatrics. Nancy lives in Ithaca with her husband, Mike and wonder dog, Belle. She has 3 grown children and 2 grandchildren. Nancy enjoys time with family, creating delicious foods, gardening, traveling and anything that takes her to the lake for boating, fishing or relaxation. (nkaproth@icsd.k12.ny.us)

Kelly Seaman RN – *School Nurse*- started her nursing career as an LPN in 1981. She went on to receive an AAS degree in nursing, and then BSN in nursing. Kelly’s nursing experiences include two summers in the Adirondacks as a camp nurse, OB/GYN and medical/surgical nursing, travel nursing and oncology. She lives in Trumansburg with her daughter Leah. Kelly enjoys long hikes in the woods with her dog Ginger, playing piano & travelling. (kseaman@icsd.k12.ny.us)

Whom To Contact for What

Please speak to or email the following people if you have questions concerning:

- Your child or the class:
 - the Directress or Director (www.eacmsi.org/contactus)
 - the Main Office (admin@eacmsi.org) to leave a message
 - Laura Gottfried (lgottfried@eacmsi.org) if teachers are unavailable, or you would like to have a follow-up conversation
- School policy: Laura Gottfried (lgottfried@eacmsi.org)
 Lisa Smith (lisa@eacmsi.org)
- Health and wellness issues and/or Special Education Services:
 Anne Robbins (arobbins@eacmsi.org)
- Payment of tuition and/or financial questions: Lisa Smith
- Classroom observations: Anne Robbins
- After School Program: afterschool@eacmsi.org
- School Nurses: Kelly Seaman (kseaman@icsd.k12.ny.us)
 Nancy Kaproth (nkaproth@icsd.k12.ny.us)
- For all other faculty and staff listings go to:
 <http://eacmsi.org/faculty-and-staff/>
- Transportation, contact your local district –

Ithaca	-	274-2128
Lansing	-	533-4608
Newfield	-	564-9956
Dryden	-	844-4221
Trumansburg	-	387-5610

What You Will Find On Our Website –

www.eacmsi.org

We have a beautiful website; please check it regularly as it is one of the primary ways we use to let you know what is happening at school. Look for detailed information about all of our programs and different events that happen throughout the year.

Choose “**My EAC**” to find all the things necessary for the school year. This includes class lists, supply lists, all required forms, this handbook, and health and wellness information.

You can access a biography of each of our staff members and their contact information under “**About Us**”.

Under the scroll down menu of “My EAC” you will see a link to our school **Calendar**. (Events can be downloaded to a Google calendar.)

We also encourage you to “Like” our Facebook page to stay abreast of daily life at EACMSI.

What You Will Find On Our Facebook Page

www.facebook.com/eacmsi

The EAC Facebook page is the go-to place for parenting and education resources, photos and videos of all things EAC, including reminders about upcoming events and news about our alumni.

Things You Should Know

The front entrances to both the Main Building and the Annex will be open from 8:30 to 9:30 a.m., and 3:00-4:00 p.m. daily.

Please note that our calendar differs somewhat from the calendar of the Ithaca City School District. **If the Ithaca City Schools are closed for bad weather, then we are also closed. If the Ithaca City Schools are on a 2 hour delay, we are also on a 2 hour delay - doors will open at 10:30 a.m.**

Arrival

Students are welcome in classrooms at 8:30 a.m. Classes begin at 9:00 a.m. Parents may pull up to the front door to drop children off. **You may not pass a school bus with blinking lights or park in the Fire Lane under any circumstances as *it is against the law*. Our driveway is a one-way circle, so please follow the traffic pattern.** If you are coming into the school, please park in the lot. Feel free to park behind a faculty car if necessary. Children will be met in the front hall by a teacher or assistant during the first few weeks of school. If you arrive after 9:00 a.m. please bring your child to the front office and a staff member will help your child to his/her room.

Parents are asked to support our efforts to create prepared environments for their children. This can be done by respecting the blue lines that demark the foyer from classrooms in the Main Building, and abiding by pick-up and drop-off protocol at the Main Building and Upper Level Annex. The prepared environment is critical if our students are to reap the maximum benefit from our programs. Laura, Anne and our front office staff are always available to answer questions, deliver a message or hear a concern.

Dismissal for Primary, Junior level, and Middle School students

Parents picking up Primary and Junior level children should plan to do so between 3:00 and 3:30 p.m. at the main school entrance. Middle School students will be dismissed at 3:10 p.m. from the main entrance. School district buses will arrive at Montessori at 3:00 p.m. and depart by 3:15 p.m. from the ABR parking area.

Our driveway is a one-way circle, so please follow the traffic pattern. When you arrive, park in the lot and walk into the building for your child. (Feel free to double park behind any staff car.) **You may not park in the Fire Lane under any circumstances as *it is against the law*.**

When you arrive, one of our staff will call your child from his/her classroom. This minimizes disruption in the classrooms at the end of the day. If your child ever needs to leave school for a destination other than the usual one, or be picked up by another person, he/she must bring a note to school on that day or you may e-mail the office at admin@eacmsi.org by noon. Any changes after that time must be by phone. **Children who are not picked up by 3:45 p.m. will be part of our Afterschool Program and a \$20.00 fee will be charged. There will be no exceptions.**

Early pick-up: Please allow a 15 minute window for children needing to be picked up early.

Upper Level Protocol and Upper Level Dismissal

Our Upper Elementary program is housed in the Annex. It is a collection of classrooms and the students/teachers are not to be disturbed during the school day. If you are bringing your child to school late, need to drop something off, or want to leave a message, please come to the Main Building and speak to the folks at the front desk. They will accompany your child to Upper Level, and will also deliver messages as needed. **Upper Level students are dismissed from the Annex between 3:00 and 3:30.** Please drive up to the front door. Your child will be sent out to you. It is important that you then depart so the next driver can move forward. **If you need to pick your child up early**, communicate with the front desk, and Upper Level teachers will be informed. Please allow for a 15 minute window for early pick up.

Attendance

If your child is sick and unable to attend school, we request that you call us by 9:00 a.m. If you arrive after 9:00 a.m., please bring your child to the front office and a staff member will help your child to his/her room. If your child is not well enough to participate in recess, he/she should not come to school.

After School Program

Our After School program is an engaging and fun program available to students at Elizabeth Ann Clune Montessori School of Ithaca. Each child's readiness and individual needs are taken into consideration for acceptance in the After School program. The After School program begins at 3:30 p.m. Children are to be picked up promptly by 5:30 p.m. Families may register their child(ren) in advance for up to 5 days per week. Billing for those days will be at the end of each month and payments are expected each month. Days of use may only be changed (when staffing allows) at the beginning of a month. For example: if you used M,W,F and want to change to M,W,Th. We are not able to have you switch days in mid month as we may not have the proper staffing. If we can accommodate your child, a daily use rate of \$20.00 per day will be charged. Please be aware that the program may be full on a given day that you need it. Call us as early in the day as you can to let us know your needs.

Physical Education

Physical Education is an important part of our school program. When it is absolutely necessary, a child may be excused from PE for 3 days upon the written request of a parent/guardian. A written statement from the family health care provider is required for prolonged exclusion from PE. This should include the reason and, if possible, the length of time for exclusion. No student may return to PE after such exclusion until the School Nurse has received a return to PE order from the health care provider. Students who are excluded from PE may not participate in Ski Club, recess or other physical activity at EACMSI. **Sneakers only** are considered proper footwear for PE class.

Upon enrollment to EACMSI, students must submit proof of a physical examination done within the last 12 months by a licensed Physician, Physician's Assistant or Nurse Practitioner in order to participate in PE.

Health

The Ithaca City School District provides us with school nurses. The School Nurse acts as a liaison between home, school and community. If there is a problem concerning a student's health, the parent/guardian is encouraged to contact the Health Office. The School Nurse will be glad to help in any way possible.

Illness

First aid is given to protect the life and comfort of students until authorized treatment is secured. Further treatment or diagnosis becomes the responsibility of the parent/guardian. The principal and school health personnel must be able to contact parent/guardian in case of an accident or illness in school. Therefore, it is essential that parents/guardians make certain the school has the ability to contact them. The school must have the parent/guardian home phone number, work phone numbers, cell phone numbers, and the names of two relatives, friends, neighbors or co-workers who can act for the parent/guardian in case of emergency. When a student becomes ill at school, the parent/guardian will be called and they are responsible for seeing that the ill child gets home safely. All parents/guardians need to have a plan to care for sick children. Do not send a sick child to school. Children with minor illness will not be excluded from school unless:

- the child has a fever (oral temperature of 100 or greater); students must be fever free for 24 hours before returning to school.
- the illness prevents the child from participating in school activities.
- the child requires more care than the school staff can provide.
- the child has lethargy, difficulty breathing or signs of serious illness.

When your child is ill, it is helpful for you to report his/her diagnosis to the School Nurse. The Ithaca City School District has a policy that prohibits students from attending school with a communicable disease or condition. If you have a question about whether your child can be in school with a specific diagnosis, please contact the Health Office. In the event of serious illness or injury the School Nurse can help coordinate your child's educational needs and plan for a safe and successful re-entry into school.

Medication

When it is necessary for students to have medication (prescription or over-the-counter) during school hours, the following procedure must be followed:

- A written order must be received from the doctor stating the name of the medication, time to be given, effects of the medication, duration of order and side effects.
- The parent must send a written, dated request for medication to be given.
- The medication must be in the original container. If it is a prescription, the pharmacist will give you an empty labeled container for school.
- The long term medications must be renewed annually.

The Ithaca City School District policy prohibits students from carrying medications to and from school. A responsible adult must transport all medications. Students may ONLY transport medications to and from school with a doctor's written order and parent's signature stating they may carry and self-administer a particular prescription

or “over the counter” medication. Please inform us of any “self carry” orders. Medication orders must be renewed annually.

Immunizations

NYS law requires physician verification of specific immunizations for legal entry into any NYS school. Current immunization guidelines are available from your local health care provider and our school nurses.

Exceptions to this requirement are as follows:

- A certificate signed by a physician licensed in NYS stating the specific reason or condition why immunizations(s) are detrimental to the child's health.
- Physician's certification that the child has had the disease or serological proof of immunity.
- A written statement signed by the child's parent/guardian that they hold religious beliefs contrary to the practice of immunization. The statement must describe the beliefs in sufficient detail to permit the school to determine that (a) the beliefs are religious in nature (not health or philosophical), and (b) the beliefs are sincerely and genuinely held.

Students who are exempt from immunizations will be excluded from school in the event of an outbreak of disease for which the student is not immunized.

Overnight Field Trips

For students with special dietary needs, parents may be required to provide supplemental food to complement meals.

Technology

EACMSI is committed to educating children to be fully functioning citizens of the 21st century. We believe that just as the current technological revolution is transforming society as we know it, so too must the process of educating children be transformed. Doing so while holding true to Montessori principles requires great care and forethought.

For the 2016-2017 school year, the use of personal reading devices by EAC students from Primary through Middle School is restricted to those children for whom their use is sanctioned by either an IEP or an Individual Learning Plan. We will revisit our technology policy on a yearly basis.

Toys/Games/Cell Phones

We request that children come to school without toys, electronics, games and cell phones. “Dress up” clothing, costumes and accessories are not permitted at school. We encourage the bringing of objects of interest related to ongoing projects in the classroom, and recognize the importance of the link between home and school. Weapons, play or real, are not permitted. Families who choose to allow their children cell phones must instruct them that these are to remain in the child’s backpack, turned off, and may not be used while the child is at school. As we do not allow students to text or contact family during school hours (even when on field trips), please reinforce school rules and let your child's teacher know/speak with your child should this occur. “Smart” watches are not permitted at EAC.

Footwear & Labeling

Each child needs to have a pair of indoor shoes to wear in the classroom. These can be indoor sneakers also used for indoor physical education. In addition children need outdoor shoes or boots for recess play and outdoor physical education sessions. Crocs, clogs and flip-flops or any open toe shoes are not permitted for recess or gym.

Please label lunch boxes, hats, mittens, sweaters, jackets, shoes, etc. with your child's name. This enables them to recognize their own things and assures that they get returned if misplaced.

Birthdays

Primary/Extended Day: The birthday tradition at EACMSI is that, rather than celebrating with cupcakes or sugary treats, each child chooses a small gift for the school as a way of sharing his/her special day with his/her classmates. The gift can be a book, a plant, or anything the class can use. Check with your child's teacher for ideas. Our hope is that this will make your child's birthday a more meaningful event. We ask that birthday party invitations not be distributed at school.

Junior Level: The birthday tradition at the Junior Level often involves sharing of food from home (tree nut and peanut-free) in addition to the exciting "Walk Around the Sun". This is one of the few opportunities Junior Level students have to offer food to friends. Please refrain from making this special snack a sugary treat. Please make contact with classroom teachers to plan birthday celebrations.

Upper Level and Middle School do not celebrate student birthdays.

Classroom Observation

The school is organized into three Primary classes, which includes both a half-day and full-day program, three Junior Level Classes, an Upper Level Program, and a Middle School program. Classroom observations are scheduled weekly, beginning in mid-October through the beginning of May. Parents are encouraged to make an appointment to observe their children in action.

Conferences/Report Forms

Formal reporting for all levels consists of three progress reports, in November, February and June. Student progress reports will be available electronically prior to parent-teacher conferences. Primary/Extended Day, Junior Level and Middle School parents will have two conferences, Fall and Spring. Upper Level parents will have one scheduled conference in the Fall, and Spring term conferences as needed. **Please reserve the dates as printed on our school calendar. Conferences will not be rescheduled.** Standardized testing is administered to all Junior Level Lions and Upper Level students.

Recess Wear

All temperature determinations take wind chill into account

Required Recess Clothing

Below 12 F: Indoor recess

Over 12 F: Outdoor recess for everyone.

Listed below are the proper clothes for outdoor recess

We recommend children wear face protection when sledding.

12 – 30 F: Down or heavily lined coat, hat, waterproof gloves/mittens, snowpants, insulated boots

30 – 40 F: Down or heavily lined coat, hat, gloves/mittens, snowpants (if sledding or sitting in snow), boots (if snowy or ground is wet)

40 – 50 F: Coat, hat and gloves, boots (if conditions are wet - water, mud or snow), outdoor shoes for paved surfaces, gravel or stone

50 – 60 F: For those who **are not** involved in an active sport:

Coat, polar fleece, sweatshirt, or sweater with one layer.

For those who **are** involved in an active sport:

Long-sleeved shirt or T-shirt with a windbreaker or light jacket

Boots (if conditions are wet - water, mud or snow)

Outdoor shoes for playing on paved surfaces, grass or stone.

Tuition

Smart Tuition is responsible for the processing of tuition and fees for the 2016-2017 school year. All tuition payments are due by the first of the month and can be made online at parent.smarttuition.com or by mailing your check to Smart Tuition. Please do not send tuition payments to EAC. If you have questions about your online account or how to make a payment, please call the Smart Tuition Parent Call Center at (888)868-8828.

Classroom Placement Policy

It is school policy that in those levels where there are multiple classes; siblings will be placed in different rooms.

It is school policy that in levels where there are multiple classes; children of faculty will not be placed in rooms with their relatives.

Behavior Shaping Policy

Part of the preparation of the environment for the child's learning involves the establishment of ground rules of human behavior. This provides the limits for the group and for the individual.

Nancy Rambusch
American Montessori Society Founder

The ground rules at EACMSI are simple and all encompassing:

1. Respect yourself
2. Respect others
3. Respect the environment

When a child has broken a rule at our school he/she is asked to come up with a reasonable solution with the support of his/her teachers so that the behavior will not occur again. If the child's solution does not work and subsequent incidents occur, the child is sent to the office where a new solution is proposed by the child, with the support this time of the office staff. The child fills out a form which is brought home for parents to sign, and a meeting is scheduled between parents, teachers and Laura or Anne. If the child is involved in a further incident, the child calls his/her parent and must leave school for the remainder of the day. Child and parent together process the issue, look at solutions that have not worked and come up with a new solution that holds promise. An 8:45 a.m. meeting between Laura or Anne, the child, the child's teacher and the parent is called for the following day. A new solution is presented by the child; if it is a reasonable solution and the child seems ready to be at school, the child is welcome to return to school that morning.

When a child has broken a rule during our After School program, he/she is asked to correct the behavior. If he/she is unable to do so, or the behavior is recurrent, the student will be asked to miss a day of After School in order to work with parents on behavior shaping. If the problem persists, he/she may be asked to leave the program.

We are a peanut free school!

Please read ingredient lists carefully. If a product has been processed where peanuts have been processed, we cannot have it at school.

Our Main Building is also tree nut free! (Primary, Extended Day, Junior Level & Middle School)

Please read ingredient lists carefully. **Names of tree nuts and common sources of foods containing tree nuts are listed below*. Please read labels carefully and note that even non-nut foods may be contaminated if processed in a plant where tree nut or peanut products were prepared.**

Nutrition

EACMSI dedicates itself to educating our children, staff and families in making healthy, sound nutritional food choices during the school day. We encourage using whole grain products, and making low sugar and low fat choices for lunches, snacks and treats to share.

Full Day Primary, Extended Day, Junior Level, Upper Level, and Middle School children must bring a lunch, including beverage, in a lunch container. Please include any necessary utensils. In order to promote re-cycling, children will be required to carry back home all their remains from lunch in their lunch boxes. We encourage parents to pack food in re-usable containers.

Please try to include a high quality protein and a fresh fruit and veggie in each lunch. Candy, gum and soft drinks are not permitted.

What we consume really does impact the quality of the energy we bring to our work and it affects our emotional state as well.

We appreciate your attention to this important matter.

Snack Suggestions

Pumpnickel bread and a tangerine
Bran muffin
Oatmeal cookie and a plum
Cinnamon rice cake and a peach
Whole wheat bread and a sliced tomato
Waffle square and strawberries
Graham crackers and a pear
Whole wheat raisin toast
Whole wheat pita bread and
seed-butter or hummus
Ginger snaps and applesauce
Whole wheat bread sticks and
string cheese

Whole grain cereal
Whole wheat bagel and orange slices
Corn muffin
Tortilla and refried beans
Nut-free trail mix
Rye wafers and cream cheese
Cucumber, carrot and cottage cheese
Rice cakes and cream cheese
Cut up vegetables w/ranch dressing
String cheese and celery
Cottage cheese w/crushed pineapple
Yogurt and fruit

Whole wheat crackers and vegetable sticks Nut free granola and a baked apple

*Tree Nuts and Alternate Names for Tree Nuts

Cashews, Pecans, Macadamia nuts, Almonds, Pistachios, Brazil nuts, Pine nuts, Hazelnuts, Walnuts, Hickory nuts, Beech nut, Butternut, Chestnut, Coconut, Ginko nut, Lichee nut, Natural nut extract, Artificial nuts, Nut meal, Caponatanut meat, Nut oil (peanut, walnut, coconut, etc.), Nut paste (such as almond paste), Gianduja (found in some chocolate), Nut pieces, Pesto, Mandelonas, Marzipan/almond paste, Nan-gai nuts, Nougat, Pralines, Nut butters, Anacardium nuts, Mandelonas , Marzipan (almond paste), Pinon, Nu-Nuts TM , Nut meats