



Weekly Message

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"We cannot create observers by saying 'observe', but by giving them the power and the means for this observation and these means are procured through education of the senses.."—Dr. Maria Montessori

NEXT WEEK WE BEGIN OUR BLENDED LEARNING FOR GROUP 1 STUDENTS RETURNING TO CAMPUS.

Please review Sterling's **updated** [Reopening Update v3 Return to School](#) document with enhanced NCDHHS protocols as well as the updated **schedule for Blended Learning Groups 1 and 2**. It is vital that our families **understand the protocols and procedures** in place in order for children to return to school. It takes **commitment from each of us** to create a safe and productive environment. Moving forward, our focus must be on returning to school in a safe manner **for all**. We are taking every precaution mandated by NCDHHS and we expect that every community member will abide by these guidelines in an effort to mitigate the COVID risk.



MARTIN LUTHER KING JR.'S DAY OF SERVICE



"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." Dr. Martin Luther King, Jr. Day is on Monday, January 18th. We thought it is important to share how each level at Sterling approaches this important **Day of Service**.

For Children's House - At the Children's House level we start small by explaining how everyone can help make a difference in the world through kindness and respect, just like Martin Luther King did. We keep things simple and concrete for the 3-6 year old. Even though there are many simple ways each of our teachers in Children's House present MLK to our students, below you will see some examples of how we have presented to our youngest student throughout the years:

- **Read a book:** Reading stories is a great way for young children to learn about King's life. Children's books, like "[My Brother Martin](#)" by Christine King Farris or "[I Am Brave: A Little Book about Martin Luther King, Jr.](#)" by Brad Meltzer, are geared toward young readers. These books are thoughtful and educational for little minds. If you are interested in adding to your library at home, check out the [Scholastic MLK picture book roundup](#), or their list of [MLK books for early readers](#).
 - **During group time teachers can discuss hopes and dreams:** Drawing inspiration from King's "I Have a Dream" speech, teachers will ask their students what their dreams are. What inspires them? Talk about ways that their family can make the world a better place, just like King did. You as a parent can have this conversation during dinner and write your family's hopes and dreams down and hang the paper on your fridge (or elsewhere in your home) to serve as a source of inspiration throughout the year.
 - **Adding art projects to our art shelves is another example of how we can teach the children about Martin Luther King and his work :** Have the students trace their hands on a variety of different skin toned colored construction paper and cut them out. Overlap each hand to form a circle and glue them down to a sheet of paper to show that no matter how different we look on the outside, we are all the same on the inside. This activity helps demonstrate unity and respect.
- Parents you could look for local events:** Check your local newspaper listings or local blogs for MLK Day events. A family outing like that can be a fun and a culturally enriching way to learn more about his life's work and how it supports what we do in school.

At the Elementary Level: Montessori educators embrace peace education, and look for ways to include it in the daily life of our students. Peace education crosses all disciplines, integrating lessons in history, language, geography, and practical life. As Elementary students experience cosmic education in their classroom, they learn and reflect on who they are and what their role is in the greater community. This approach teaches children to appreciate and respect the varying ways that human beings meet their fundamental needs. Through storytelling and follow-up discussions about MLK Day students are provided with the opportunity to discuss positive leadership qualities and explore values that create a peaceful society and world. Our hope is that by sharing these stories with students, they will continue to understand the role that individuals can play in creating a peaceful world. At home, we recommend the following:

- Provide students with the opportunity to participate in community work (look for local events or create your own)
- Read books together
- Encourage a mindset of curiosity to inspire further research
- Ask neutral questions that allow children to take the lead in conversations:
 - What happened? What do you think about it?
 - Do you think that everyone feels the same way? Why/why not?
 - Who are the helpers?
 - What were the obstacles that were faced? How were they overcome?

For our Middle School Students - The observance of this day often takes the form of service and is known as a “**day on,**” rather than a “**day off.**” In honor of Dr. King's legacy our students will be conducting a service project from January 13 - January 20th. Service is a vital part of becoming an active, positive participant in society. As young people, you have the opportunity to impact those around you in incredibly meaningful ways. When serving others, a person develops empathy and a sense of connection rarely achieved through other experiences. During the time of COVID, service is not only possible, but greatly beneficial to all who engage in and receive these acts of connection and caring. Whether it is a series of small, daily acts or a more involved plan, the goal is to plan, follow-through, and reflect on an act of service toward a cause you care about.

RETURNING TO SCHOOL REMINDERS

NEW CARPOOL PROCEDURES - As students in Blended Learning Group 1 plan on returning to school on Tuesday, we want to remind you of the new [Carpool Procedures](#). Please be sure to know your route. Also, if you are a **NEW STERLING FAMILY** and have not picked up your **CARPOOL TAGS**, please park and come to the Main Office to retrieve them.

MEDICATION DROP-OFF - For parents that did not come on December 17th to drop off medication for their child and need to do so, **please come on the first day your child will be coming to school** (January 19th for Group 1 and January 25th for Group 2). You will need to **park and walk** to the **Sports Court** to drop off the medication. Be sure you have the proper [paperwork](#) (link) completed with the medication.

SUMMER CAMP INFORMATION COMING SOON!

Stay tuned for more information on our Summer 2021 Camp offerings!



SPOTS STILL AVAILABLE FOR SPRING SPORTS CLUB



Registration can be completed through [MySchoolBucks online](#)

- [Floorball](#) - Join Mr. David and Mr. Michael for this in-person, on-campus club! Open for 3rd-6th graders on Tuesday and/or Wednesday afternoons at 4:15pm.

STERLING'S 2021 YEARBOOK

You won't want to miss this year of memories! Books can be purchased at www.Jostens.com. The current price is \$50.

COVID EDUCATION

NCDHHS released an [important campaign](#) regarding masks. Please take some time to review.



IMPORTANT UPCOMING DATES

- **MLK HOLIDAY** - Monday, January 18th - **NO SCHOOL**
- **GROUP 1 BLENDED LEARNING STUDENTS BEGIN** - Tuesday, January 19th.
Please find the **Blended Learning Group Calendar** [HERE](#)
- **LHU BOARD MEETING** - Wednesday, January 20th @ 6:30pm
- **GROUP 2 BLENDED LEARNING STUDENTS BEGIN** - Monday, January 25th.
- **STERLING VIRTUAL COFFEE CHAT: The Zones of Regulation** - Tuesday, January 26th @ 4:00-5:00pm. Our school counselor, Ms. Danielle will present.
- **CHILDREN'S HOUSE PROGRESS REPORTS** - sent via email Friday, January 29th
- **LE/US/MS PROGRESS REPORTS** - sent via email on Friday, March 19th.

Elementary will provide a brief **Transition Report** for students on February 12th.

Keep track of all on the [Event Calendar](#)

CHANGE IN 2020/21 TEST CALENDAR

ACCESS testing for our English Learner students will now take place March 1st-10th instead of in February. Please click [HERE for our Updated Test Calendar](#)

STERLING FACULTY SPOTLIGHT



Olga Nye, Children's House Lead Teacher

Hailing from Colombia, Olga started her professional career in corporate management, including working in her family business here in America. In her upbringing and young adult life she had never even heard of Montessori, but her family always said she should work with kids. Her grandmother called her “*the little mother*”. Olga began at Sterling 15 years ago in Aftercare working with her son, Michael Nye (yes, Sterling’s own PE teacher). She was inspired by the Montessori environment and decided she wanted to become certified, which she did on her own. Olga is “Montessori, 100% - Maria Montessori is a genius, on par with Da Vinci”. Olga feels that children are resilient and if we adults are role models to them, they will succeed.

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