



## Long-Lasting Gifts

**By Priscilla Amend, Board Chair**

Happy New Year! I wish every member of our community a new year full of abundance, joy, and magical surprises.

Coming out of the gift-laden holiday season, I find it easy to reflect on the many gifts Mountain School has given to my family.

To balance out the frenzy of social gatherings in December, during the time we had off for Winter Break, our family spent a day at the beach and an afternoon hiking in the woods. As my children played in an old redwood stump large enough to fit the three of them and two friends inside, it dawned on me that I learned about that special trail and tree stump through Mountain School five years ago. But Mountain School's gift to me is greater than the knowledge of the local trails. The gift is the comfort I now have in nature that I did not have before joining our school. Because of this comfort, my children and I regularly experience the benefits that come from being in nature – grounding, peace, and a sense of expansion and freedom as we wonder at the vast open sky, towering trees, or the rhythmic comings and goings of the ocean waves.

The camaraderie and deep sense of community that have come through my family partnerships, the classes I have been a part of, the Board, and the school as a whole continue to be cherished gifts from Mountain School. While some families stay a short time and others for years as they go through the

school with multiple children, the deep sense of community exists because of what brought each of us to our unique and precious nursery school. Our backgrounds may be diverse but our desire for instilling a connection with nature, having our children attend a school that honors them as children, gaining parenting knowledge, and sharing the journey with other parents – one or all of the above elements (and others I have failed to list) link us to one another and create this dynamic and supportive community. When my children were quite young and I felt the burden of caring for them quite heavy, I found it so helpful to spend time with other Mountain School mothers who let me know I was not alone in my frustrations and down times. We could support each other as we nurtured and cared for our children. These friendships continue today despite our busy lives.

While Mountain School has enriched my family's life in many more ways, the final gift I will include here is love. I see my time at Mountain School each week with my third son as a chance to see him without the distractions of my busy life, and this inevitably grows into a direct interaction with love each class day. Each week my sons attended a school they loved. They were free to play and explore in beautiful outdoor settings or the comfortable Schoolhouse, guided by loving teachers who took an interest in their findings or ideas, cared for by other parents who they

grew to trust, and shared one day a week with me learning that their parents value all that Mountain School offers. I see my work on the Board as a commitment to offer my time and talents to help keep our school functioning smoothly. All of these experiences converge into my definition of love – that openhearted, difficult-to-define quality that knows no boundaries or fear but just opens to the experience of the present moment in a selfless act of generosity. At its core, Mountain School is a place where love is practiced each and every day through its teachers, parents, children, family partners, Board members, project volunteers, etc.

Although our time at Mountain School is fleeting, the gifts it bestows become part of our identities, memories, and lives. I enter 2013 knowing that the Mountain School chapter will close in my family's life in just five short months, but my sons and I will carry these precious gifts always.



Like us on Facebook



## It Is Always Now

By Jane Krejci

I recently listened to a presentation entitled "It is ALWAYS Now." It reminded me again how important it is to be present/in the present; and how easy it is to dwell/re-live the past and plan/anticipate the future.

Granted, the **past** can provide a foundation and flood us with fond memories. It is easy for me to recall the past - wonderful childhood memories, work, travel, and learning opportunities.

One of my favorite songs is Tom Hunter's:  
*May the memories wrap their arms around you,  
 May your childhood take you by the hand.  
 May what you remember find healing when it hurts,  
 So the memories will protect you when they can.*

Certainly the **future** can hold dreams and excite the imagination. It is easy for me to think about the future - ideas, plans and the accompanying anticipation.

It is the **present** that is always with me and needs my attention.

My challenge is to thoroughly engage the present. These are some of the things I love that connect me to the now!

- children - the precious 2s keep me very focused
- nature - it is inspiring and life affirming
- daily walks - okay, sometimes I am planning my day and thinking ahead!
- yoga - breath and postures help me stay in the present
- gardening/food - the connection to the earth and good food are therapeutic
- family & friends - the sharing and support of dear ones are invaluable

As many of you know, I have a cell phone I rarely carry or charge (I do use it when I travel). It is one way for me to avoid distractions that lure me away from being in the present or substitute face-to-face interactions.

The beginning of a new year is a good time for all of us to look at our priorities and how we can engage more fully in the present - both for ourselves and our families. Increased awareness and mindfulness will enhance our lives. To the NOW!  
 HAPPY NEW YEAR!

## What Makes You (and your child) Resilient?

These 10 factors help people bounce back effectively from traumas, according to Steven Southwick and Dennis Charney who wrote *Resilience: The Science of Mastering Life's Greatest Challenges.*

- Cognitive strength
- Core value system
- Facing fears
- Faith
- Finding meaning in struggles
- Flexibility
- Optimism
- Physical fitness
- Positive role models
- Social support

Through their research they found that "Resiliency is something anyone can learn," and "Most people are much more resilient than they think." They believe that social support and optimism are the two most important traits for resiliency.

## Resources ++

Want to know more about moral development? Need ideas for a rainy day? Have questions about gender issues? Concerned about separation anxiety?

If so, you can find articles and research in Binder 4, 1, 3, and 6 in the Parents Room at the Schoolhouse.

The two Jane's (Alumna Jane Dodge and Teacher Jane) went through hundreds of files and compiled the most relevant and best in 6 large Binders. The Binders are clearly labeled covering more than 45 key topics.

You are free to browse. You can also borrow articles (and copy) and then return them. Our intent is that they are accessible and useful! (If you have an article you would like to share with others, we will be happy to add them to these Resource Binders.)

# 2012 Turkey Trot and Raffle

Mountain School's 2012 Turkey Trot and Raffle was a screaming success! This year's event was held at a new location, Almaden Lake Park, and despite the drizzly weather, we had a fabulous turnout. The shorter race length and two course options provided a great change of pace. The little ones were able to finish the race and have plenty of energy to enjoy the arts and crafts.

Thanks to the generous donations of current and alumni families, we were able to offer great prizes for this year's Raffle. We appreciate everyone doing a great job of selling their tickets and helping us exceed our Raffle ticket sales goal!

All in all, we far exceeded our joint \$12,000 goal and raised \$16,126.72 this year! A special thank you to the Turkey Trot Committee (Anna Burde and Denise Horton), the Raffle Committee (Kuni Shira and Amoreena Lucero), all the sponsors, the parent volunteers, the student volunteers, and to all the families who sold tickets and came out to support our event.

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## Community Service Update

**By Caroline Foreman**

Our Mountain School community donated a total of 50 gifts toward The Christmas Project. Thank you for your compassionate contributions! As we packed our car full for delivery, I smiled just imagining the brightened spirits of excited children receiving the generous gifts. "Are we like Santa?" Lucas asked playfully. It sure felt like we were all Santa's helpers.

Now we turn our efforts towards feeding the hungry with a Second Harvest Food Bank Food and Fund drive. More than 1 in 10 Santa Clara County neighbors receive food from Second Harvest. Together with our children, let's help fulfill this basic need for nourishment.

Here is how to help:

A bin will be in the schoolhouse from early February through March 14. Please consider these most needed foods and avoid donating items packaged in glass: Meals in a can (stew, chili, soup), 100% Fruit Juices, Tuna/Canned Meat, Peanut Butter, Low Sugar Cereals, Canned Fruits and Vegetables.

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## "The Grammie guide" Now Available!

As promised, "The Grammie Guide: Activities and Answers for Grandparenting Today" is now in print. The authors, Teacher Jan Eby and three grandmother friends have had busy and successful presentations and book signings at the Saratoga Library and Hicklebee's Book Store.

The philosophy of the book is compatible with that of Mountain School ....emphasizing the beauty of nature, the importance of play and the need to engage the imagination. It is packed with hundreds of fun, easy and creative ideas to aid grandparents or anyone dealing with young children. The book also has practical suggestions for preparing for a grandchild's visit, gathering equipment and staying in touch from a distance.

If interested, review the copy in the parents room at the schoolhouse or go to [www.thegrammieguide.com](http://www.thegrammieguide.com) for additional information.

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## Auction: This Little Light of Mine

**2012-2013 Auction Co-Chairs**

**Amy Williams (3/4s) Solicitations Co-Chair, [amywilliams549@gmail.com](mailto:amywilliams549@gmail.com)**

**Mary Ly (4/5s) Party Planning Co-Chair, [scarymary84@gmail.com](mailto:scarymary84@gmail.com)**

**Rusti Ienogle (3s) Logistics Co-Chair [ricenogle@mac.com](mailto:ricenogle@mac.com)**

This year's auction is shaping up to be a great event with many exciting items up for bid! Mountain School's annual auction is for many their favorite event of the year, and brings together our entire community. It looks like we will have another wonderful, fun-filled evening and successful fundraiser this year. As a reminder, there are activities coming up in the next few months that require your attention.

Each family has been assigned to an auction committee, and some are hard at work already, while others will be starting their part of the work over the next couple months. Also, each family should have a good idea of what their family donation will be this year, and have communicated this to their Fundraising Class Liaison. If you are not clear about your auction committee work assignment, please do not hesitate to contact one of us, your Auction Co-Chairs, or your Fundraising Class Liaison.

If you have any questions about the auction, please do not hesitate to ask. For answers to some

of the most frequent questions, please take a look at our FAQ page: <http://www.lgsons.com/fundraising/auction/2013FAQAuction.pdf>

### Important Auction Dates:

**March 15:** Family donations due at storage location  
Class projects due at storage location

**March 20:** \$450 Full buy-out deadline. After this date, full buy-out is \$500

**April 20:** "This Little Light of Mine" Auction!

## Parties!!!

Mountain School's Little Red Schoolhouse is the perfect place for your child's next birthday party or your upcoming family gathering. It is available for rent by all currently enrolled Mountain School families. For only \$300, up to 50 guests can enjoy a gathering at the Schoolhouse and have access to almost everything the Schoolhouse has to offer, both inside and out. For more information and to check availability, please contact the Mountain School Parties Coordinator at [parties@lgsons.com](mailto:parties@lgsons.com).

## Upcoming Workday Reminder

Our next workday is Saturday, January 19 10am-2pm for the Wednesday 2's and 3/4's classes. All Mountain School families are required to participate in one 4 hour workday. If you were unable to attend the October workday then you are welcome to come this day and make it up. Please contact our workday coordinator William Wang [wil\\_wang@yahoo.com](mailto:wil_wang@yahoo.com) if you need to make-up or are unable to attend your assigned workday. Our final workday is March 3 10am-2pm for the Friday 2's and 3's class.



## What Do Children Gain from Cooking?

1. A blossoming of creativity and a sense of aesthetics.
2. Confidence and self esteem; a feeling of accomplishment.
3. Early math skills (counting, measuring, sequence of events, and understanding of time).
4. Pre-reading and beginning reading skills (numeral, symbol, and word recognition; left to right cueing).
5. Small motor skills; hand-eye coordination.
6. Strength and endurance (stirring a batter or spreading cream cheese can be hard work if you are only three feet tall!)
7. Science skills (chemistry, temperature, cause and effect).
8. Patience and self-control (waiting for that pizza to come out of the oven is a challenge!)
9. Language skills (observing, describing, predicting outcomes).
10. Ability to follow directions.
11. A sense of teamwork and accomplishment.
12. Food literacy (an openness to trying new foods; familiarity with fruits, vegetables, other ingredients, techniques, processes—plus a new awareness and appreciation about the foods we eat, what they are, where they come from...etc.)
13. Increased interest and curiosity about all of the above.

As your child becomes more attuned to food and cooking, everything that goes on in and around the kitchen will become more interesting, including grocery shopping, setting the table, cleanup, etc. Be prepared for questions about where different foods come from. This might be a good time to look for some picture books about fruits and vegetables, to make field trips to bakeries and farmers' markets, or to plan or visit a garden.

As you cook together, your child will probably want to know more about what's going on and why. Coming up with answers will be both a pleasure and a challenge! In this way, cooking with children can be a wonderful gift for the adult. It reminds us of the miraculous nature of ordinary events — like water boiling or muffins rising — that we often take for granted. If we let it, this partnership with our children can restore a sense of shared magic to our everyday lives.

## Recipes

By Amoreena Lucero

### Sausage, Greens, and White Bean Soup

1-2 Sausages  
 1 medium onion, chopped  
 2 garlic cloves, minced  
 Large bunch of greens (kale, mustard, mizuna, arugula, chard, etc), cut or torn into large pieces if needed  
 2 c cooked cannellini beans or 1 can, rinsed & drained  
 4-6 c chicken broth  
 Salt & pepper to taste  
 Oil for sautéing

Sauté sausages in soup pot until cooked or heated through, then remove from pan and allow to cool. In the same pot, without rinsing, sauté the onion over medium heat until translucent, then add garlic cloves and cook an additional one to two minutes. While onion is cooking, slice sausage into rounds.

Add sausage, greens and cannellini beans to the onions and garlic, and cook briefly to reheat. Add broth and allow soup to simmer for 15-20 minutes until heated through. Season soup with salt & pepper to taste.

### Spiced Pumpkin Pancakes

1 1/4 cups unbleached all-purpose flour  
 3 tablespoons sugar  
 2 teaspoons baking powder  
 1 1/4 teaspoons pumpkin pie spice  
 3/4 teaspoon salt  
 1 1/3 cups whole milk  
 3/4 cup canned, or roasted pure pumpkin  
 4 large eggs  
 1/4 cup (1/2 stick) unsalted butter, melted  
 1 teaspoon vanilla extract

Combine all the dry ingredients in a large bowl, then combine the wet ingredients in another bowl. Add wet ingredients to dry, and mix until combined. The batter should be a bit lumpy. Cook pancakes in a skillet or on a griddle, on medium heat, with a small amount of butter and/or oil until bubbles form on the first side, and edges appear dry. Flip, and cook approx. 2-3 minutes longer. Serve with desired condiments.

## Spring Mini-Courses

It is our pleasure to introduce the line-up of our spring semester mini-courses. Please be sure to check the LGSONS website for updates and additions.

It has been our goal to provide a great mix of topics that will benefit not only your child, but you as well. Feel free to attend as many mini-courses that are of interest to you. But please remember that all enrolled families are required to attend the General Meeting and one mini-course per semester.

Thank you!

**-Julia Lombardi and Cristina Villarreal,  
Programs Co-Chairs**

## COMMON GROUND SERIES: SHIFT THE FOCUS, Parenting for Authentic Success

**January 30, 7pm**

Madeline Levine, Ph.D.

Location: Saint Andrew's Episcopal School  
13601 Saratoga Avenue, Saratoga  
(408) 867-3785

\*A fee of \$20 will be charged at the door.

RSVP to [Julibenjaminster@gmail.com](mailto:Julibenjaminster@gmail.com)

Dr. Madeline Levine is a lecturer, author and psychologist with over 30 years experience working with children and adolescents. She has seen firsthand the effects of our fast-paced, high-pressure world and challenges parents to create a healthier family life. She acknowledges the temptation to hyper-parent and offers concrete examples of parenting styles that protect children while encouraging both academic success and emotional well-being. Dr. Levine's books include the newly-released [Teach Your Children Well: Parenting for Authentic Success](#) and the New York Times bestseller, [The Price of Privilege](#).

## General Meeting

**February 12, 7pm**

Eileen Healy (flier attached)

## How to Blog Like a Pro

**March 4, 7pm**

Erika Montgomery (Bio attached)

Location: Louise Van Meter Elementary  
16445 Los Gatos Boulevard, Los Gatos  
RSVP to [Julibenjaminster@gmail.com](mailto:Julibenjaminster@gmail.com)

Bloggging is one of the best ways to show your knowledge in an area of your expertise, and it's also terrific for search engine optimization which will drive traffic to your blog or website. There's much more to good blogging than just writing a few paragraphs.

In this talk we'll cover everything you need to know to become a blogging expert including:

- The basics of setting up a WordPress blog
- How to come up with ideas for blog topics
- What should be included in your blog besides text
- Where to find safe (not protected by copyright) images for your blog
- How frequently you should post for maximum traffic
- Simple search engine optimization techniques to use in every post
- Apps that can help your blogging efforts

## How Do We as Parents Ensure Our Kids Will Thrive?

**March 11, 7pm**

Linda Silvus, Project Cornerstone  
Group Begins: Thurs. Jan. 17

Six Sessions: 1/17, 1/24, 1/31, 2/7, 2/14,  
2/21

Time: 8:45AM-10:15AM

Place: Fisher Middle School

Fee: A one-time donation of \$10 for a workbook.

More details: [Linda@ProjectCornerstone.org](mailto:Linda@ProjectCornerstone.org)

RSVP to [Julibenjaminster@gmail.com](mailto:Julibenjaminster@gmail.com)

website: <http://www.signupgenius.com/go/60B0945ABA72D6-take>

Take It Personally Study Group - Project Cornerstone: This 6 week course will answer the above question and other questions such as: How can I show my child I support their efforts and dreams? How can I know what is most important in helping my child succeed in school academically AND in life? Are there enough positive adults in my child's life? Join Linda Silvus from Project Cornerstone for a Parent Study Group

## Parenting as a Team for Couples

**March 21, 7pm**

Elizabeth Eastman, LCSW

Location: Louise Van Meter Elementary

RSVP to [Crismv@ymail.com](mailto:Crismv@ymail.com)

Maintaining a strong marriage can be one of the most challenging aspects of parenting, especially with a first baby. In this interactive seminar, you will learn strategies to strengthen your marital friendship, despite the stresses of parenthood, and to effectively parent together as a team. Included are exercises for enhancing positive communication and staying emotionally connected to your spouse.

Elizabeth is a therapist in private practice in Palo Alto. She focuses her practice on working with parents in the transition to parenthood, and in supporting parents who have stress, anxiety, or depression. Besides

providing individual and couples counseling, she facilitates a support group for mothers.

## Supporting Friendships: Teaching Social Skills

**March 28, 7pm**

Heidi Emberling, MA

Location: Louise Van Meter Elementary

RSVP to [Crismv@ymail.com](mailto:Crismv@ymail.com)

[www.connectforchildren.com](http://www.connectforchildren.com)

Preventing bullying behaviors begins early. Learn how to promote pro-social development through building secure relationships, modeling desired behaviors, establishing expectations of age-appropriate positive behaviors, understanding children's temperaments, and supporting social competence in young children.

Heidi Emberling, M.A., has been supporting families and teachers of young children for the past eight years. She presents workshops on sleeping, eating, potty learning, positive discipline and limit setting, peer relationships, sibling rivalry, temperament, and early brain development. She also does behavioral observations in preschool settings and teacher professional development. Heidi has a master's degree in education and has two children, a son age 12 and a daughter age 9.

## Tips for Improving Communication with your Children

**April 23 or 30, 7pm**

Aurianne Dorsay, Ph.D.

Adam Dorsay, Psy.D.

Location: Louise Van Meter Elementary

RSVP to [Julibenjaminster@gmail.com](mailto:Julibenjaminster@gmail.com)

Communicating with our kids—even in the best of circumstances—can be a challenge. It is all the more so when the communication styles are somewhat different between parent and child. This evening we will discuss ways to increase the chances of improving communication with your children with a special focus on communicating when personality styles (for example, introvert vs. extrovert) are different.

Aurianne Dorsay, Ph.D., is a psychologist in private practice in the Willow Glen neighborhood of San Jose. She specializes in working with children and their parents and with adults both individually and as couples.

Adam Dorsay, Psy.D., is a psychologist in private practice in the Rose Garden neighborhood of San Jose where he sees individuals and couples for psychotherapy and coaching. He also works extensively with adolescents and parents as well as specializing in work with men.

# "Give Your Child the Gift of Good Sight: Why it's crucial to have your preschooler's eyes examined by an O.D."

By Linda Hutchins-Knowles, Mother of Karina, 4/5s, and Anika, alum

Like most Mountain School moms and dads, I consider myself a well-informed parent, striving to do all the right things to protect my two precious daughters' health and well-being. However, I had no idea how important it was to have their eyes examined by a specialist before or during preschool.

When my older daughter Anika was in Kindergarten, her pediatrician recommended that she have a routine screening by a doctor of optometry (O.D.), and highly recommended Dr. Larry Fabian of the Saratoga Vision Center. So I brought Anika to see Dr. Fabian, with my younger daughter, three-year-old Karina, in tow. As expected, Anika passed the eye exam with flying colors.

As we were about to leave, Dr. Fabian inquired if my other daughter's eyes had ever been examined by a specialist. When I replied no, he commented, "You know, it would be a good idea to have her eyes examined sooner rather than later, and not wait until Kindergarten." So I asked him if he could exam Karina's eyes, too, and he agreed to fit her in within 20 minutes!

It turned out to be a very good thing we acted so quickly. Dr. Fabian discovered that Karina had astigmatism, and prescribed corrective lenses. If we hadn't caught and treated Karina's astigmatism early, she would very likely have developed lazy eye and missed the developmental window to train her eyes to team properly. Now, nearly two years later, Karina's eyes are progressing well and working in tandem, and she loves her purple-and-pink flowered glasses.

Because I want to support other parents in understanding the importance of early eye exam, I asked Dr. Fabian if he would be willing to write an article for the Mountain School newsletter, and he kindly agreed. I hope you'll find it informative.

Every year in the U.S., up to 20% of elementary school children start school with undetected vision problems. With 80% of learning occurring through vision, large numbers of children are likely performing below their full potential in school.

A recent study in the south has confirmed why this is happening. In this study, several thousand elementary school aged children were given full vision evaluations. As is normally the case in these studies, about 20% of the children were found to have significant vision problems that could interfere with their school performance. The new and troubling finding in this study was that most of these kids had recently passed a pediatrician vision screening.

The problem with pediatrician vision screenings is that they screen only for blurry far away vision (nearsightedness). Ironically, most often, nearsighted children are the ones who do best in school, because they have the best near reading comfort and concentration, where most learning occurs. The children who struggle in school have poor near vision comfort, concentration, and eye coordination. This group will pass the pediatrician vision screening and be advised that further vision testing is not required.

A common outcome of this advice is a child who struggles with basic learning skills such as reading comprehension and attentiveness. The parents, assuming vision is normal, will resort to tutoring, therapy, and/or attention improvement medications. When these approaches are unsuccessful, the parent and child may finally end up getting a complete vision evaluation, but the first few years of school often set the pattern for a child's attitude towards school and learning and can be difficult to regain.

As a result of this study, many states now require a complete vision evaluation by a vision specialist prior to starting school. California is always well behind in this type of legislation, so it is up to you to make a good preventative decision to assure your child's success in school.

The current American Optometric Association recommendation for first vision exams is six months of age. This is designed to catch cases of lazy eye (amblyopia) when it can still be treated. I would advise this for all children with vision problems that run in the family or if you observe any unusual vision behavior in your child. Otherwise, do not let your child's 3rd birthday pass without a complete vision evaluation by a vision specialist.

Finally, in choosing a vision specialist, your best choice is a developmental optometrist who is a specialist in determining that your child's complete visual system has matured to the appropriate level for his or her age. An ophthalmologist can be the correct choice if your child needs surgical eye care. They are best used by referral, and not for initial evaluations.

If you have further general questions or specifics relating to your child, feel free to contact me directly.

Larry R. Fabian, O.D.  
Westside Family Vision Center  
1817 Hamilton Avenue  
San Jose, CA 95125  
408-264-1555  
[www.optometricgroup.com](http://www.optometricgroup.com)  
[facebook.com/superods](https://www.facebook.com/superods)

## I Took His Hand and Followed

My dishes went unwashed today  
I didn't make the bed.  
I took his hand and followed  
Where his eager footsteps led.

Oh, yes we went adventuring,  
My little son and I...  
Exploring all the great outdoors  
Beneath the summer sky.

We waded in a crystal stream  
We wandered through a wood...  
My kitchen wasn't swept today  
But life was gay and good.

We found a cool, sun dappled glade  
And now my small son knows  
How Mother Bunny hides her nest  
Where Jack-in-the-Pulpit grows.

We watched a robin feed her young,  
We climbed a sun-lit hill...  
We touched a slippery banana slug  
We plucked a daffodil.

That my house was neglected  
That I did not brush the stairs,  
In twenty years, no one on earth  
Will know, or even care.

But that I've helped my little boy  
To noble manhood grow,  
In twenty years the whole wide world  
May look and see and know.

-Author Anonymous

# LGSONS GENERAL MEETING

Guest Speaker: Eileen Healy, MA, MFT  
Date: February 12, 2013  
TIME: 7:00 PM  
LOCATION: Louise Van Meter Elementary School  
16455 Los Gatos Blvd.  
Los Gatos, CA 95032

## Help Your Children Be the Best That They Can Be!!

### RESEARCH:

Children and adolescents who learn within a Social & Emotional Learning (SEL) Program environment:

1. Can **INCREASE** their academic success by a minimum of 11%\*
2. Can **INCREASE** their academic success up to 30-40% per subject\*

\*Action Research Anna Kearney, MA Six Seconds 10/16/11

**A HIGH Emotional (the E in SEL) Intelligence environment is one in which a child is taught how to improve their EQ (Emotional Intelligence). This is the best way a parent can assure their child's success in life even more than a high IQ!**

### WHAT DOES A SEL ENVIRONMENT TEACH YOUR CHILD:

- ◆ **How to *Identify* Their Emotions**
- ◆ **How to *Manage* Their Emotions**
- ◆ **How to *Recognize* Others' Emotions**
- ◆ **How to *Resolve* Conflicts Positively and with Confidence**
- ◆ **How to *Take* Responsibility for their actions**

### WHAT DOES THAT MEAN IN OUR FAMILYS' REAL WORLD ENVIRONMENT?

- ◆ **Daily Lives Become *Calmer*, More *Respectful* And Definitely More *Enjoyable***
- ◆ **Discipline Becomes *Simple* and *Easier***
- ◆ **Temper Tantrums Are Kept To A Minimum**

### HOW CAN PARENT'S CREATE A SEL ENVIRONMENT AT HOME?

**It is easier than you can imagine!!! To find out more about creating a social, and emotional learning environment in your home, please save the date of February 12, 2013.**

Eileen Healy, MA, MFT (Licensed Marriage, Family Therapist), and the author of 2 books, *EQ and Your Child: 8 Proven Skills to Increase Your Child's Emotional Intelligence*, and *EQ and Your Adolescents: 8 Proven Skills to Increase Your Adolescents Emotional Intelligence* will be presenting to our community a step-by-step guide to begin creating your own SEL environment at home.

# Los Gatos - Saratoga Observation Nursery School

Affectionately known as Mountain School

## Open House

Sunday, January 20 - 11AM to 2PM



### Looking for a unique preschool for your children?

You and your family are invited to explore our Little Red Schoolhouse. You'll have a chance to meet teachers and families, tour the school, and see what makes Mountain School a unique educational experience for children and their parents.

- Developmental curriculum
- Self-directed play
- Beautiful outdoor setting
- Field Trips
- Strong Community
- 1:6 teacher-child ratio
- Circle Time
- Nature walks
- Balance of social, physical, and intellectual stimulation
- Charming 100 year-old schoolhouse
- Parent participation
- Art and Music
- Science and Cooking

Hwy 17 South - Exit Bear Creek - Straight past stop sign - Left on Black Rd.

Directions and information available at:

[www.lgsons.com](http://www.lgsons.com) or 408-395-2892

19601 Black Rd. • Los Gatos, CA 95033



## **Erika Taylor Montgomery**

### **Biography**

Erika Taylor Montgomery, CEO/Chief Publicist and Founder of Three Girls Media & Marketing Inc., enjoyed an 18-year broadcasting career in the San Francisco Bay Area before transitioning to Public Relations in 2001. In 2005, Taylor Montgomery launched her own agency, Three Girls Media & Marketing Inc.

Erika is the co-author of the Bestselling book, ***The Spirit of Silicon Valley – Journeys & Transformations Beyond Technology***, available on [Amazon.com](http://Amazon.com). She is also the author of the forthcoming book, ***PR for the 21st Century – A Step-by-Step Guide for Small Business, Non-Profits & Entrepreneurs***.

Following her award-winning broadcasting career, and prior to beginning Three Girls, Erika worked as Director of Media Relations for a prestigious Silicon Valley PR firm, and for the California State Legislature as a Press Secretary. While managing Three Girls, she also hosted the nationally acclaimed radio show, “PR 101 Radio: Marketing Advice for Business.”

Erika’s media expertise came in handy while managing PR campaigns for NBC, including work with the cast of Will & Grace and Crossing Jordan. As a journalist, Erika covered Bill Clinton’s Presidential campaign, the San Francisco/Loma Prieta Earthquake of 1989 and the infamous Oakland Hills fire. She also enjoyed the lighter side of TV, hosting The Simpsons and Star Trek marathons for the WB network.

Passionate about giving back to her community, Taylor Montgomery currently sits on the Marketing Committee for the national non-profit, Wish Upon a Wedding, is on the Board of the Silicon Valley Chapter of NAWBO – the National Association of Women Business Owners, and offers pro-bono PR services to several non-profits including the YWCA of Silicon Valley.

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