

CAPITAL MONTESSORI SCHOOL
COMMUNITY FOOD DRIVE
NOVEMBER/DECEMBER

Dear CMS Families and Friends,

Throughout the entire months of November and December our classes will be focusing on teaching the students the art of sharing and caring for others. We feel it is important that even at a very young age they learn to help and support all those around them.

One of our projects will be to have families share food items through our local Food Bank with people less fortunate than ourselves. There will be a basket located near the school office for you to leave any and all items you could donate to this worthy cause. The items will be taken to the local Food Bank.

A great way for the students to participate directly has been a field trip to the Food Bank with the students bringing a can of food to donate at that time. Unfortunately, it is no longer possible for the school to participate in this particular trip. However, we would highly encourage families to visit the Food bank together and even donate some time in serving there. Watching parents and family members sharing their time with others is the best possible example for any student!

Also, we have planned many pumpkin related projects and activities at school in which each student will combine efforts for the class to enjoy.

As each of these special projects come up for our students you will receive specific information in your Parent Information Folder as to how you can be involved.

It is our hope that throughout these very special months we will all have a new and renewed sense of caring, sharing and giving. There are so many opportunities to pass along our many blessings to others in our community.

If you have any further information or ideas as to getting our students involved in either sharing with each other or our community, please let the office know as soon as possible.

Thank you for all your help and support in these areas!

The Capital Montessori School Staff

COMMUNITY OUTREACH

During the months of November and December we are reminded that our school families can help those in need.

Below is a suggested list of what you can bring to help others in our community during the upcoming months. It will be a great blessing to others who are in need. Items can be left in the food collection basket located in the school entry.

Thanks for your participation – CMS Staff

Please keep in mind that the Food Bank cannot accept home-canned items.

REGULAR ITEMS

Canned tuna, chicken, ham
Pasta, rice, meat helpers
Canned tomatoes and sauce
Chili, stew, soup
Boxed and canned meals
Peanut Butter, jam
Seasoning Mixes
Hot and Cold Cereals
Baking Items: flour, sugar, oil, etc...
Jello and Pudding Mixes
Canned/powdered juice, milk

PERSONAL ITEMS:

Shampoo/Conditioner
Soap
Toothpaste/Brushes
Deodorant
Shaving items
Feminine Hygiene Items

BABY ITEMS:

Diapers
Baby Food
Dry Cereal
Formula

SEASONAL ITEMS:

Canned Vegetables
Canned Fruits
Canned Yams
Dry Potatoes
Stuffing Mix
Gravy Mix
Cranberries
Canned Pumpkin
Evaporated Milk
Pie Filling
Condiments

CLEANING ITEMS:

Laundry Detergent
Dish Washing Detergent
Other cleaning supplies

PAPER GOODS:

Toilet Paper
Paper Towels
Kleenex