

Dear CMS Parents,

We are pleased to present the November edition of our monthly newsletter series, created to deepen your understanding of the Montessori philosophy. In this issue, we explore her insights on nurturing peace within each child as a foundation for a more harmonious world through Cosmic Education and GCGM (Grace, Courtesy, and Good Manners) lessons.

COSMIC EDUCATION: A PATHWAY TO PEACE

After witnessing the devastation of two world wars, Dr. Montessori deeply contemplated why, despite boundless scientific and other forms of progress, humanity cannot cease engaging in wars and conflicts. Through prayer and reflection, she was inspired by the idea that peace education should be taught to children as a foundation for building a peaceful society.

God poured upon her the idea of *Cosmic Education*, a method of Peace Education, that emphasizes the value of exposing children to nature to foster a peaceful approach. She found that exposing children to nature heightens their awareness of the **interdependence** and **connectedness** of all living things. She believed that as children come to value the integrity of all life through this understanding, children develop a more peaceful approach to all forms of life.

GRACE, COURTESY, AND GOOD MANNERS LESSONS: BUILDING HARMONIOUS LIVES

In addition to exposing children more to nature for Peace Education, efforts were also made in the classroom through lessons on Grace, Courtesy, and Good Manners, which are essential elements of Peace Education. These lessons, gradually woven into daily classroom interaction, help children learn peaceful and respectful interactions through tangible, practical exercises.

For example, in October we focused on helping children respect others' personal space. Through role-playing activities, they learned to say "Excuse me" when moving into someone's space and to graciously make room when others needed it. These lessons

prepare students for real-life social situations, teaching them how to navigate interactions with empathy and respect.

Ultimately, GCGM (Grace, Courtesy, & Good Manners) education will not only help children shine in society but also become witnesses to the grace-filled life that Christ brings. Practicing good manners is a tangible expression of the Golden Rule, acting like oil to reduce and smooth out the friction of everyday interactions.

GCGM LESSONS IN ACTION

Here are some examples of Grace, Courtesy, and Good Manners lessons practiced in our Montessori classrooms:

- Listening attentively to others
- Respecting personal space and saying "Excuse me"
- Practicing polite coughing and sneezing etiquette
- Using kind, polite language in conversations
- Knowing how and when to interrupt appropriately
- Observing others respectfully without intrusion
- Joining a group or activity with consideration for others
- Safely handling and offering sharp objects
- Turning pages of books gently
- Practicing table manners

These lessons arise naturally from daily class interactions and are designed to equip children with the skills for meaningful and respectful social interactions. Through small, mindful actions, children experience how peaceful behaviors build strong communities and prepare them to positively impact society.

Thank you for your support. We are grateful for the trust you place in us and for your support in nurturing these values. As we continue to seek God's grace and guidance, we are honored to be part of your child's journey. Together, with God's grace, we raise future leaders who uphold kindness and respect, helping create a peaceful, harmonious world. Thank you for being part of our CMS community.

Serving with Joy in Christ,

CMS

"You can count the seeds in an apple, but you can't count the apples in a seed. When you teach, you never know how many lives you will influence...you are teaching for eternity." — Karen Jensen



***** The child has voluntarily implemented the Montessori walk even when he was in the hotel on vacation with his family!*****

(This newsletter is part of a series on Montessori education at Central Montessori School.)