



Montessori Matters



E1 students participate in Meals on Wheels throughout the school year. Developing an appreciation for others is just one of the invaluable lessons learned.

Currently ...

Annual Fund. Thank you to those of you who have contributed to the School's Annual Fund in support of our redesigned library/media center. We are still accepting donations.

Enrollment. Re-enrollment forms are now due. Please contact the school office if you need assistance.

On the Calendar

For calendar dates, go to www.rmschool.org

Rochester Montessori School

Individualized Instruction • Academic Study • Spanish • Environmental Education • Technology in Instruction • the Arts and • becoming an International Baccalaureate Middle School program.

Because how children learn influences who they will become.

RMS: Meals On Wheels

By Scott Forstie

We're all familiar with the notion that we learn more by "doing" than from any other strategy or technique. Young people gain interpersonal skills and depth of understanding through their daily interchanges with friends and family. How should we expect those same young people to gain an appreciation for those in need? Development of a child's knowledge, care and compassion for those who are alone, elderly, sick or poor is best accomplished through Community Service.

We are fortunate to live in a place where service to others is commonplace. The RMS staff and E1 students are vibrant contributors to the many good deeds being done in Rochester.

For the last three years, I have acted as the parent volunteer and coordinator of the Meals on Wheels program at RMS. The enthusiasm for community service at RMS created an avenue to build a partnership with Pat Bauer and the Meals on Wheels staff at [Family Service Rochester](http://FamilyServiceRochester.org).



E1 children delivering meals. Life-long lessons are learned when children participate in community service such as giving, caring, ease with people who are not like yourself, and responsibility. Learning and knowing how to make a difference is invaluable.

After a little strategic planning, a community service project was created and has continued to be successful.

The Meals on Wheels program provides healthy noontime meals to roughly 150 people. The meals are cooked to each client's health requirements and preferences. Each meal consists of a hot and cold portion. This service makes it possible for these people to remain living independently in their own homes. All the meals are delivered by volunteers, with the fine staff at Family Service Rochester coordinating everything. The food provider recently shifted from OMC to Joe Powers's Rochester International Event Center.

The Meals on Wheels @ RMS project includes:

- ✓ Classroom discussion about community service. What it is, why its important and the specifics about Meals on Wheels. Now that we are on our 3rd year of the program, its thrilling to hear the 2nd and 3rd year students voice a sense of accomplishment and ownership.
- ✓ Meals on Wheels Ride Alongs. Every student was given two Meals on Wheels routes to work.

A typical route with RMS would be:

- ✓ 10:45am – Scott runs out of IBM.
- ✓ 11:00am – Arrive at RMS. Pickup 2 or 3 E1 students and one guide.
- ✓ 11:15am – Drive to Family Service Rochester office @ Barlow plaza.

- ✓ Load up to sixteen hot & cold meals.

- ✓ Assign navigation route to the oldest student.

- ✓ 11:20am – Noon/12:15pm – Children take turns finding clients home and delivering meals.

- ✓ When done – drop off containers and return to RMS.

There is something I've come to understand about the E1 students. They are caring, curious and fearless. As a father and volunteer, I have tried to be diligent about creating a safe and positive experience for these children. The kids and RMS staff have made it easy for me. They are eager to get to work and serious about helping others. There's something special about serving someone else, especially

Meals on Wheels

(Haiku poem)

I love Meals on Wheels

Hungry people need our help

Meals on Wheels is great

by Eleanor Forstie



someone in need who you don't know. Some of the people we visit are shut-ins with limited contact with the outside world. I cannot fully describe the surprise and joy that the children provide others, but it is substantial.

I thank everyone involved for their dedication to Meals on Wheels in Rochester.

