



Name:	Date:
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## Is Walden Green Montessori a **good fit**?

SURVEY STATEMENTS	DEFINITELY	MOSTLY	SOMEWHAT	NOT REALLY
My child has an inner drive and desire to be independent.	4	3	2	1
My child enjoys working in small groups.	4	3	2	1
My child makes choices and takes responsibility at home.	4	3	2	1
My child has the ability to plan and be self-directed.	4	3	2	1
My child loves art and music.	4	3	2	1
My child loves nature and playing outside.	4	3	2	1
My child is peaceful and empathetic.	4	3	2	1
My child is curious and creative.	4	3	2	1
My child can take responsibility for poor choices.	4	3	2	1
My child can handle freedom within limits.	4	3	2	1
Our family values holistic education.	4	3	2	1
Our family is supportive of academics at home.	4	3	2	1
Our family values nutrition (real, whole food with minimal added sugar).	4	3	2	1
Our family spends time in nature and enjoys being outside.	4	3	2	1
Our family values sleep for children (9-12 hours a night).	4	3	2	1
Our family limits screen time for children (less than 1 hour per day).	4	3	2	1
Our family maintains consistency with discipline and parenting styles.	4	3	2	1
Our family promotes independence in daily life (cooking, cleaning, etc.)	4	3	2	1
Our family encourages cooperation rather than competition.	4	3	2	1
Our family is punctual/on-time.	4	3	2	1
TOTAL				

*Note: This survey is intended to help you decide if Walden Green is the right learning environment for your child and family. You should use this reflection tool in your decision-making process. The results of this survey do not impact enrollment/admissions at Walden Green.*

Grand Total: \_\_\_\_\_/80

<b>(75-80)</b> EXCELLENT FIT! PERFECT MATCH!	<b>(66-74)</b> GOOD FIT! SHOULD GO WELL!	<b>(56-65)</b> QUESTIONABLE FIT. COULD WORK.	<b>(20-55)</b> MOST LIKELY NOT THE RIGHT FIT.
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## Considering if Walden Green is the “right fit” for your child?

Children at Walden Green Montessori receive a holistic education that challenges them to optimize their full human potential. Each child's own internal motivation is fostered through freedom of choice, independent activities, and collaborative peer-learning. Rigorous academic content area instruction requires Walden Green students to self-regulate and effectively manage uninterrupted work cycles. In addition, students are expected to engage in lessons with attentiveness and demonstrate respect for everyone in their classroom environment. If a child struggles academically, behaviorally, or socially - a variety of intensive interventions may be implemented in order to help the student grow and flourish. Generally, a Montessori-based education works well for most students. However, it typically works best for students who are self-directed and able to focus on accomplishing tasks independently. Walden Green is also a great fit for families who align with (and adhere to) our goals/vision for holistic child development (see “The 4 Building Blocks” document on nutrition, sleep, nature, and screen time). Finally, students who remain committed to Walden Green Montessori partake in the process of becoming:

- responsible and accountable for their actions
- confident, competent, and reflective learners
- academically prepared
- autonomous/independent
- critical and creative thinkers
- respectful problem solvers
- compassionate and considerate
- peacemakers and justice-oriented
- able to handle external authority
- protectors of the environment and its resources
- receptive towards all people
- productive, caring community citizens



# THE 4 BUILDING BLOCKS



## NUTRITION

- ▶ focus on nutrient-dense food (protein, fruit, vegetables, grains)
- ▶ reduce added sugar
- ▶ reduce processed foods
- ▶ increase healthy fats (polyunsaturated, monounsaturated)

## SLEEP

- ▶ Y5/K: 10-13 hours
- ▶ 1st-8th: 9-12 hours
- ▶ keep weekends/breaks within an hour of the usual time
- ▶ sleep improves attention, behavior, learning, and memory

## NATURE

- ▶ time in nature is vital to children's health and development
- ▶ nature can reduce stress and increase attention spans
- ▶ nature promotes creativity and imagination
- ▶ nature provides different stimulation and gets kids moving

## SCREEN TIME

- ▶ aim for 2 hours or less per day
- ▶ limit devices/technology in bedroom
- ▶ all children require ample face-to-face interaction
- ▶ designate media-free times, such as dinner or driving

*NOTE: These are general recommendations based on research, not requirements (parents/guardians decide what's best for their family!)*