

# Eagle Peak Montessori Celebrating 13 years of Educational Choice

## FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)  
FOLLOW US ON FACEBOOK  
NOVEMBER 22, 2013



**EAGLE PEAK MONTESSORI SCHOOL**  
800 HUTCHINSON ROAD,  
WALNUT CREEK, CA 94598  
P 925-946-0994 / F 925-946-9409



## No School November 25th thru 29th

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”  
~Randy Pausch

“We think we have to do something to be grateful or something has to be done in order for us to be grateful, when gratitude is a state of being.”  
~Iyanla Vanzant



### Notes from Michelle

Gratitude. One of the Eagle Peak Montessori virtues that the teachers and students created last year is, “we practice gratitude.” It is easy to say but not always so easy to remember to demonstrate. I know that in this fast paced busy world we all live in, it is all too common to not express our gratitude for the numerous things we all have to be grateful for.

Let me take this forum to express my appreciations for the countless things I am grateful for. First, although this is not directly involved with Eagle Peak, I am eternally grateful for my family. I am who I am because of them. I am grateful for the principal who saw in my interview, the match that I would be for a Montessori classroom. I am grateful for the teachers and Board who saw in me the potential to lead Eagle Peak. I am grateful for the committed parents, community members, and staff that have come together to create this truly unique learning



### Notes from Michelle (con't)

community. This staff of teachers amazes me every day as do these fascinating young people who we are fortunate enough to work with and watch develop into the leaders for tomorrow. You all know I simply could not function without Sondra and Amy in the office. Their talents are a true gift to this school. There truly are not words that allow me to give the depth of emotion I feel about what we have at Eagle Peak and what I know we will continue to create together going forward.

I hope that each and every one of you has a wonderful, restful and safe holiday week. Take the opportunities you are given to express your gratitude to those in your life who you might have been too busy to communicate that to as much as you maybe should have. ☺



### Notes from PTLG

#### Upcoming Events

- Nov 25-29 Thanksgiving Break
- Nov 28 PEAK Turkey Trot – 8 am
- Dec 1, 2 Barnes and Noble Night (with CPK on Dec 2)
- Dec 7 Garden Work Day 9-12
- Dec 12 CFEP 7 pm
- Dec 17 Board Meeting 7 pm
- Dec 20 International Day

Have a wonderful Thanksgiving Break.

Cheers to all,

Rachel Dwiggin-Beeler & Karen Annison  
PTLG Co-chairs

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### Friday Gathering

6<sup>th</sup> Grade Gathering Leaders: Alexis Vlavianos  
& Alex Whitney

5<sup>th</sup> Grade Quotes:

#### Vivian Swenson-Ruiz

"Be thankful for what you have; you'll end up having more. If you concentrate on what you can't have you will never, ever have enough."

~ Oprah Winfrey

#### Nicky De Jear

"Let us be grateful to the people who make us happy. They are the charming growers who make our souls blossom."

~Marsel Proust

#### Ray Valero

"We should certainly count our blessings, but we should also make our blessings count."

~Neal A. Maxwell

#### Lily Ryan

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

~Brian Tracy



### Upper El Field Trips

**Option Plan #3:** A reminder has been sent in this week's Friday Folder to those who chose this option. Payment #2 is due on December 2<sup>nd</sup>. Credit Card payments will be automatically charged within 1-2 working days.



### International Day

We need more volunteers for International Day on December 20th! If you can help run a craft, game, or other activity, please email Leslie Heckenlively ([davenles@aol.com](mailto:davenles@aol.com)), or talk to Caroline or Barry in Room 202. If you like to cook and can make an international dish, or want to serve food to the kids, please email Wendy Helms at [wendy.helms@gmail.com](mailto:wendy.helms@gmail.com). (Anyone who would like to volunteer on campus needs to have been fingerprinted.) Thank you!



### Lost & Found

The Lost & Found rack located just inside the gate is filling up fast and we would love all items to be returned to their rightful owners. Please take a moment between now and **December 13<sup>th</sup>** to check out the rack or ask your child to do the same. Anything left behind by end of day, Friday, December 13<sup>th</sup>, will be donated to charity or thrown out.

Please remember to put your child's name on anything and everything so they can easily be recognized and returned. Thank you.



### Umbrellas for a Rainy Days

Now that the raining season has started we are looking for a few more large umbrellas to keep our student carpool helpers dry. If you can help out please drop them off in the office. Thanks.

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## Music Notes from Miss Allison

Lower EI Group B (some 2nds and all 3rd years) learned the Turkish balance game that I described in last week's Friday Folder. We also spent time doing meter and rhythm work with plastic cups: Place different sizes and numbers of cups on three (triple meter) or four pieces (duple meter) of paper representing the number of beats in a measure. Large cups = quarter notes, small cups = eighth or sixteenth notes, transparent cups = rests. Stacking more cups upon the first indicates dynamics or metrical stresses. Clap the rhythms created. Students took turns in small groups to be the composer and conductor of their repeating duple or triple meter rhythm. Ask your child(ren) to show you this activity at home!

This week and last, I introduced Upper EI students to the pattern of whole and half steps required to make a major scale. I used the Montessori resonator bars and support materials to keep the lesson hands-on and concrete. Each student needs more time with the bells, but I believe that most of them can now construct a major scale starting on any pitch, including sharps and flats (black notes on a keyboard), and be able to name each note accurately.

In 6th grade class, we were able to add accompaniment (keyboard/synthesizer, xylophones, maracas, drums, bells, tambourines, recorders and a variety of un-pitched percussion) to the Peace in the Heart song in several languages. We are using our listening skills to analyze the recorded music and determine the instruments and the pitches and rhythms. We were able to play the first part without the recording. It was an exhilarating moment for us all!



## Scrip Gifts Cards Program

**DUE NEXT MONDAY DECEMBER 2<sup>ND</sup>  
NOW ONLINE TOO!**

We will still have the traditional hard copy option but now we have ONLINE too!

**1<sup>st</sup> STEP - PLEASE** Go online to [shopwithscrip.com](http://shopwithscrip.com) and register your family. Eagle Peak's registration code is: **B33A17A61L613**

**2<sup>nd</sup> STEP - THEN:** Use either the hard copy in your Friday folder or complete online. To pay online, click on the Presto Pay link in the left navigation bar of your Family Home Page. **Checks should be made payable to CFEF.**

See flyer in the Friday folder for more detailed directions.

**DELIVERY DATE: Will be ready by Tuesday, December 10<sup>th</sup>. THANKS!!**



## Notes from Childcare

Due to Thanksgiving Break next week, December's Childcare Registration forms is going out in this weeks' Friday Folder. Don't forget to return by December 2<sup>nd</sup>. Auto credit card payments will be charged within 1-2 working days.

Please remember to clear up any outstanding childcare expenses. Failure to do so may cause loss of Childcare privileges.

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## Garden Work Day

The garden never really sleeps, and it's certainly never boring. The children's sense of wonder keeps me energized. Fall is showing its true colors and we have been busy removing our summer crops, though we still had a few tomatoes! Students have been busy planting garlic and onions and are enjoying our arugula square. This Friday's Market will feature more culinary herbs, especially parsley and sage, to compliment your favorite recipes.

The Saturday after we return from the holiday break, December 7th, will be our garden work day. Please join us that morning from 9-12 to help with a variety of tasks (heavy rain cancels).

As we pause to ponder on the many things we are thankful for, I want to share that I am truly grateful to be here at Eagle Peak working with the amazing students and staff.

Sheila



## Friday Market

December's Friday Market will be hosted by Ms. Linda and Neda's Room 302. The signup sheet for any and all parents who plan to bring goodies for this month's Friday Markets will be posted on the door of Room 302.

There will not be a Friday Market on the last day (12/20) before Winter Break due to International Day activities.



## Attachments this Week

- December Childcare Registration
- Holiday Gift Card Order Form
- Red Cross Donation Request

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## NOVEMBER 2013 SCHOOL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29	30
<b>Thanksgiving Holiday - No School</b>						
				 8 am Civic Park, WC		

## DECEMBER 2013 SCHOOL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
<b>Barnes+Noble Night</b>	<u>Room 301</u> MOCHA	<u>Room 202</u> Asian Art Museum  		<u>Room 201</u> Asian Art Museum	<b>FRIDAY MARKET (Host 302)</b>	 Garden Work Day 9 am - 12  Prospective Parents Mtg. 9:30- 10:30 am
						
8	9	10	11	12	13	14
		<u>Room 302</u> MOCHA   Prospective Parents Mtg. 7 - 8 pm		<u>Room 501</u> Asian Art Museum  CFEP 7 pm	<b>FRIDAY MARKET (Host 302)</b>	
15	16	17	18	19	20	21
		<u>Room 401</u> MOCHA   Board Mtg. 7 pm			 International Day	
22	23	24	25	26	27	28
<b>Winter Break: Dec 23 thru Jan 3, 2014</b>						

## JANUARY 2014 SCHOOL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
			<b>HAPPY NEW YEAR</b>			