



EAGLE PEAK MONTESSORI SCHOOL

Serving children through Montessori Education since 2001

FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

SEPTEMBER 15, 2017

EAGLE PEAK MONTESSORI SCHOOL

800 HUTCHINSON ROAD,

WALNUT CREEK, CA 94598

P 925-946-0994 / F 925-946-9409



Notes from Michelle

"Never help a child with a task at which he feels he can succeed." —Dr. Maria Montessori

"The education of even a small child, therefore, does not aim at preparing him for school, but for life."- Dr. Maria Montessori

"The essence of independence is to be able to do something for one's self. Adults work to finish a task, but the child works in order to grow, and is working to create the adult, the person that is to be. Such experience is not just play... it is work he must do in order to grow up." -Dr. Maria Montessori

Last Tuesday evening we held our first PTLG meeting of the year. At that meeting there were teachers from both Lower and Upper Elementary present and they shared some tips for parents regarding the Montessori classroom. The major concept that we try to work on with the students is independence. Independence brings with it an automatic sense of responsibility. Freedom within limits is what we refer to when we discuss helping the children develop independence. There must be parameters in order for the concept to work. It is not free choice all day long, but a menu of prepared choices from which the child can choose. For example, you as the parent can prepare a list of chores. You can then let the child choose which chore they will complete each day. It is this ability to make a choice from a selection that can help the child develop the ability to think critically. As they make more choices they will begin to learn that every choice has a consequence, some very positive and possibly at times not so positive. But all independence comes with the recognition of the responsibility that accompanies it.

Independence also comes from the adults recognizing that children are fully capable of responsibility. That also is a hallmark of Montessori education. We trust children in a 3-6 year old classroom with real glass and real knives, because we trust that they will use them the way they are taught. We give them lessons and we model the behavior, and when they have observed and practiced under our guidance we set them free to do the work. This is the reason we ask parents not to carry backpacks for their child. It is a very simple gesture but it can convey to the child a sense of helplessness. When you give them the freedom to carry their own backpacks, it tells them you know they have the ability to help themselves. We have found a couple of lists of age appropriate chores as a starting point for parents who would like them. These are in your Friday Folder.

Your child's classroom will be sending you updated birthday celebration guidelines. The Lower Elementary has changed their treats to be defined ONLY as fresh fruit or vegetables. They have asked that parents no longer bring muffins or other snack type items. Only fresh fruit or vegetables will be passed out during the celebration. This can include the fruit-only frozen treats. Please look to your child's classroom newsletter for complete details. Also, for Upper Elementary, they are asking that students do not bring edible treats at all but simply some items the student feels represents themselves to show to the classroom. If your child chooses, they may make a donation of a book, plant or other small item to the classroom, but that is completely optional. The UE classrooms will also be sending out more details on these changes.

Thank you for choosing the unique and rewarding challenge of being a Montessori parent. We honor that partnership and want to work with you on this path for your child.

Have a great weekend.



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Monday Gathering 9/18/2017

6th grade leaders:

Zev Deladingco and Morgan Bryant

5th Grade Quotes:

Nikki Asemi

"Integrity is doing the right thing even when no one is watching."- C.S. Lewis

Christopher Bair

"I am not impressed by money or social skills, or a job title. I'm impressed, how someone treats another human being."

Benen Bloxum

"Goodness is about character-integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people."-Dennis Prager

Ella Borland

"The high road is always respected. Honesty and integrity are always rewarded."-Scott Hamilton

Kaya Hoeberechts

"With integrity you have nothing to fear, since you have nothing to hide."-Zig Ziglar

Ian Revell

"Live with integrity, respect the rights of other people, and follow your bliss."-Nathaniel Branden



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Notes from the CFEP

Easy Ways to Support EPMS...

Amazon shoppers!!!!

Use www.smiles.amazon.com and register Eagle Peak Montessori as your charity of choice! Every time you shop through smiles.amazon, a % of your spend goes directly to EPMS!

Is it time to clean out your closet?!?

Schoola is a site you can ship gently used clothes, shoes, and bags to. Choose EPMS at your school of choice, and print a free shipping label. 40% of all sales of your donations go directly to our school!

Please visit www.cfep.us for other ways to help fund for our children's education.



PTLG Quick Notes

Hello EPMS community,

Thank you to all who attended the PTLG meeting on Tuesday. Great information was shared and volunteer hours earned!!! Did you miss the meeting? Don't worry because there is another meeting on Oct 26 at 6:30pm at EPMS. Childcare available! We will discuss International Day, Thanksgiving Feast, and the activities of the Community Connection Committee.

Also, thank you to all who attended the EPMS Play date on Wednesday. A great afternoon at the park! Thank you to Brandan Ricks for coordinating this important community-building event.

Other notes:

- Coordinators of events and activities: The list of parents interested in volunteering for your event/activity will be sent to you next week. Keep an eye out for an email from Jennifer Torres!
- Interested in volunteering... let us know. We will be happy to help you find a volunteer job that fits your interest and availability.

****Save the Date**** Fall Fest/ Chili Cook Off 2017 is scheduled to take place on Sunday, October 15 from 1-4pm. Please help us jump start the planning committee by taking a look at all the Volunteer Opportunities and log onto our event volunteer site to claim the role you desire.

<http://signup.com/go/abCxSgj>

Or contact Fall Fest Coordinator Erica Chinchilla at mamabruno78@live.com to receive volunteer site invite.

For Chili Cook Off inquires, contact Aikiko



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Notes from the Garden

This week in the garden we worked on a core teaching of our Fall Cycle, seed saving. Seed saving is a sensorial experience of genetic selection in the garden, and connects students with age-old agricultural practices. The season cycle, propagation and a simple botany/microbiology lesson about germination, fermentation and plant anatomy go along with seed saving. Some classes also sampled bruschetta made with our tomato and basil crops- more than once I heard "I don't like tomatoes, but may I have seconds?".

GARDEN BRUSCHETTA

INGREDIENTS

- 1 loaf whole grain bread
- 2 cups diced tomatoes
- ¼ cup basil, cut into ribbons
- ¼ cup olive oil
- 1 clove garlic, minced

INSTRUCTIONS

1. Combine the tomatoes, basil, olive oil, garlic, and salt in a bowl and let the juices start to form.
2. Slice the bread, lay out on a platter, and ladle sauce over bread to enjoy.

A reminder that students will get wet and dirty doing garden chores. Please remind them to dress accordingly and pack a change of shoes if they are uncomfortable in damp shoes. Hats and water bottles are a must in our garden.

Fall crops are going in, we are remembering our guidelines in the garden, and first years are planting peas with their 6th year mentors.

Our mindfulness exercise this week focused on using our senses in silence to gain information about our environment. It's very exciting to hear students voice what a mindfulness practice does for their sense of place and their ability to focus.



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We are seeking a Waste Wizards parent volunteer for Fridays after lunch (anytime between 1:30-3:30 pm), for approximately 30 minutes) to oversee recyclable sorting for the week and help clean our tools. Please contact me at garden@eaglepeak.org to fill this position and write "Waste Wizard Help" in the subject line.

Volunteer hours available this weekend!

DATES TO REMEMBER:

Garden Steering Committee meeting Saturday September 16, 7:30 am (in the garden), Saturday October 21, 7:30 am, November 18 7:30 am (third Saturdays). This is a new committee; anyone interested in long-term planning for the Garden Program is welcome.

Garden Work Party Day Saturday September 16, October 21, November 18, 8:30-12:30. Children are welcome under your direct supervision. Primary chores will be transplanting, weeding, pruning, repairing drip lines, and making some structural changes. Bring appropriate tools and dress for heat and sun. I will be on site to instruct and direct work. Skilled and "just learning" welcome! Email me at garden@eaglepeak.org if you plan to come.

See you in the garden!



Lunch

Hot lunch is starting 9/19/2017. Burritos on Tuesday and Pizza on Friday.



Office Notes

- Sept 16 - 7:30a Garden Steering Committee
- Sept 16 – 8:30a-12:30p Garden Work Party
- Oct 3 Fall Pictures
- Oct 15 – 1:00p-2:30p Fall Fest/Chili Cook-Off
- Oct 20 Classroom Safari LE-on campus
- Oct 21 - 7:30a Garden Steering Committee
- Oct 21 – 8:30a-12:30p Garden Work Party
- Oct 24 – 6:30p Prospective Parent Mtg
- Oct 28 – 9:30p Prospective Parent Mtg



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SEPTEMBER, 2017 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15	16
						 Garden Steering Committee 7:30a & Garden Work Day 8:30 am – 12:30
17	18	19	20	21	22	23
		 Board Mtg 6:30pm	Classroom Safari For Lower Elementary - ON campus			
24	25	26	27	28	29	30
						



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OCTOBER 2017 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3  Fall Pics 	4	5	6 	7
8	9  Indigenous People Day No School	10 	11	12	13 	14
15  Chili Cook-off 1:00p-2:30p	16	17  Board Mtg 6:30 pm	18	19 AP to Oakland Museum	20 	21  Garden Steering Committee 7:30a & Garden Work Day 8:30 am – 12:30
22	23	24	25	26	27	28
Parent Observation						Prospective Parent mtg 9:30a
		 Prospective Parent mtg 6:30p	PTLG mtg 6:30p		 Lower EI to Ardenwood	
AP ERDKINDER – HIDDEN VILLA						