



# EAGLE PEAK MONTESSORI SCHOOL

*Serving children through Montessori Education since 2001*

## FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

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SEPTEMBER 8, 2017



### Notes from Michelle

"There is no respect for others without humility in one's self." -Henri Frederic Amiel

"Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values." -Ellen DeGeneres

It is always so much fun to watch the students who have transitioned to Upper Elementary wave and look for their former Lower Elementary classmates and teachers. The new first years are always fun to get to know over the first few weeks.

I want to send out a HUGE thank you to staff who have been incredibly accommodating over the past few weeks, with the increased heat and other scheduling changes. We have an incredible staff at Eagle Peak Montessori, and I am grateful to get to work with them every day!

We know that many families choose to allow their children to have access to phones, and other devices that allow them to communicate with their friends through texting or emails. Last week, I held a meeting with the Upper Elementary students to discuss the permanence and uncontrollable sharing of electronic communication. Perhaps they shared this with you. As a school, we obviously cannot control what happens outside of school hours, and we have no desire to do such. However, sometimes these communications can leak into school

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hours. At that point it does become a school issue.

We would like to make a few suggestions to help with these matters. Please check in with what and how your child is communicating. You may feel it is a violation of privacy- but as we explained in the lesson- nothing electronic is truly ever private and they also need that lesson. Also, there are apparently many students who text or email at very late hours (some after midnight). Perhaps they should not have access to their devices in their rooms when it is time to sleep. Just think how tempting it is for us as adults to check out phones before bed and even sometimes if we wake up during the night. It is even more so for children, who are naturally more impulsive than we are. Below are a couple of articles on the topic. The third article from the Atlantic was sent to me by a parent, and it also is an interesting read.

[https://www.washingtonpost.com/lifestyle/on-parenting/what-rules-should-we-have-about-devices/2017/01/10/f0da706c-d378-11e6-9cb0-54ab630851e8\\_story.html](https://www.washingtonpost.com/lifestyle/on-parenting/what-rules-should-we-have-about-devices/2017/01/10/f0da706c-d378-11e6-9cb0-54ab630851e8_story.html)

<https://www.common sense media.org/blog/everything-you-need-to-know-about-parental-controls>

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

One last thought on the subject- the children watch what we model for them. If we are distracted from our time with them by our



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devices, they will also be distracted from us by their devices. Have a great weekend, and maybe engage in some actual face time with family, rather than Face-Time with family. ☺



### Notes from the CFEP

The Annual Giving Donation is the BIGGEST and Most Important way for each EPMS family to participate in.

You will be:

1. Contributing to support teachers
2. Funding Environmental Ed, Music, and PE
3. Paying for facilities to support growth
4. Cutting the financial deficit between State funding and means to elevate our children's educational experience

Last year, we just missed our \$100,000 goal. To off-set the deficit, our goal is to raise \$120,000!

Get Involved:

1. Donate \$1,000 per child
2. Consider donating more, if you are able
3. Just give what you can... 100% participation!
4. Use your Company's Corp Matching, if you have this option

How?

\*Pledge online at: [www.cfep.us/donate](http://www.cfep.us/donate)

or

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\*Fill out Pledge form with check payable to CFEP and place in your Friday Folder

We are grateful for your involvement to our children's educational progress and success.

Our first meeting for the school year is on Sept 11th at 7pm. We encourage anyone interested in CFEP to come join us in Rm 601.



### PTLG Quick Notes

Hello EPMS community,  
Our school year is off to a great start! Next week is a big week to connect with the EPMS community... see below!

#### **Events**

- PTLG will host the first community meeting of the year on Sept 12 at EPMS at 6:30pm. Childcare will be available. This meeting will include your fieldtrip training. The meeting will also include time to get to know your Room Parents as well as classroom activities, historical Halloween, and address any questions you have for PTLG, CFEP, the Board, teachers, and Ms. Hammons. You will receive volunteer hours for attending the meeting!!!!
- We are happy to announce that we are hosting a welcome back Lower EI Play Date on Sept 13 at Arbolado Park. Please come to the park after pick-up and enjoy getting to know other families while your children play at the park. All are welcome... including siblings!



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- 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](mailto:mamabruno78@live.com) to receive volunteer site invite.  
For Chili Cook Off inquiries, contact Aikiko

Cheers, *PTLG Team*:

Rachel Beeler  
Leah Karson  
Zulay Loftin  
Akiko Noguchi  
Brandan Ricks  
Jennifer Torres



## Notes from the Garden

Big thanks to the parent who purchased misters and those who installed them - our outdoor classroom is a much happier place to be in the heat now!

All of our groups discussed Garden Guidelines and set intentions for our time together in the garden this year. We created beautiful garden bunting from

up cycled fabrics (another thank you from parents who donated old textiles). We start our time in the garden with a Mindful Moment each week; this week we practiced mindful walking and responding

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to the chimes. We prepared a bed and planted leeks, mizuna and spinach.

We begin our seed saving project next week. Seed saving is a hands-on lesson in genetics as much as it is an agricultural skill and social justice tool. The United Nations' second Sustainable Development Goal is "End hunger, achieve food security and improved nutrition and promote sustainable agriculture". Seed saving is an essential practice in achieving this goal. By the end of the month, all first through sixth years will have participated in some aspect of the seed-saving process.

Did you know that Eagle Peak has a school lunch waste management program called Waste Wizards that is student-run? Compostables, landfill and recyclables are separated out at lunch. Here are some tips to "Greening the Lunchbox":

1. Pack a dishcloth or cloth napkin for your child to use as a placemat. Using placemats at school lunches is part of Grace and Courtesy at school, and cuts down on the volume of paper towels used.
2. Use a lunch box instead of a paper or plastic sack.
3. Reusable containers and bags that go home to be washed and repacked cut down on landfill waste (plastic bags require special recycling that we don't have access to at school).
4. Pack drinks in washable bottles (Capri Suns require special recycling as well).
5. Individually wrapped foods increase landfill waste (examples - pack a thermos with yogurt from a large recyclable container, pack a handful of pretzels or



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dried fruit from a large package or bulk bin into a washable snack bag).

6. We encourage students to bring home what they don't eat. This allows families to refine their lunches and decrease overall waste.

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

See you in the garden!

Ms. Amy



## Notes from the Office

Please remember to call the EPMS office and let us know if your child will be off sick or going to an early doctor appointment.

Please remember to turn in your Friday Folders and all registration documents.



## Lunch

We are starting our hot lunches on September 19, 2017. Please see the attached flyer.



## Attachments

Lunch Order

Volunteer Opportunities

Casino Night Fundraiser

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## SEPTEMBER, 2017 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
	 <b>No School</b>					
10	11	12	13	14	15	16
	CFEP Meeting 7p	PTLG Meeting 6:30p	1:30 Lower EI Play Date Arbolado Park			
17	18	19	20	21	22	23
		 <b>EPMS Board Mtg 6:30p</b>				
24	25	26	27	28	29	30
						

## OCTOBER 2016 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		Fall Pictures 				
8	9	10	11	12	13	14
	 <b>Indigenous People Day No School</b>	