

Eagle Peak Montessori Celebrating 13 years of Educational Choice

FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)
FOLLOW US ON FACEBOOK
NOVEMBER 21, 2014



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



No School November 24th thru 28th

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

~Melody Beattie

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

~Albert Schweitzer



Notes from Michelle

One of the Eagle Peak Virtues states, “We practice gratitude.” When explaining this word to the students there are many quotes and ways to express it that can be used. However, it is a far more enduring lesson, when we as the adults in their world (parents and educators alike) demonstrate the meaning through our words and actions on a daily basis, so that our children can truly observe what practicing gratitude is. Gratitude is more than being grateful when things go well, it is also being appreciative of what we have, even in times of difficulty. The quote listed above expresses this thought so clearly. I will be the first to admit that there are times when I forget for a moment how fortunate I am, and to show appreciation in all ways. It is a goal that is ongoing.



Notes from Michelle (con't)

However, I do want to make sure to express my continued gratitude for being part of the Eagle Peak family and community. This remains a magical place, despite challenges which may pop up. The magic come from the community which has been created through parents, staff, students and even those outside of the daily workings of Eagle Peak. This amazing community always comes together to make everything work. That sense of community is maintained through everyone being mindful of its tenuous or fragile nature. It is our demonstration of gratitude for having Eagle Peak as an educational option that truly ties us to one another.

Wednesday's feast was a perfect example of the unique nature of this community. Thank you to Lena Takahashi and her crew for putting on yet another beautiful meal for the children and staff. Even being indoors did not dampen the mood! December 9 is our next PTLG/Parent Ed meeting. We are tentatively planning a follow-up to the Internet Safety Information from September. We will send out more information when we return from the Thanksgiving Break.

Also, for parents of students in the Adolescent Program, there will be meetings on December 3rd and 10th to go over the Montessori Model UN and other updates. Those meetings will begin at 6:30, and you will have an option of which night you attend. However, we must **strongly request** that you attend one of the meetings.

I hope that everyone has a restful and fulfilling Thanksgiving Holiday. Take time and create memories with your friends and families.

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Friday Gathering

6th Grade Gathering Leaders: Ingrid Nordberg & Gwendolyn Tamura

5th Grade Quote Readers: Gratitude

Samar Dhoat

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." ~Dennis Waitley

Reece Revell

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

~William Arthur Ward

Taleeb Weaver

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~John F. Kennedy

Emma Williams

"Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."

~Melody Beattie



Raffle, Dec. 8th @ 7 pm

"BUY! BUY! BUY! and SELL! SELL! SELL! Golden Ticket Raffle drawing will be on Monday, December 8th at 7:00 pm at Barnes & Noble. Need not be present to win - so sell to relatives and friends out of the area. Additional tickets are available at the office or contact Esperanza Mingming at majistyk@gmail.com. For more information, go to the CFEP website at www.cfep.us."

Also attached is a flyer reminder, please include in Friday's folder.



Notes from Childcare

1. **December, 2014 Childcare:** Due to Thanksgiving Break next week, December's Childcare Registration forms are going out in this week's Friday Folder. Don't forget to return by December 1st. Auto credit card payments will be charged during the 1st week of December.
2. Drop-in charges for November will be sent out in the December 5th Friday Folder. Please clear up any outstanding balances ASAP.

If you have any questions please Mrs. Mahraj.



Scrip Gifts Cards Program

DUE TUESDAY, December 9th

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

1st STEP - PLEASE Go online to shopwithscrip.com and register your family. Eagle Peak's registration code is: **B33A17A61L613**

2nd 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.

See flyer in the Friday folder for more detailed directions.

DELIVERY DATE: Will be ready for pick up by Monday, 12/15.



EE News



The Saturday after we return from the holiday break, December 6th, will be our next Garden Work Day. Please join us that morning from 9-12 to help with a variety of tasks (heavy rain cancels). Thank you.
Sheila

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Holiday Notes from CFEP

As individuals we are thankful for many things. The Community Foundation for Eagle Peak is grateful for the many contributions we've received from families, donors and volunteers. Thank you!!

For an ongoing, **no-cost** way to give to Eagle Peak, please keep us in mind whenever you shop. Many restaurants and large retailers give a portion of revenue to our school if you designate us. Every bit helps, and it all adds up!

- Gift cards: ShopwithScrip.com
- Target Red Card: target.com/redcard
- Amazon Smile: smile.amazon.com
- eScrip: www.escrip.com (Group #6687936)

It takes just a minute to sign up at each of these websites. Enter "Eagle Peak Montessori School" as the organization (not CFEP). Ask your friends and family to designate us, too!

Last Friday we received **Golden Raffle Tickets** to sell. There will be many winning tickets and prizes for both buyers and sellers! Each \$20 ticket is a chance to win an **iPad, vacation trip, Coach accessories, gaming gear, or a \$500 gift certificate to Pegasus Bicycle Works**. Who do you know that might appreciate one of these luxuries? Cousins, neighbors, Facebook friends... anyone on your holiday shopping list? All proceeds go to Eagle Peak.

For books and other gifts, mark your calendars for Eagle Peak's shopping bonanza at **Barnes & Noble** in Walnut Creek on **Sunday 12/7 and Monday 12/8**. CFEP will provide free gift wrapping, teacher wish lists, and the Golden Ticket Raffle drawing at 7:00 pm on Monday 12/8. Come out to shop, win, and pick up some dinner at the **California Pizza Kitchen**, all on the same night and with a generous percentage coming back to EPMS! Visit www.cfep.us for details on these events, shopping links and more.



Holiday Notes from CFEP (con't)

Reminder for monthly Annual Giving payments: please send in your checks for November (past due) and December. Make payable to "CFEP" and place in your child's Friday Folder for return as soon as we return from break.

If you would like to change your payment method to automatic monthly charge via credit card, contact me and we will adjust accordingly.

Happy Thanksgiving!

Kris Harwood, cfepresident@gmail.com



PTLG Announcements

The Thanksgiving Feast was a huge success on Wednesday thanks to all the parents stepping up to bring food/drinks/tables/utensils, etc. and to all those parents setting up, serving, and cleaning up. None of this could have been possible without Lena Takahashi in coordinating this event and all of our classroom liaisons (Lena Takahashi, Leah Karson, Kimberly Evje, Anne Marie Wickstrom, Annie LeClaire, Brandan Ricks, and Jeanne Van Note) to communicate the information and needs to you. THANK YOU!! We are very grateful to the EPMS parents in their commitment to their children and this school with their time. Happy Thanksgiving!

- 11/27 (Thu) 8:00 AM: Forma Gym Turkey Trot in Walnut Creek. This run/walk benefits many organizations, one of which is the non-profit foundation, PEAK (Partners for Educational Achievement K-12) and Eagle Peak is one of the six Walnut Creek schools that will receive part of the funds from this event. For more details on this fun event or to register, please visit www.FormaTurkeyTrot.com and select Eagle Peak Montessori under "Event Participation."

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PTLG Announcements (con't)

- 12/7 (Sun) and 12/8 (Mon): Barnes and Noble Book Fair. See details in today's flyer.
- 12/8 (Mon): Dine-and-Donate at California Pizza Kitchen.
- 12/9 (Tue) 6:30 PM: PTLG meeting. Come and help us plan out the 2nd half of the school year!
- 12/14 (Sun) 2:00 - 5:00 PM: Holiday cookie exchange, romp'n skate. Get your favorite holiday cookie recipe ready for the treat exchange or just come to the park for fun with friends from EPMS.
- 12/19 (Fri): International Day at EPMS. Co-chairs Wendy Helms, Laura Lisy-Wagner, and Ray Valero are looking for volunteers for this wonderfully educational and fun event. If you can help run a craft, game, or other activity, or make an international dish, please email eaglepeakmontessori@gmail.com to let them know how you'd like to assist, or talk to Ellen or Preeti in Room 201. Since there will be food tastings, servers will also be needed for the day. All volunteers on campus must be fingerprinted and TB-tested. Thank you!

Volunteer needs:

- * Grant writers are needed, please contact Kris Harwood krisharwood@live.com
- * Do you have the Photoshop program and know how to use it? If so, the Memory Book Committee needs your help. Please contact Shelly Gillis shellygillis@gmail.com for details.

Barnes & Noble Bookfair &

Sun., Dec. 7th & Mon, 8th, 9 am - 11 pm



I want to encourage families to join EPMS at our Barnes & Noble bookfair on December 7th and 8th. Our goal is to spend money and drive traffic to the store during our event. When a customer mentions "bookfair" at the check-out, Barnes & Noble will donate money so we can purchase books for our classrooms.

This is just in time for the holiday gift giving season and Barnes & Noble has more than books.... there is a great selection of music, movies, toys and games and these items count toward our total purchases. Great selection of chocolate and cheesecake in the café too.

What makes this event more exciting?

- ❖ Teachers have provided a wish list of books they want for their classroom and students. You can review your classroom list upstairs both days and purchase/donate specific books to your classroom.
- ❖ Parents and students will be volunteers at the Gift Wrap table both days helping EPMS collect cash donations. Come show your support for our volunteers and keep them busy wrapping those gifts.
- ❖ Ms. Hammons will join us Monday night, upstairs at 6:30 for a book reading, which will then be followed by the Golden Ticket Raffle Drawing at 7:00. It's a lot of fun to be there in person when your name is called out as the winner- so I hope you will join us for the drawing.
- ❖ Wondering about dinner? We've got that covered! Go across the street before or after the reading/raffle and you can also participate in the dine and donate at CPK. In a hurry to get home? You can order online and get take-out.... just don't forget to give them the flyer.

Thank you to all the EPMS families that have signed up to volunteer for this event. More details will be sent soon. Look forward to seeing everyone at this wonderful community event... plan to wear your Eagle Peak attire.

Last....don't forget to encourage friends, family and alumni to attend. Shelly Gillis

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Music Notes from Miss Allison

Lower EI lesson plans in November focused on understanding the difference between beat and rhythm. This week, we put the beat and musical form in our bodies by learning "Cross Dance," a folk dance from Poland. It is a dance of clear contrasts (or opposites): groups of four students in circles in compass positions (North, East, South, West), forming a cross with their arms in the middle; large steps on half notes in one direction, then the other; a contrasting music section with small jumps in, out and around on the quarter notes. Next, we worked with creating rhythms in different meters using a rug to represent a measure of music, 4 pieces of paper to represent the beats per measure and thus introducing 4/4 meter, large blue or red cups to represent the quarter note, two dixie cups representing 1/8 notes, a clear cup to represent a rest, stacking cups to represent an accent. Each group worked together taking turns changing the cups (the rhythm) and conducting their group in clapping together. Ask your child(ren) to lead you in some rhythms at home. It is quite fun! Throughout the classes I am able to assess each student's ability to keep a steady beat, understand the lesson concepts, and sing in tune as they sing back their names during roll-call.

Upper EI: Some folders and instruments are still not coming back to class on Wed and Thurs. Please remind your child to return their instruments to their backpack after every practice session at home. 4th years are working on sight-reading rhythms and two-note short pieces on our recorders while keeping in time with the fun recorded accompaniment. 5th years continue to work on playing Innocencia on soprano and alto recorders and the drum part. We even were able to play a modified melody using both recorders at the same time (a real technique called "a la Turk").



Music Notes from Miss Allison

In November, I reviewed with the 6th years 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. They also have theory worksheets regarding the major scale starting on different notes (keys) and thus are learning how to write sharps and flats before a note head on the staff, but after a written letter to name the notes in a scale. 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. This week, we sight-read the Montessori music boards focusing on intervals of the 2nd, 3rd and 4th. We will continue this in Dec. until all melodic and harmonic intervals are learned by sight and possibly by ear!

Enjoy your Thanksgiving break!



Office Notes

Calendared Events

- Nov 24-28 Thanksgiving Break – Off
- Nov 27 PEAK Turkey Trot 8 am
- Dec 6 Garden Workday 9-12
- Dec 7 – 8 Barnes & Noble Bookfair
- Dec 8 Golden Ticket Raffle @ 7 pm
- Dec 8 Dine & Donate @ CA Pizza Kitchen



Attachments this Week

- December 2014 Childcare Registration
- Scrip Gift Card Order Forms
- Barnes & Noble / CPK Dine & Donate Flyer
- International Day Volunteer Sign-up

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NOVEMBER, 2014 School Calendar

23	24	25	26	27	28	29
Thanksgiving Holiday - No School						
				 8 am - Civic Park		

DECEMBER 2014 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
30	1	2	3	4	5	6
					FRIDAY MARKET	 Garden Work Day 9 am - 12
7	8	9	10	11	12	13
Barnes & Noble Bookfair					FRIDAY MARKET	
	 Raffle @ 7 pm 	PTLG 6:30 pm				
14	15	16	17	18	19	20
Cookie Exchange  Romp'n Skate  2 - 5 pm		<u>LE Only</u> Nutcracker 9:30 - 2:30 			 International Day	
21	22	23	24	25	26	27
Winter Holiday - No School: 12/22/24 - 1/2/15						
28	29	30	31	1	2	3
	Holiday	Holiday	Holiday		Holiday	