

Eagle Peak Montessori Celebrating 14 years of Educational Choice

FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

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APRIL 24, 2015



EAGLE PEAK MONTESSORI SCHOOL

800 HUTCHINSON ROAD,

WALNUT CREEK, CA 94598

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

“It takes a caring community to raise a child that will be a whole person and a contributing citizen.”

~Jessye Norman

“To merely observe your culture without contributing to it seems very close to existing as a ghost.”

~Chuck Palahniuk



Notes from Michelle

This has been a big week. We had our annual lottery on Monday and our annual Auction will be Saturday night. It may not seem like these two events are connected but they are in so many ways. Each year, our lottery continues to demonstrate the overwhelming need for our school's existence. Our auction allows community members to give their support to Eagle Peak, allowing us to provide this high level of educational opportunity to students in Contra Costa County. This year we had over 140 applications just for Lower Elementary alone. To meet that demand, we would need to create 3 new lower elementary classrooms.

Eagle Peak is unique. Not every charter school, (even Montessori charter schools), has a waiting list like ours. Other schools are often struggling to get the word out and improve their marketing in order to get students to their program. Eagle Peak's reputation speaks for itself and has always served to provide us with ample student interest. Through my involvement in the charter school world outside of EPMS, I have been able to see many different charter scenarios. This glimpse at the bigger picture really helps to keep in perspective how incredibly magical Eagle Peak is. So come create your own magical part of supporting our little “Camelot” tomorrow night.



Notes from Michelle (con't)

On a more business note, many of your classrooms will be sending home information on the CAASPP testing in your Friday Folder. Please take some time to look at those websites. If you have questions, please feel free to ask.

I would like to personally thank Ellen Rutgers and Sheila Hill for the recreation and sponsoring of the Green Team this year. The students under their tutelage have created great presentations and an Earth Day program for the entire school.

Have a great weekend.



Music Notes from Ms. Allison

Urgent Message! 4th, 5th and 6th year students and parents: We have been invited to show our music class talent at the talent show! All students learn every part in my classes, so there's a built-in understudy system. However, it would be really helpful to know who will actually be at the talent show participating in our performance for the talent show on Friday, May 15th from 6 pm - 9 pm. Please be on the lookout in your school reported emails for details from me regarding timing and dress rehearsal options.

In celebration of Earth Day, we focused this week on an Earth Day chant by Doug Goodkin. We explored vocal timbres, keeping a jazz beat, adding matching rhythmic motions and dynamics, and performing it every other line in sections and finally, in a round:

*Oh, the sky is high and the ocean is deep
But we can't treat the earth like a garbage heap!
Protect it, don't wreck it, keep part of it wild
And think about the future of your great grandchild!*

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Notes from CFEP

Auction tickets are still available! Purchase for \$70 via PayPal at www.cfep.us or \$75 at the door.

In addition to live auction items, there will be raffle opportunities priced from \$20 to \$100. Tip: ask for your credit card to be pre-swiped upon arrival to avoid long close-out lines.

Explore the many items for bid at www.biddingforgood.com/epms. All proceeds benefit Eagle Peak! Questions? Contact Diana Lauritsen or epmsauction2015@gmail.com

Business Owners:

Consider joining CFEP's **Community Network**, a page on our website devoted to supporting EPMS families and giving back. Interested? Contact Jason Agnew at [<http://jasonagnew13@yahoo.com>] for details.

See you tomorrow night at Corners Tavern!

Kris Harwood, President
Community Foundation for Eagle Peak
krisharwood@live.com



Notes from Childcare

The last Childcare Registration encompasses **BOTH** May & June and is in this week's Friday Folder. The last day of school Friday June 12th and is a 1/2 day so please plan accordingly. Payment is due by Monday, May 4th.

Please bring your accounts up to date.



PTLG Announcements

4/25/15 (**TOMORROW NIGHT**): 5:30 pm
EPMS Auction at Corners Tavern in Walnut Creek

5/15/15: Save-the-Date: **EPMS Talent Show**, 6 pm. Still need 4 more volunteers for clean up

5/29/15: **Save-the-Date**: End of School Picnic -- Details will be shared in the coming weeks. In the meantime, please contact Beth Hunter bethual@gmail.com for volunteer opportunities

We were very fortunate to have clear skies last Friday night for Stargazing as many EPMS families and friends came out to see the stars, enjoy popcorn and hot chocolate. A **BIG THANK YOU** goes out to Leah Karson for organizing and to all of the volunteers who made the evening possible!!



Healthy Fundraiser

Doorstep Farmers is a Community Supported Agriculture service (CSA). They provide a convenient and inexpensive way for the community to get fresh, locally grown, organic produce delivered to your door. As a Doorstep Farmers member you will receive local, organic produce for your family, support local farmers and our local economy, and Eagle Peak wins too! For every family that signs up to as a member, EPMS will receive up to 6% of every dollar you ever spend with Doorstep Farmers! Just say "Eagle Peak" at sign up.

Visit their website to learn more. [Doorstep Farmers- Delivering fresh produce to your doorstep in Contra Costa County and San Francisco Bay area](http://DoorstepFarmers-Deliveringfreshproduce toyourdoorstepinContraCostaCountyandSanFranciscoBayarea)

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Earth Day, Every Day

We had an informative and inspiring Earth Week here at Eagle Peak! Miss Ellen and I are excited to be working with this year's Green Team - Alexia, Dylan, Ellexis, Emily, Hannah, Ignacio, Landen, Meghan, and Nate (representing all three UE classrooms), and to support their efforts. The group did a wonderful job coming up with ideas to get everyone involved this week.

On Monday they launched with a fundraiser, and Tuesday they made classroom presentations to Lower EL about reducing our consumption of three environmentally problematic products: water bottles, plastic bags and styrofoam. They did a fantastic job sharing information and statistics about how these items come from non-renewable fossil fuels, fill our landfills since they don't decompose, and very often end up in our oceans where they harm wildlife and ultimately pollute our drinking water.

Wednesday, which was Earth Day, all grade levels participated in our Trash Free lunch day, resulting in zero pounds of garbage and just three pounds of recycle. We could do this every day! Statistics tell us that the average American student creates 67 pounds of garbage a year at school. The Green Team will be providing ongoing statistics of how we are doing here at EPMS! Students are encouraged to bring their snack/lunch in a reusable container instead of disposable, and also to take home food they do not eat - it can make a good snack for later, or help you know if there are items your child regularly does not eat. Upper El students created



Earth Day, Every Day (con't)

recycled art from items diverted from the landfill and participated in a discussion about food waste from our local recycling coordinator - as we all strive to conserve water, we should remember that wasting food is wasting water, and food always has a carbon footprint too depending on it's "food miles" traveled.

Thursday the Green Team presented to Upper EL about Saving the Monarchs, whose numbers are dwindling from habitat loss and pesticide use. These beautiful creatures only lay their eggs on Milkweed, and seedlings will be on sale at Friday Market so let's get growing and help these beautiful butterflies!

Our Friday Gathering this week included the Earth Day Birth Day song, which the students have been practicing in EE and were excited to sing together for the first time.

You can save money and reduce air pollution just by turning your engine off when idling for more than 30 seconds, whether it's here at the EPMS parking lot or elsewhere, so please Turn the Key, Be Idle Free. Please see the bookmark in your child's Friday Folder today for more information, compliments of Contra Costa County Spare the Air Resource Team.

LAST CHANCE: If you have not had a chance to visit Ygnacio Valley library to see the 6th graders Earth Day display, there's one more week as posters will be removed Friday, May 1st.

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California Department of
EDUCATION

Physical Fitness Test

Over the next two weeks our 5th year students will participate in the California Physical Fitness Test (PFT). The *FITNESSGRAM*¹ is the required annual PFT for students in grades five, seven, and nine in California public schools. This health-related fitness test, developed by The Cooper Institute, is intended to help students acquire lasting habits of regular physical activity.

The *FITNESSGRAM* includes tests for six areas of fitness, including Aerobic Capacity, Body Composition, Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility. There are two or three test options for most of the fitness areas of the *FITNESSGRAM* so that all students, including those with special needs, have the chance to participate in the PFT. For those fitness areas that have multiple options, only one option is reported for each student.

For each fitness area of the *FITNESSGRAM*, a student's performance is classified into the Healthy Fitness Zone (HFZ) or into other zones, depending on the fitness area. For Aerobic Capacity and Body Composition, results are classified as in the HFZ, Needs Improvement, or Needs Improvement – Health Risk. For all other areas, results are classified as in the HFZ or Needs Improvement.

The desired performance goal for each test option is the HFZ, which represents a level of fitness that offers some protection against the diseases related to physical inactivity. The Needs Improvement designation indicates an area of fitness where a

¹ The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.

Physical Fitness Test (con't)

student would benefit from activities designed to improve performance in that area. Needs Improvement – Health Risk is a designation that specifically indicates increased health risks due to the level of fitness. The HFZ ranges and performance classifications are updated on a regular basis; therefore, student results should always be evaluated against the current year HFZ charts.

Our students will receive their results upon completion of the PFT. These results will help students understand their individual levels of fitness. Students are encouraged to talk about these results with their parents or guardians and their Physical Educator. Parents and guardians can use these results to help their children plan appropriate fitness activities.

If you have any questions about your child's participation in the PFT, the *FITNESSGRAM*, or the test results, please contact **Ava Huovinen, EPMS Physical Educator at (925) 946-0994**. The current year HFZ charts and other information about the PFT are available on the California Department of Education PFT Web page at <http://www.cde.ca.gov/ta/tg/pf/>.



Teachers Trips

If you won a spot on a Teacher Trip and your child has changed his/her mind, please contact Kennisha Johnson ASAP. The teachers need a true headcount or the trip may be cancelled. Please submit payment if you haven't already done so ASAP. Forgot what you signed up for? Contact Kennish at kennisha727@sbcglobal.net or Mrs. Mahraj in the office.

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Office Notes

Calendared Events

- Apr 25 Auction 5:30-8 PM
- May 9 Garden Work Day 9-12
- May 11 CFEP 7 pm
- May 12 PTLG 6:30 pm
- May 15 Talent Show 6:00 pm
- May 19 Board Mtg 6:30 pm
- May 21 Cultural/Science Faire 6:30-8
- May 22 Early Dismiss 1 pm
- May 25 Memorial Day – Off
- May 29 End of Year Picnic TBA
- June 12 Last Day of School
Early Dismissal 1 pm



Attachments this Week

- Childcare Registration: May/June 2015
- DoorStop Farmers Fundraiser
- Spare the Air Bookmark

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April, 2015 School Calendar

						Saturday 25 <i>Magic is something you make</i> Auction 5:30 - 8
26	27	28	29	30	1	2
					FRIDAY MARKET	

May, 2015 School Calendar

3	4	5	6	7	8	9
					FRIDAY MARKET	 Garden Work Day 9 - 12
10	11	12	13	14	15	16
	CFEP 7 pm	 PTLG 6:30 pm			 TALENT SHOW 6:00 - 8 PM @ Walnut Acres	
17	18	19	20	21	22	23
		 Board Mtg. 6:30 pm		6:30 - 8 pm LE: Science Fair UE: Colonial Market Place	FRIDAY MARKET	
24	25	26	27	29	29	30
	Memorial Day Off				 Time: TBA	