



EAGLE PEAK MONTESSORI SCHOOL

Serving children through Montessori Education since 2001

FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

FOLLOW US ON FACEBOOK

OCTOBER 23, 2015

EAGLE PEAK MONTESSORI SCHOOL

800 HUTCHINSON ROAD,

WALNUT CREEK, CA 94598

PHONE: 925-946-0994 / FAX: 925-946-9409

“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

~Henry James

“Be kind, for everyone you meet is fighting a harder battle.”

~Plato



Notes from Michelle

Fall fest was a huge success and how much fun was that Chili Cook Off? I would like to send a huge thank you to Erica Chinchilla and her crew for consistently creating such a wonderful event.

As I was speaking with a group of students the other day, we started a discussion of behavior choices and respect. We talked about how the easiest way to explain “being respectful”, was, “be kind”. So I spoke with the children about being mindful of opportunities in all situations to just be kind. If we work hard to try to choose to be kind, all of the other virtues we talk about will usually take care of themselves. Then at staff meeting yesterday, we all talked about making this an Eagle Peak emphasis. Choosing to make the concerted effort to be kind does not always come easily or naturally to us, I am certainly as guilty as anyone. However, making the effort and being mindful of the choice, is where we start. I would like to invite all of you to take on this challenge with us. I have included an article that a parent shared with me on raising kind children.

Over the next two weeks there will be parent observations and parent conferences. We have enclosed the parent component of that form in the Friday Folder for you. One of the reasons that we require you to observe your child prior to the conferences is in the hope that you will be able to use some of that information in your goal setting for your child. Please contact your child’s teacher if there are questions about completing the form.



Notes from Michelle (con’t)

Child care is available for your child who attends Eagle Peak during the conferences for free - IF THE CONFERENCE IS PRIOR TO 6 PM. Siblings who do not attend Eagle Peak cannot stay in childcare at that time, because these are not held afterschool and there would be other students present. Thank you for your understanding in this matter. There is NO childcare available after 6 pm during conferences.

DON’T FORGET: The Historical Halloween Timeline will be held on Friday, October 30 at 11:00 am. This event is the initial opportunity that our first grade students have to speak in public and to share their research with their classmates and community. As they move through their years at Eagle Peak, their increased poise and depth of research is evident. Please plan to come and see the timeline of historical figures starting at 11:00 am. We will open the gates at 11:00 am and then end the timeline by 11:30 am. Since it is an early dismissal that day, you are welcome to take your child with you when you leave. However, we do ask that you do not take them prior to 11:30 am. Remember, if you are bringing siblings, they must stay with you at all times.

Have a great weekend.



UPDATE: Save-The-Date!

“A Night to Remember”

The *EPMS Annual Auction* will take place on Saturday, April 30th, 2016 at the Civic Park Community Center in Walnut Creek.

More details coming soon! If you would like to volunteer, please contact the Auction Chair directly. We have many opportunities to get involved, now or later.

Gundi Younger, gundi.younger@gmail.com, 925-451-9286



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PTLG Quick Notes

A huge thank you to Fall Fest coordinator, Erica Chinchilla, and Chili Cook-off coordinator, Akiko Noguchi. This event went off without a hitch thanks to these ladies and their amazing teams. Also, thank you to all that brought their secret and delicious chili recipes, artistic talents, game coordinating skills, and all that attended this event. A wonderful day!!!!

Nov. 12: **PTLG Meeting.** Room parents, CFEP, board members, Ms. Hammons, and upcoming event coordinators will be in attendance. Please email Rachel Beeler (rdwiggins@yahoo.com) with any questions.

Nov. 20: **Thanksgiving Feast.** Lena Takahashi will lead this event. All families will be asked to bring a dish or supplies to this school-wide feast. Parents are asked not to attend the event unless they are volunteering. Contact Lena Takahashi with questions but details regarding the schedule, volunteer opportunities, and dish/supplies will be in the Friday Folder on Nov. 6.

Did you know? Most of the EPMS activity coordinators and room parents use Sign-up Genius as a means to gather the needed items for an event. Keep an eye-out for emails that have a link to Sign-up Genius!

If have questions about volunteer opportunities and/or events... we are here to help!



Wanted: Tuna Cans

Ms. Grace is asking for some help in collecting empty, clean tuna cans for an art project she will be working on. There will be a box located in the office and she'll be accepting cans thru Friday, October 30th. Thank you.



International Day0847

On December 18, the last day of school before Winter Break, we will be having our annual International Day celebration. This is a wonderful day – a great opportunity for the kids to learn about and celebrate the diverse cultures of our world and a great opportunity for parents to get together, pitch in, and make it happen! All day, the kids go from classroom to classroom, learning about a variety of nations and languages, playing games, making crafts, and eating food from around the globe.

There are four ways that you can help, some during the day and some outside of school hours! We need parent volunteers to lead classroom activities (you must be fingerprinted with the district to volunteer in the classroom), to serve food, to contribute food, and to help purchase supplies. Keep an eye out for a volunteer interest form in an upcoming Friday Folder, or you can volunteer by sending an E-mail to lwagner@eaglepeak.org.

Uvidíme se na Mezinárodní Den!

Laura Lisy-Wagner, on behalf of the International Day Committee



Environmental Ed



Garden Workday **RESCHEDULE!**

Sorry for any inconvenience, but our next garden workday will be rescheduled from 11/14 to 11/7 so that an alumni can install our new garden signs for his Eagle Scout project! Please join us to help with this and other garden projects 9-12. Water will be available but please bring your own refillable water bottle.



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Music Notes from Ms. Allison

Lower EI Classes: We focused on "opposite" types of movements and discovered that in many cases, there are several opposites for an action. We danced to a song called "Can You Do This?... Yes, I can!" in which opposites are demonstrated: high/low, fast/slow, jump/spin, clap/stomp. Then the students created their own opposites and shared them so we could try them as a group. Next, we worked with mallets and played lots of games and songs that encourage proper mallet technique for the best sound production from the Orff barred instruments (xylophones). Ask your child if they remember any of these mallet activities: "Click-Poing," "This is what I can do, everybody do it too," bulls and butterflies, kangaroos jumping, spiders crawling up and down the trees, and "Criss-cross, Applesauce."

4th/5th Year Classes: The recorders have been distributed and labeled. 4th years received soprano size and 5th years have added an alto size to their collection. Last week, I brought a consort of sizes (sopranino, soprano, alto, tenor, bass) so they could see and feel the finger spacing required for each. I played each instrument and they were enthralled with the tone quality of the larger instruments - deeper and mellower. Yet, they loved the Irish sound of the high-pitched sopranino also. We are learning the recorder anthem, "Hot Cross Buns." I have asked the students to keep their instruments at school for the next 5 weeks so we can learn the basics before they begin practicing at home. Plus, we end up spending way too much class time on missing instruments.

This week we started with a large movement activity based on the Dalcroze method. Students mirror each other as one leads movements that reflect the different pieces of music played for them. Beat, rhythm, meter, pitch level, dynamics, instruments, style, affect and speed of movement and repetition all influenced their creative choices.



Music Notes from Ms. Allison

6th Years: We have started our unit on playing the ukulele. I have split the classes into two groups with amazing results. I can now give 12 students individual attention during our 45 minutes together. I saw better focus, more curiosity, less frustration, and more courtesy in these classes...more success in learning! The students learned about the parts of the instrument, variety of strumming styles and patterns, frets, tuning, fingering for C, G7 and F chords. We accompanied (as best we individually could with some just playing the C chord) as we sang a funny song based on the traditional tuning, "My Dog Has Fleas, Uh-huh." We will be working up to scales and plucking melodies and will try out playing with a pick as well. The more time they have with the instrument, the easier it gets. I cannot loan the EPMS instruments out, however, you can purchase an affordable ukulele easily. EPMS used Lamorinda Music in Lafayette - tell them I sent you if you go!



The entire FALL FEST Committee would like to thank all the families and volunteers for joining us last Sunday. We all had a great time and appreciate all the participation. A big congratulations to CAKE WALK Raffle winner, Nikki Volz. Please claim your \$20 Starbucks gift card from the office. And thank you again to all the families who donated. The winners loved all the sweet treats.

Please remember to fill in the VOLUNTEER HOURS binder located in the office for your time. As a reminder, all efforts will be accounted for. Whether it was time planning/ meeting with coordinators, shopping for items donated, baking, manning a booth, set-up, clean-up, anything.

If you have any suggestions or feedback to Fall Fest committee, please email Erica Chinchilla mamabruno78@live or Leah Larson-Auld moopod1@yahoo.com



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Notes from the Office

Calendared Events

- Oct 26-30 Parent Observations 1st – 6th
- Oct 30 Early Dismiss 1 pm
- Nov 3 Make-up Pictures
- Nov 4-6 Parent Conferences
Early Dismiss – 1 pm All 3 Days
- Nov 4 LE Room 302: John Muir House
- Nov 7 Garden Workday 9 -12
- Nov 8 UE: Lindsey Wildlife Museum
- Nov 9 CFEP – 7 pm
- Nov 11 Veteran's Day – Off (Wednesday)
- Nov 12 PTLG – 6:30 pm
- Nov 17 Board Mtg – 6:30 pm
- Nov 18 LE Room 401: John Muir House
- Nov 19 UE: Railroad Museum, Sacto
- Nov 20 Thanksgiving Feast
- Nov 23-27 Thanksgiving Break



Attachments this Week

- Individual Learning Plan (ILP)
- After School Yoga: Session II
- Box Top for Education
- Washington Post: Parenting Article

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OCTOBER 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
	Adolescent Program – Pedagogy of Place, SF ----- Parent Observations ----- October 26 thru October 30 th					Daylight Savings (Fall Back) Sun at 2 am
		PPM 6:30 -7:30 pm			Historical Halloween 11 am Early Dismiss - 1 pm	

NOVEMBER 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		 Make-up Pictures PPM 6:30 – 7:30 pm	LE: Rm 302 John Muir House 8:20 -11:30 Parent / Teacher Conferences November 4, 5 & 6 Early Dismissal - 1 PM - All 3 Days			 Garden Work Day 9 am – 12
8	9	10	11	12	13	14
	CFEP 7 pm		VETERAN'S DAY  No SCHOOL	PTLG 6:30 pm	FRIDAY MARKET	PPM 9:30–10:30 am
15	16	17	18	19	20	21
		Board Mtg 6:30 pm	LE: Rm 401 John Muir House 8:20 -11:30	UE: All Railroad Museum Sacramento 8:30 – 3:30 pm	 Thanksgiving Feast	
22	23	24	25	26	27	28
	Thanksgiving Holiday - No School					
				 8 am Civic Park		