



# EAGLE PEAK MONTESSORI SCHOOL

*Serving children through Montessori Education since 2001*

## FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

FOLLOW US ON FACEBOOK

NOVEMBER 13, 2015

## EAGLE PEAK MONTESSORI SCHOOL

800 HUTCHINSON ROAD,

WALNUT CREEK, CA 94598

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

“The day is what you make it! So why not make it a great one?”

~ Steve Schulte

“You cannot tailor-make the situations in life but you can tailor-make the attitudes to fit those situations.”

~ Zig Ziglar

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

~Zig Ziglar



## Notes from Michelle

In the Mindfulness course that some of the staff and I took, it suggests starting a gratitude journal for a week. In the journal, you list a different three things that you are grateful for each day. Gratitude is one of the roots, along with kindness, which help all of us take a moment away from negative thought or self-consumed thought, which can be a form of negativity when we stop taking others into consideration. These negative thoughts are unfortunately powerful things at times, and we have the choice to succumb or resist. We are the models for our children in these instances. There are more quotes than I can list from philosophers, psychologists, and more who have theorized on the power of thought. During this season of Thanksgiving, it seems appropriate to become mindful of our positives each day.

We are so excited that Lena Takahashi is once again organizing a Thanksgiving feast for the students next Friday. This is such a wonderful tradition for the students and teachers to celebrate together before everyone leaves to have time with family and friends.

While we understand that as parents you might enjoy joining your child for this lunch, BUT seeing as how the school has grown to 249 students, trying to feed all of the parents would be too large of a job. Please understand that this celebration is for the students and teachers.



## PTLG Quick Notes

Hello EPMS community,

Thanks to all the Room Parents, Event Coordinators, CFEP, Board members, teachers and parents that attended our meeting last night. Everyone walked away informed with upcoming events for the next 5 weeks. Our next meeting will be Jan 28, 2016.

### Calendar of Events:

**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. Please check your email for the Sign-up Genius invite from your Room Parent. Parents are asked not to attend the event unless they are volunteering. Contact Lena Takahashi or your Room Parent with questions regarding schedule, volunteer opportunities, dish/supplies, or other details.

**Save-the-Date: Dec. 6 - 7:** Barnes & Noble Book Fair will be led by Anne Marie Wickstrom. Details will be forthcoming.

**Dec. 18:** International Day. Laura Lisy-Wagner and Upper EI teachers, Preeti and Ellen, will coordinate this event. Countries that are represented this year will be Canada, Chile, El Salvador, Ethiopia, India, and Turkey. Please fill out and return the flyer included in today's FF to assist with this event.

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

Cheers, the *PTLG Team*

Rachel Beeler

Eme Tatsumi

Jennifer Torres

Leah Karson

Zulay Loftin

Akiko Glasgow



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## AUCTION

**UPDATE:** Volunteers Needed!

**"A Night to Remember"**

We are currently looking for a parent that can take on the role of the Donations Coordinator.

Please contact the Auction Chair Gundi Younger for more details: [gundi.younger@gmail.com](mailto:gundi.younger@gmail.com) or 925-451-9286

### Donations Coordinator

- Determine procurement goal
- Maintains master donor database.
- Reviews donor list and identifies potential new donors.
- Designates committee members to various solicitation areas:
  - Tracks progress
  - Logs all items



### No Pizza Friday: Dec 20th

Don't forget: we will not be serving Pizza on the day of the Thanksgiving Feast, Friday, November 20<sup>th</sup>. If you have ordered pizza for your child that day you can use it as a credit towards the next Lunch Order that will be in the December 4<sup>th</sup> Friday Folder. Please indicate the credit on the form.

Sorry for any inconvenience. Please contact the office if you have any questions.



### International Day

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.

Thank you to those of you who have already volunteered, either by returning the volunteer interest form or via e-mail! We have a serious need for classroom volunteers - in order for us to offer six country rooms, we need at least twelve parents who are willing and available to help lead an activity! You also need to be fingerprinted with the district.

Please think about whether you are able to help with this event, either during the day in the classroom or food court, or outside of school hours, by providing a dish for the food court or supporting the classroom teams. I have enclosed the volunteer interest form again, and you can also volunteer by sending an e-mail to [lwagner@eaglepeak.org](mailto:lwagner@eaglepeak.org).

Я буду видеть Вас в Международный день!

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



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## Lost and Found

.... 5 days and they gone for good!!! Please take a look before it's everything is tossed or donated at the end of day, Friday, November 20<sup>th</sup>.



## Notes from the Office

### Calendared Events

- Nov 18 Board Mtg – 6:30 pm
- Nov 18 LE Room 401: John Muir House
- Nov 19 UE: Railroad Museum, Sacto
- Nov 20 Thanksgiving Feast 11 – 1:30
- Nov 23-27 Thanksgiving Break
- Dec 4 Friday Market
- Dec 6-7 Barnes & Noble Bookfaire
- Dec 7 Dine & Donate: CPK
- Dec 11 Friday Market
- Dec 15 Board Mtg. – 6:30 pm
- Dec 18 International Day
- Dec 21 – Winter Break  
Jan 1, 2015
- Jan 4 School Resumes



## Attachments this Week

- International Day Volunteers Needed
- Barnes & Noble Bookfaire
- Cheesecake Factory: Cheesecake Preorder

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## NOVEMBER 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20	21
			<b>LE: Rm 401</b> John Muir House 8:20 -11:30  <b>Board Mtg</b> 6:30 pm	<b>UE: All</b> Railroad Museum Sacramento 8:30 – 3:30 pm	  <b>Thanksgiving Feast</b>	
22	23	24	25	26	27	28
<i>Thanksgiving Holiday - No School</i>						
				 8 am Civic Park		

## DECEMBER 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT	
29	30	1	2	3	4	5	
		PPM 6:30-7:30 am			FRIDAY MARKET		
6	7	8	9	10	11	12	
Barnes & Noble Bookfair					All LE Nutcracker 12-3	PPM 9:30-10:30 am	
	 Dine & Donate				FRIDAY MARKET		
13	14	15	16	17	18	19	
		Board Mtg 6:30 pm			 International Day  Holiday Bazaar Room 701		
		<i>Winter Holiday - No School: 12/21/15 - 1/1/16</i>				