



EAGLE PEAK MONTESSORI SCHOOL

Serving children through Montessori Education since 2001

FRIDAY FOLDER NOTES

(ALSO ON THE WEBSITE)

FOLLOW US ON FACEBOOK

SEPTEMBER 11, 2015

EAGLE PEAK MONTESSORI SCHOOL

800 HUTCHINSON ROAD,

WALNUT CREEK, CA 94598

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

"It is time for HYPERLINK

"<https://www.psychologytoday.com/basics/parenting>"parents to teach young people early on that in diversity there is HYPERLINK

"<https://www.psychologytoday.com/basics/beauty>"beauty and there is strength."

~Maya Angelou

"Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11."

~President Obama

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

~Martin Luther King, Jr.



Board News

Welcome Back to School from the EPMS Board

A warm welcome from the EPMS board to all our families. We hope everyone had time to relax and have some fun over the summer.

You may have noticed the new sitting area adjacent to the school's entrance. We have former EPMS student Jonathan Sullivan to thank for this new landscaping feature. Another landscaping project the Board is working on is the courtyard. We have been in touch with the District and they have indicated a willingness to partner with us to install some crushed granite before the rains start. (Let's hope we get some rain!)

Another issue the Board is trying to address is how to expand our offerings for school lunches. Our main challenge is having facilities appropriate to receive and store pre-made meals. We do continue to explore options.



Board News (con't)

The Board is also studying the school's long term facilities needs and we will be providing updates as the process moves along. As was said during orientation, Eagle Peak is a school of choice and we thank you for choosing Eagle Peak.

Wishing all a productive and successful school year.

Tina Segrove, EPMS Board President
Gundi Younger, EPMS Board Vice President



Notes from Michelle

Some of you may have heard that the CAASPP results were released Wednesday. Individual student reports are supposed to be delivered in the next few weeks. Currently there is some work being done to help school officials understand that data. We have been told there is no way to compare this test to the STAR test and that we should not make those comparisons. When we know more I will share more.

During our back to school week of teacher professional development training, we were fortunate to bring back Lori Onderwyzer to train the staff in using positive discipline. If you are not familiar with the Positive Discipline I would highly encourage you to look into it. I am hoping that we will be able to schedule another parent education night with Lori as well. Look for information on that in the next few weeks.



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Notes from Michelle (con't)

Speaking of Parent Education, we will hold a Montessori philosophy night with Sibyl and Denise again in October. We will have more staff led parent education opportunities this year as well.

When we started the process of adding 7th and 8th grades, we added a new tradition of "family groups" and "Friday Gatherings". The aim of these new traditions was to increase the connection between the older students and the younger students. We will move our gatherings from Friday to Monday morning. I would like to encourage you to ensure that your child is on time to school every day, particularly Mondays. We will start our Gathering at 8:20 am. These Gatherings are quick opportunities to assemble together as a community setting the tone for the week to come. Students will return to class at 8:40 am, therefore if they are late, they may miss this opportunity. During these gatherings, the 5th grade students read quotes, which support the Eagle Peak virtues, and the 6th grade students facilitate the gathering thus encouraging the Upper EI to take on a leadership role.

FIELD TRIP TRAINING DATES: September 17 at 4:00 pm, September 24 at 6:00 pm, October 6 at 5:15 pm, and October 20 pm at 6:00 pm. Make sure to attend ONE of these trainings. We will not offer any additional training until after January. These will be the ONLY dates for the fall. For those of you interested in serving as a Field Trip Chaperone, you must complete a Field Trip Training. If you have previously participated in this training, you do not need to do it again. If you are unsure if you have, check with Amy. She has the records for the past several years since we started this process.

We hope you all have a wonderful weekend.



Notes from CFEP

Annual Giving Update

Eagle Peak depends on every family to make donations to support our exceptional Montessori program. THANK YOU to those that have participated in the Annual Giving Campaign. We have received close to \$50,000 in donations and I'm thrilled to report \$94,000 in pledges. This is very close to our \$100,000 goal...

Please help EPMS bridge our funding gap. If you have not returned your pledge form please send it in this week. Additional pledge forms are available online and in the office.

Reminder: Annual giving donations can be made using PayPal at www.cfep.us. This makes it easy if you want to spread payments throughout the year.

If you are interested in learning more about CFEP and fundraising efforts, like our Annual Auction, please join us at our next meeting Monday, Sept 14 at 7 pm in the multi-purpose room at EPMS.



SAVE-THE DATE!!!

Sunday, October 18th
1 pm – 4 pm

Details in future Friday Folders



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PTLG Quick Notes

Hello EPMS community,

Room Parents: We are planning a strategy session on Sept 17 at 7:00pm at EPMS. We need to discuss the school calendar, events, and communication. It is very important that we meet with at least one room parent from each classroom. Please let us know if you are able to attend. (email: rdwiggins@yahoo.com, cell: 925-768-9089)

Sept 24: PTLG meeting for entire school at 6:30pm EPMS.

Sept 30: Lower EI Play Date at Arbolado Park.

Sept 30: Dine and Donate at Tahoe Joes. See enclosed flyer. Room parents we will discuss this event at the Sept 17 room parent strategy session.

Oct 18: Fall Fest/Chili Cook-off. Event details will be in the next Friday Folder. Contact Erica Chinchilla (mamabruno78@live.com) with questions about Fall Fest. Contact Akiko (glasguchi@gmail.com) with questions about the Chili Cook-off.

All Parents: If you want to volunteer to hold the stop sign at drop-off or pick-up, contact Dawn Neidlinger at dawn@diablopress.com

All event/activity coordinators: You volunteer signup sheets will be in the PTLG mailbox in the office. If you are in need of more volunteers let us know.

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

Cheers, the *PTLG Team*

Rachel Beeler, Leah Karson, Eme Tatsumi,
Zulay Loftin, Jennifer Torres



School Roster

The draft of the school roster is ready in the front office. (There will also be a copy located in Childcare for your convenience.) PLEASE STOP BY AND VERIFY THAT THE INFORMATION WE HAVE FOR YOU IS CORRECT.

These draft rosters will only be available for correction until October 9th. At that time we will print the official roster and hopefully distribute it by Friday, October 16th. Thank you for your help with this.



Student Health Form

We received a Parent's Information on Student's Health form with no name. If you were the parent who wrote in OTHER ALLERGIC DISORDER: Allergic to Shrimp; Hives Age 3, please contact the office. Thank you.



Picture Day at Eagle Peak

September 22nd will be our Fall Photo Day (make-up day Nov 3rd). All of the students will have their picture taken that day, regardless of whether or not you wish to purchase a package. The pictures are used in their cumulative folders as well.

Order form is included in this week's Friday Folder. Please have your child bring the form (with payment) with them on September 22nd

We need two parent volunteers to help out all day (or in am/pm shifts). **You must be fingerprinted.** Please contact Ms. Amy on a first come, first serve basis.



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Hot Lunches Starting Soon

Lunches **will start** with Hot Dogs on Tuesday, **September 15th** (Burritos on alternating Tuesdays) and Pizza on Friday, **September 18th**. This cycle runs 6 week period and ends on October 24th.

PLEASE MARK YOUR CALENDARS!



Office Notes

Calendared Events

- Sep 12 Garden Work Day 9-12 am
- Sep 14 CFEP – 7:00 pm
- Sep 15 Board Mtg – 6:30 pm
- Sep 17 Field Trip Training 4 pm
- Sep 17 PTLG Room Parent Mtg 7 pm
- Sep 22 Fall Picture Day
- Sep 24 Field Trip Training 6 pm
- Sep 24 PTLG – 6:30 pm
- Sep 30 Lower EI – Arbolado Playdate
- Sep 30 Tahoe Joes Dine & Donate
- Oct 6 Field Trip Training 5:15 pm
- Oct 18 Fall Festival/Chili Cook-off 1-4
- Oct 20 Field Trip Training 6 pm
- Oct 30 Early Dismiss 1 pm



Dine & Donate

Join us for our Back-To-School social event on Wednesday, September 30th. PTLG is hosting an after school playdate at Arbolado Park for parents and kids to connect and then you can go out for a great dinner afterwards!

Indulge in this special 2 Course Meal. For every \$20 ticket you purchase, Tahoe Joe's will generously donate \$8 back to Eagle Peak. The more participants- lunch, dinner or take-out, the more money we raise. Tickets must be purchased 48 hours prior to the event so be sure to check out the flyer for details and order your tickets soon!

Let's kickoff the year with a big turnout and display our commitment to Eagle Peak! Tell your neighbors, family and friends to increase awareness and our fundraising success.

Wednesday, September 30th
11 am – 10 pm

999 Contra Costa Blvd.
Pleasant Hill, CA 94523

(925) 687-8096

For Takeout Orders call
(925) 687-8078

Important: Must have ticket to receive your meal. Any other purchases made does not qualify for the fundraiser. Gratuity not included.



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Environmental Ed



Not just 3 R's!

Our Waste Wizards work every day to make sure we Recycle everything we can at school! It's important to remind ourselves to consider the first two R's: Reduce and Reuse because it's always better to make less waste to begin with (as in Refusing single use plastics). There's also Rot which diverts our food waste from the landfill to "cook" in the compost bin and eventually be returned to our garden as soil - nature's amazing Recycle program! Here's some Food for Thought: The average child in American throws away 67 pounds of lunch waste a year at school. Here are some ideas that can help reduce lunch waste, which not only helps the environment but can also save you money (and the school too because it's expensive to haul all that garbage to the landfill every week, and much of our garbage is single use plastics):

- Pack lunches in reusable lunch boxes/bags instead of single use bags
- Include reusable silverware, cloth napkins, and placemats instead of single use
- Use reusable containers instead of zip-locks or plastic wrap, which do not recycle
- Use a refillable beverage container instead of disposable water bottles or juice boxes..

EPMS students are asked to pack their leftovers back in their lunchbox so you know what they eat and what they don't (and sometimes their leftovers are perfect for an after school snack).

It's always a win-win to go green and save some green!

EEE - Extra EE is coming soon. Please see flyer attached for Fall Session! Thank You!



Music Notes from Ms. Allison

Music classes at EPMS started this week:

LOWER EL:

I have classes with Lower El students beginning next week on Monday afternoons: Room 301 at 12:30, room 302 at 1:30 and room 401 at 2:30. I only see half of each classroom which means I only see your student every other week at best due to Monday holidays. My lesson plans build on what we have learned in the previous lesson so, parents, please make an effort to have your child(ren) be in school on those afternoons. It makes a big difference in your child's confidence level. Plus, we have so much fun while we learn how to make music and dance together!

UPPER EL:

We started a new curriculum this week called "The Rhythm of Math" by Keith Terry and Linda Akiyama which piloted in Lafayette public school in 2012. It was an easy transition since I had already been teaching them Keith Terry's body percussion basics for many years. Check out praise for it here: <http://www.teaching.crosspulse.com/2012/09/08/the-rhythm-of-math-pilot-program-a-success/> or here, for an excerpt of the teacher manual: <http://crosspulse.com/docs/rhythm-of-math-excerpt.pdf>

Reminder to 5th and 6th graders and their parents: **PLEASE locate your soprano and alto recorders from last year and bring them to school.** Several students have them at school already. I will create a list of those still missing for next FF. If you truly cannot find it, let me know so I can order a new one for you. The cost is \$5 for soprano and \$16.50 for alto.



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Music Notes (con't)

4th years will be receiving a new soprano recorder which we will keep at school for several weeks before allowing practice at home. 5th years will be receiving a new alto recorder. I see 6th years on Thursdays. They will have opportunities to create a consort with school-owned tenor recorders and a bass recorder. I have a special antiseptic cleaning solution to avoid sharing of germs. 6th years will also be exploring the ukulele and some musical drama this year!

Please contact me with any questions regarding the EPMS Music Program:

Allison.Lloyd@sbcglobal.net



Attachments this Week

- Tahoe Joes Dine and Donate Flyer
- Extra EE Gardening Sign-up
- Lifetouch Order Form






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SEPTEMBER, 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18	19
	CFEP 7 pm	Lunch Starts  Board Mtg 6:30 pm		Field Trip Training - 4 pm PTLG Room Parent Strategy Mtg 7 pm	FRIDAY MARKET	
20	21	22	23	24	25	26
		Fall Pics  		Field Trip Training - 6 pm PTLG 6:30 pm	FRIDAY MARKET	
27	28	29	30			
		 LE: Playdate @ Arbolado Dine & Donate 			FRIDAY MARKET	

OCTOBER, 2015 School Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
					FRIDAY MARKET	
4	5	6	7	8	9	10
		 Field Trip Training 5:15 Prospective Parent Mtg			FRIDAY MARKET	 Garden Work Day 9 am - 12
11	12	13	14	15	16	17
	CFEP 7 pm	 Board Mtg 6:30 pm			FRIDAY MARKET	