

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

FRIDAY FOLDER NOTES
(ALSO ON THE WEBSITE)
MAY 7, 2010

"The child becomes a person through work."
~ Dr. Maria Montessori

"It is not enough for the teacher to love the child. She must first love and understand the universe. She must prepare herself, and truly work at it."
~ Dr. Maria Montessori



Notes from Michelle

We are hitting that final stretch and the students are definitely feeling Spring.

The staff and I would like to thank all of you for such an incredible "Staff Appreciation Week". The luncheon on Wednesday lasted much longer than one meal and allowed all of us to take a break from the grocery for a day or two. Thank you very much.

I hope that all of the Mothers are having a day of pampering and appreciation planned for them this weekend! Happy Mother's Day.

Remember- Thursday May 20 is the Science Fair for families. Please watch future Friday Folders for more information. Now, as in the past, your child must stay with their project for the entire evening. They will get to tour with the other students on Friday morning. We do encourage all students to participate in the Thursday night event. The Science Fair will be held May 20 from 6:30 pm - 8:00 pm.

Fifth grade parents, please use the link below for a small survey just for you. This is regarding 5th grade graduation. It only has three questions, so please take a few minutes to complete this prior to Tuesday, May 11, 2010. We have also put this link on the website front page. We will be very democratic in that majority wins. <http://www.surveymonkey.com/s/Q9VMDQW>

I will be at Peet's, Friday, May 14th and 28th if you would like to join me for coffee. I try to stay for about an hour. 9am-10am.

Don't forget to stop by the Car Wash this weekend! Saturday morning from 9 -11 am! This is such a fun way for our alumni to remain connected to the school.



Notes from PTLG

This week's meeting was especially lively and informative. Thanks to all who attended! Minutes will be posted on the office bulletin board and distributed via email later next week. If anyone would like a hard copy, contact Kris Harwood: 673-5689.

As we enter the home stretch, volunteers will be needed for a few more activities:

- Year-end Picnic (evening of Friday, June 4th)
- Field Day (last week of school, day TBD)
- Campaign for Measure C (support school funding)

More information to come.

We would greatly appreciate a few parents to sign up NOW for Campus Cleanup Day, tentatively scheduled for August 21st. This is a single Saturday morning devoted to sweeping and shining up the courtyard before back-to-school. Contact Howard Maat or krisharwood@earthlink.net. Your early commitment will be rewarded!

Thank you Mona Logasa, Annie Rodriguez and the many parents who scurried to provide this week's Staff Appreciation Luncheon.

Parents and Staff: MANY THANKS to ALL for the exceptional teamwork this year!! Annie and I are planning a Volunteer Appreciation treat in the coming weeks. Keep an eye open!

Kris Harwood, PTLG Co-Chair



Car Wash to Benefit EPMS

Come on out this Saturday from 9 -11 am and get your car cleaned and shined up. We'll be accepting donations for EPMS - it makes a great Mother's Day surprise! Hope to see you there!

There will also be a small bake sale there, and food for the workers!

If you would like to help wash cars please call Michaela Baker at (925) 324-7099 or email her at puppylovr752@gmail.com

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FITNESSGRAM®

During the past few days, our 5th year students have been preparing to participate in the California Physical Fitness Test (PFT). The *FITNESSGRAM®* is the required annual PFT for students in grades five, seven and nine California in public school students. This health-related test, developed by The Cooper Institute is intended to help students acquire lifelong habits of regular physical activity.

The *FITNESSGRAM®* includes tests for key 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 maximum opportunity to participate in the PFT. For those fitness areas that have options, only one option is reported for a student.

Two levels have been established to evaluate and report performance for each fitness area of the *FITNESSGRAM®*: (1) in the Healthy Fitness Zone (HFZ) and (2) needs improvement (i.e., not in the HFZ). The desired performance goal for each test option is the HFZ, which represents a level of fitness which offers some protection against the diseases resulting from physical inactivity. Students with scores exceeding the HFZ are considered as being in the HFZ.

All 5th year students will receive their results upon completion of the PFT. These results will help the students understand their individual levels of fitness. Students are encouraged to talk about these results with their parents or guardians. Parents and guardians can use these results to help their child(ren) plan appropriate fitness activities.

If you have any questions about student participation in the PFT, the *FITNESSGRAM®*, or the test results, please contact Ms. Ava, EPMS Physical Educator and PFT Coordinator via phone (936-0994) or e-mail at epms.pe.ahuovinen@gmail.com. Information about the PFT is also available on the Internet at <http://www.cde.ca.gov/ta/tg/pf/>.



**Staff Appreciation Updates
& Volunteer Opportunities:**

Thank You! Thank You! Thank You!

A huge THANK YOU to all volunteers that helped make this past week a success!! For all the daily snacks, lunch entrees & treats, tokens of appreciation, flowers, donations... whatever was needed, so many came forward to help & some on very short or no notice - THANK YOU! It touches my heart & really makes me proud to team up with all the wonderful parents of our students at EPMS. THANK YOU!

Classroom Hosts for Wednesday Snack:

- May: Room 401 - Jennifer & Sharyn
- June: Room 302 - Linda & Emily

Dates for Wednesday Snacks:

- May 12, 19, 26
- June 2, 9

Volunteers are needed to prepare snacks for these dates. A sign up sheet is posted on the bulletin board in the office for May. A separate sign up sheet for June will be posted shortly. Please have snacks delivered to the lunch room by 11:30 am, so Michelle, teachers & staff are all able to enjoy the snacks when it comes time for their lunch.

There are only 5 Wednesdays left to show our appreciation for EPMS & staff. Let's make the last 5 weeks sweeter than ever & load up on the munchies (healthy & not), to show our appreciation!

We only need a total of 20 volunteers for the rest of the school year.

Teacher & Staff Appreciation Donations:

We are continuing to accept donations for the Teachers & Staff Appreciation 'End of Year Thank You Celebration' gifts. In past years, we have been able to provide everyone with a very nice gift of gratitude in the form of gift cards. Everyone loves the idea - they can buy what they want and it's already paid for! A donation envelope is located in the office with Amy.

See separate flyer in FF for more details.

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Notes from the Office

Lunches: We've been experiencing an increase in children coming in at lunch complaining about either not having enough lunch or not liking what they have. Unfortunately, the office staff is not in the position to give out food and we prefer not calling parents unless it's an emergency. Please have a discussion with your child to insure that their lunchtime needs are met.








Attachments this Week

- Teacher Appreciation Flyer
- Car Wash at EPMS
- Measure C Info
- Fitness Program - 5th Year Only




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MAY 2010 SCHOOL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14	15
	STAR TESTING THRU MAY 14th		New Lunch Order Starts 		Friday Market	
16	17	18	19	20	21	22
	CFEP 7 pm	EPMS Board Mtg 7 pm		Parent Ed.  Science Faire 6:30 - 8 pm	Friday Market	 Garden Work Party 8 am - 12
23	24	25	26	27	28	29
					Early Dismissal 1:00 pm	

MAY/JUNE 2010 SCHOOL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
	Memorial Day  No School	PTLG 7 pm			PICNIC  6 - 8:30 pm	
6	7	8	9	10	11	12
					Last Day Of School Early Dismiss 1:00 pm	
13	14	15	16	17	18	19
		EPMS Board Meeting 7 pm				