

# Friday Folder

*August 26, 2022*

## **Peace, Passion, Purpose**

Kindness is the sunshine in which virtue grows. -Robert Green Ingersoll

## **Notes from Michelle**

Happy Friday!

Today started out with the excitement of a power outage. Luckily, power was restored within a couple of hours and we were able to have a smooth day. We are grateful for the trust that each of you put in the Eagle Peak staff in times like this.

Starting Monday, masks will be optional outside for students. Please speak with your children over the weekend and help them to understand that some children may make different choices about wearing or not wearing a mask than they will. Help them to understand how to express their choice and be respectful of other's choices as well.

Have a wonderful weekend!

Be well,  
Michelle

**August Is.....**



## THIS WEEK AT EPMS

### EAGLE PEAK MONTESSORI SCHOOL

August 31, 2022- Wednesday 1:15 Dismissal and \* PICTURE DAY \*

#### REGULAR SCHOOL HOURS START:

- Elementary Gr 1-6: 8:30am-3:00pm (Gate closes at 8:30am and opens at 3:00pm)
- Adolescent Program Gr 7&8: 8:30am-3:15pm
- Wednesdays and other Early Dismissal Days- 1:15pm

## \*\* IMPORTANT Drop Off/Pick Up Safety Information \*\*

- Please be patient during carpool.
- Please slow down.
- Please always use the crosswalk.
- Please remember, we are very close to several schools and we all start and end at roughly the same time.
- **There will be traffic and there will be students in the area (not necessarily EPMS students) that are not being safe.**
- Please watch for students using the crosswalks and those who don't use the crosswalks.





## New Hydration Station for the office

Thank you for the outpouring of love to our amazing school staff. In just two days of this mission, a water cooler and several bottles of water were delivered.

EPMS has such an amazing and giving community.

Sincerely,

Jen Womble/Parent

## DRESS CODE REMINDERS

### General Guidelines

In Montessori classrooms, even in preprimary (ages 3-6), we call the activities in a classroom that students interact with “work” or “jobs”. In order to create an environment that respects the classrooms as workspace, both students and teachers are asked to dress in a manner appropriate for a workplace. Clothing should be comfortable and allow students and teachers to work on both the floor and at desks without being too restrictive or too loose. The following are the expectations for attire at school:

- T-shirts, backpacks, or lunch boxes should not include violent themes, or depictions of television, movie, cartoon, or other licensed characters. Musical groups may be allowed, so long as they do not contain violent or profane images or phrases. (Profane being defined as subject matter, which would be found in movies or songs with ratings over “G”.)
- Clothing that promotes negative or offensive messages including those that are in opposition to the school’s philosophy.
- Dress, accessories and jewelry which contain obscene, symbols, signs or slogans, and /or which slur or degrade on the basis of race, religion, ethnicity, gender, disability, sexual orientation, or gender identity and impose a threat of imminent violence or disruption to the orderly operation of the school shall not be worn.
- Dress that contains language or symbols supporting sex, drugs, alcohol, tobacco or weapons shall not be worn.
- Clothing should be comfortable, washable, and suitable for the weather conditions and school activities.
- Pants, shorts, and skirts must reach the mid-thigh of the wearer.
- Clothing should not allow for undergarments to be visible. (Ex: shoulder straps should be at least two fingers in width, shirts should not have openings on the side that extend past the armpit, shirts and tops should cover the waist, shirts should not be racer back or leave openings where undergarments show)
- Clothing that is very loose or long may cause children to trip, especially during games, dancing, and physical education.
- Headbands should not be more than 1 inch in height. (This is in regards to headbands that have cat ear shapes or unicorn horns on top.)
- Shoes should not cause a disruption in the classroom and also be comfortable and safe for sports, gardening, and walking excursions, no flip flops(for elementary children), no ‘light up’



## **Parent Teacher Leadership Group (PTLG) Announces: Back to School Picnic**

WHEN: SEPTEMBER 9- FRIDAY 6pm-8pm

WHERE: ARBOLADO PARK

### **BRING:**

- Food and Beverages for your family
- Blankets/chairs
- Fun, perhaps a game, and eagerness to meet new people

## **FROM PARENT TEACHER LEADERSHIP GROUP(PTLG)**

The Parent Teacher Leadership Group is very excited to support parents in connecting with the school community and to offer parent education opportunities. We will be meeting monthly, alternating between in-person at the school and on Zoom. Our first meeting will be on Thursday September 15th at 7 pm in person at the school. We will be practicing mindfulness and agreements for multicultural interactions, with small groups sharing about how our kids are doing with the start of school. We'll use these discussions as an easy way to practice the school's parent agreement of starting all encounters with positive intent and continuing with respect and kindness. We will also go over different ways parents can volunteer to fulfill the commitment to support the school through 40 hours of volunteering.

The PTLG is also excited to offer a Back-to-School picnic at Arbolado Park on Friday September 9th at 6 PM. We will have signs for all the classrooms, so that families in each classroom can meet and get an opportunity to play. Consider bringing a ball or other outdoor game that your kid(s) enjoy. Either bring your own dinner or eat before and just come to play and connect. Stop by the PTLG table for name tags and to sign up for school volunteering opportunities.

We are looking for volunteers to organize a Stargazing event and to coordinate the Auction. Please contact Rachel and Abe, co-leads at [ptlg@eaglepeakmontessori.org](mailto:ptlg@eaglepeakmontessori.org).



## YOGA

We are happy to announce that Yoga is coming back to EPMS on Tuesdays.

Please review the attached registration if you are interested. Payments should be mailed to Miss Suzette.



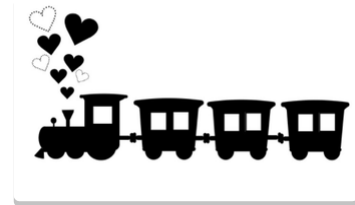
YogaSessionI Sept 6-27.pdf

[Download](#)

242.0 KB

## The Gratitude Group

Eagle Peak families it's time to hop aboard the Gratitude Group train! For those who are new to this tradition, typically a group of volunteers sign up in advance to bring snacks and goodies for the staff to enjoy throughout the school year. It is a simple and lovely way to express our thanks and appreciation for all that they do for our kids and for us. It's also an easy way to tally up some much-needed volunteer hours. Since we do need to be cautious this year with how and what we provide, here are just a few suggestions on simple and effective ways to go about showing our gratitude.



Sign up to bring:

- Flowers for the breakroom and/or all of the individual classrooms
- When shopping for groceries and you see a great deal on a bulk item (beverages, muffins, organic fruit, etc.) buy extra and bring it in to the break room with a little note of appreciation and where they are stashed if placed in the fridge or freezer.
- A bag of your favorite individually wrapped candy or treat to let our EP staff know how special and sweet they are. Have your kids get involved and write a thank you note to place next to it too.
- A few Family Size box of Peet's coffee with creamer one morning.

Please note, for the time being we are steering clear of food prepared and cooked at home. Count your time spent driving to the store and time spent delivering your gifts to EP as volunteering. Added bonus, enjoy that heartwarming feeling of knowing that you have brightened someone's day. Interested in getting on board? Contact Jen Slattengren for more details.

[jenslattengren@gmail.com](mailto:jenslattengren@gmail.com)

Text - 925.876.8984



## Volunteer Opportunities

WE ARE IN NEED OF MORE HELPING HANDS IN OUR SCHOOL'S PARKING LOT. WE HAVE A STOP SIGN THAT NEEDS HOLDING AND WOULD APPRECIATE VOLUNTEERS TO HELP CARS PARK AND BACKOUT SAFELY DURING DISMISSAL TIME TOO. PLEASE CONSIDER SIGNING UP TO TAKE JUST ONE SHIFT A WEEK. IT'S A QUICK AND EASY WAY TO EARN THOSE MUCH-NEEDED VOLUNTEER HOURS. MOST SHIFTS ONLY TAKE ABOUT 20 MINUTES OF YOUR TIME.

PARKING LOT PERK, EP COUNTS EVERY SHIFT WORKED IN THE PARKING LOT AS 30 MINUTES OF VOLUNTEER HOURS. IT'S A WIN-WIN AND A FUN WAY TO GET TO KNOW OUR EAGLE PEAK FAMILIES. PLEASE CONTACT JEN SLATTENGREN TO SIGN UP OR FOR MORE INFO.

[jenslattengren@gmail.com](mailto:jenslattengren@gmail.com)

## News and Fundraisers from CFEP

### CALICRAFT BREWING

Hey EPMS Parents! We are starting something new, and we hope you can join us! The CFEP is having a mixer, where you can meet parents and learn about all the fundraising/events we are working on for this year! Come join us at **Calicraft Brewing on September 7th, from 6-8pm**. This is a very casual event, but we are planning to have a raffle and some things to snack on. Calicraft is at 2700 Mitchell Dr, Walnut Creek, CA 94598

### DINE AND DONATE

Coming soon - Dine and Donate on September 14, 2022 @ Burger Lounge (more details to follow)

## PICTURE DAY IS COMING

Picture Day is coming on Wednesday, August 31, 2022. Please check your Friday Folder envelope for the flyer.

You can also go to MYLIFETOUCH.COM  
Picture Day ID - EVTTK2CWS



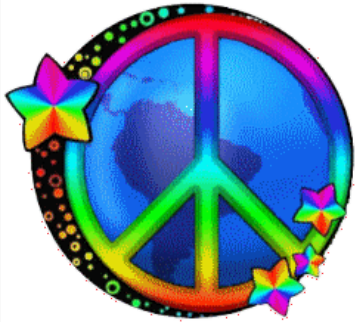
## Counselor's Corner

Hello Families! Let me (re)introduce myself-I am Crystal Penning, School Counselor ;) I have 17 years of experience working with children to help support their mental health needs. I also have a background and master's degree in school psychology. I live with my husband, son (10 years old) and daughter (8 years old) in Brentwood.

I am so excited to be back this school year at Eagle Peak! I am on campus Thursdays and Fridays. I can also be reached by email Monday, Tuesday and Wednesdays at:

[crystalp@eaglepeakmontessori.org](mailto:crystalp@eaglepeakmontessori.org)

Please do not hesitate to reach out regarding any social/emotional questions or concerns regarding your child.



## News from the Office

With the weather changing, please remember to send your child with their water bottles, sunscreen and a hat.

**PLEASE REMEMBER TO PUT YOUR CHILD'S NAME ON THEIR CLOTHES.**

## Lunch

There is an option for food to be available on campus for our students if requested. Please complete this [form no later than Monday, August 29th by 8am](#), if you would like for your child to receive these options:



Breakfast- Belvita Breakfast Bar/Horizons Milk

Lunch- "make your own" sunbutter/jelly whole wheat bread sandwich with applesauce and Horizons Milk

[LUNCH FORM](#)

## Logo Gear Sales from CFEP

### LOGO GEAR SALES STILL ON!

Thank you so much for your enthusiastic support of our logo gear sales! We will be still taking orders through the [WEBSITE](#) throughout the year, for pick up in the office. From now on, when you order, you will receive a date that you can pick up in the office when they are ready.



You can order anything, including our brand new VERY comfortable branded masks. We will be wearing masks on campus all the way through 2022, so it's a great way to support our school and stay safe on campus! Our branded masks have a metal nose bridge, a pocket for an optional filter, adjustable ear loops, and are machine washable (hang dry).

### Mask Pricing

**Kid mask: \$8 each, 2 for \$15**

**Adult mask: \$12 each, 2 for \$20**

**2 kid, 2 adult mask bundle: \$30**

If you have any questions, email Laura Desautels at [laura@cfep.us](mailto:laura@cfep.us) or Megan Daoudi at [megan@cfep.us](mailto:megan@cfep.us). Thank you so much for your support!!

# Social Media Support for CFEP

## Social Media Support!

Did you know that CFEP has social media pages??? We are ramping up our social media presence for both Eagle Peak and CFEP, so please make sure you like our pages and follow our posts. If you see one of our posts, please make sure you like, comment, or tag a fellow parent! These are all great ways to support the school and it costs NOTHING!!

Follow the links below to find our pages easily:

[CFEP Facebook](#)

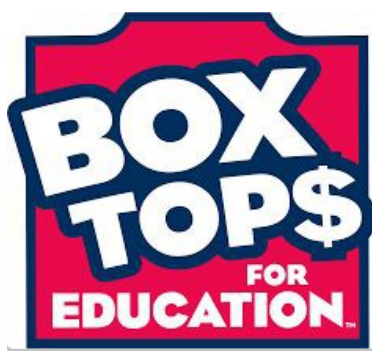
[CFEP Instagram](#)

[Eagle Peak Facebook](#)

[Eagle Peak Instagram](#)

## Students Sent Home Sick

Please help us help you. We ask that you speak to your child about coming to the office for being ill. While we want anyone who is feeling ill to let us know, we want to also help the students be able to know when a stomach ache might just be a bit of homesickness instead. We are not medical professionals and as such must err on the side of caution. Every time a child comes to the office and says that they have any of the potential symptoms of covid, they must be picked up within 30 minutes and be tested for covid. Thank you for your cooperation.



## Don't forget about Box Top\$ for Education!

Remember to gather your Box Tops for Education.

HERE'S HOW IT WORKS: Buy participating products and use the Box Tops mobile app to scan your store receipt within 14 days of purchase. The app identifies eligible products and automatically adds Box Tops to Eagle Peak's earnings online. Even if you're shopping online or doing grocery pickup, you can still submit your e-receipts and earn Box Tops. Your earnings may seem small, but they really do add up. The more people that participate, the bigger the impact we can make. Learn more about how Box Tops works at BTFE.com.

## Waste Free Wednesdays

On Wednesdays we encourage students to bring little to no waste such as wrappers or anything that goes in to the trash bin. Instead we encourage you to bring reusable, recyclable and compostable containers. Participating in waste free Wednesday will ensure our school is a cleaner place.





# REMINDERS FROM COMMUNITY FOUNDATION FOR EAGLE PEAK (CLICK HERE TO DONATE)

## ALL THE WAYS YOU CAN GIVE!



SUBSCRIPTIONS AVAILABLE  
CREDIT OR PAYPAL



ANNUAL AUCTION  
ATTEND OR DONATE ITEMS



SHOP IN THE APP  
OR SMILE.AMAZON.COM



Double Your Donation



with Corporate Matching



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