

Friday Folder

September 16, 2022

Peace, Passion, Purpose

You do indeed have a past, but not now! And, yes, you have a future, but not now! You can consume your now with thoughts of 'then' and 'maybe,' but that will keep you from the inner peace you could experience.

Wayne Dyer

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

Notes from Michelle

Every once in a while it is important to sit back and just reflect on what is vs what is not; what is within our control and what is not; and even what might be and what might never be. Hopefully, while doing this reflection you have a chance to find gratitude for your reality. For celebrating our realities can bring us the peace and satisfaction of life. If we continuously sulk over "what is not", get angry about "what is not within our control", or continue to grieve over "what might never be", we can lose so much. Sulking, anger, and extended grief can steal our positivity and even our chance to be present in the now of what we do have. Not one of us lives a perfect existence but appreciating the things that "are" can help make it a more peaceful one.

When we do not find that peace, we often take out our bitterness in ways that do not even relate to the source of our feelings. We can be angry over a lack of control in situations where we have no responsibility. We can be sad over things others have because we may never have those things. Anger and bitterness can destroy the very things we claim to love if we lose sight of what we actually have to be grateful for.

When we find that peace, it is so much easier to find ways to be kind and to understand that those we encounter are on their own journey as well. When we encounter unhappiness in others perhaps they wish for something they do not have, when we encounter anger in others perhaps it is truly from a sense of lack of control, and when we encounter grief, perhaps they have lost more than we know. None of us can ever know the reasons or motivations behind others. It is best to simply be kind.

Two years out from a pandemic shut down, and as a society we are still dealing with what "is not", we want back the control we lost, and we are still grieving for things that may never be again. It is understandable that there is bitterness, anger, and grief. But we cannot allow those negative emotions

to make us lose relationships we value, or lose communities we claim to love, or even simply to bring that negativity to others. Peace and kindness are the better path.

Be well and have a great weekend.

Michelle

CFEP Annual Giving

Dear Eagle Peak Friends and Families,

Instead of having a donation amount goal, we have a goal of 100% participation! This aligns with our motto: "Every child matters. Every donation counts." We have a suggested donation of \$2223 to celebrate the year, but we appreciate any amount that your family can afford to donate!

Please visit the link to donate today:

<https://www.cfep.us/donate-annual-giving/>

Annual Giving Funds Pledged as of today: \$28,712

% Participation of families: 5%

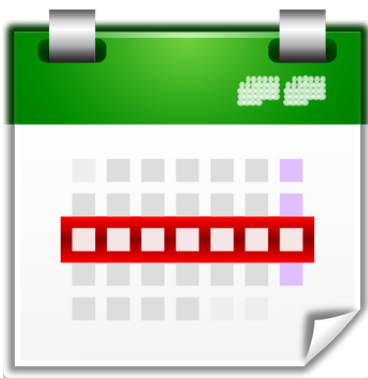
In gratitude,

The Community Foundation for Eagle Peak

News and Fundraisers from CFEP

DINE AND DONATE

Thank you from CFEP!



THIS WEEK AT EPMS

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

Friday Gathering

6th Grade Gathering Leaders: Tatiana Hernandez and Anders LeClaire

5th Grade Quotes – Gratitude

Charlotte Ichiroku – "Gratitude and Attitude are not challenges they are choices." – Robert Braathe

Gianna Warren – “When somethings go wrong, take a moment to be thankful for the many things that are going right.” – Buddha

Wess Berg– “From the sky, from the earth, from a scrap of paper, from a passing shape, from a spider’s web...We must pick out what is good for us where we can find it.” – Pablo Picasso



****Drop Off/Pick Up Information ****

- **The AP students get out of school at 3:15p. They are released to wait outside the school (unless they go to Homework Club or Childcare)**
- The gate for LE/UE opens at 3:00p and closes at 3:15p, if you need to walk through the office (or any building on the EPMS campus) at any time, you need to wear a mask. Your cooperation is appreciated.
- **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.

October Childcare

Please download and print the October Childcare form. This is the last opportunity to special pricing package.



FF October 22 Childcare.pdf

[Download](#)

482.9 KB



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, September 12th by 7am**](#), 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

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



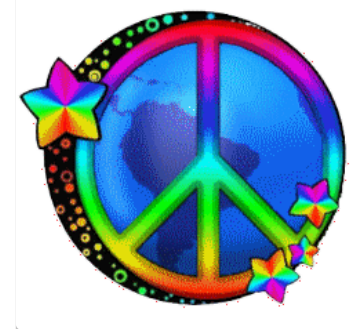
News from Mr. Jonathan our Art Teacher

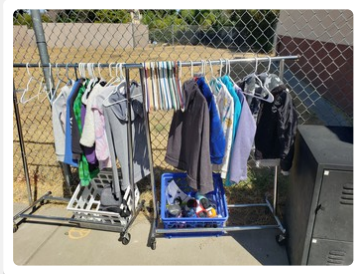
Hi everyone I want to encourage everyone to visit the Art Cottage at 2238 Mt. Diablo Street in Concord. The gallery is completely free and for all ages. It's an amazing opportunity to explore the different art mediums and events.

News from the Office

Our Lost and Found is bursting at the seams! Please stop by and check for missing clothes and water bottles, even if you think you're not missing anything. Thank you.

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





**Lost n Found
Jackets**



**Lost n Found Lunch
Box**



**Lost n Found Water
Bottles and Misc.**

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 or Megan Daoudi at 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

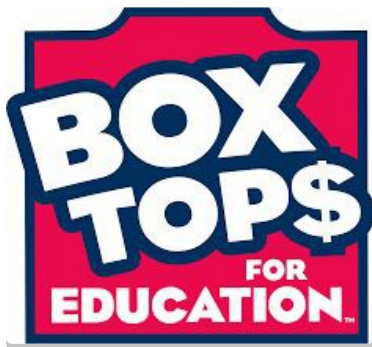
Please help us help you. We ask that you speak to your child about coming to the office for being ill. While we want anyone who is feeling ill to let us know, we want to also help the students be able to know when a stomach ache might just be a bit of homesickness instead. We are not medical professionals 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.

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’ shoes, “heelines” or zories.



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



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