

Friday Folder

September 2, 2022

Peace, Passion, Purpose

"We adults must see the real humanity in children, the humanity which will take our place one day, if we are to have social progress. Social progress means that the next generation is better than the one before."- Dr. Maria Montessori

Notes from Michelle

We hope that everyone had a pleasant week and that you are ready for a long weekend. It is going to be a hot one!

The most unique and irreplaceable benefit of working in education is the opportunity to have conversations with young humans finding their way and figuring out their world. A first grader was sharing how she turns books into tv shows in her head so that she can replay them. She called it her "brain tv". LOVE THAT. Then the other day I had the privilege of discussing the "Four Square Rules" with some Upper Elementary students. One student, a sixth grader, was explaining to me the most important position in the game. He started to say "the King's corner" and then stopped himself and said, "wait we don't need to gender that, Queen's corner or Ruler's corner." I just listened as he worked out how to make a simply recess game more equitable without any input or involvement from an adult. This is the next generation. The world just might end up being a better place one day!

As we move into September and the routines start being more, well.... routine, you may start to see some harder mornings as the excitement of "new" wears off. This too shall pass. :) We do not expect our classrooms or our schedules to be fully acclimated for the first 6-9 weeks. We are always here to help with these transitions. Through these weeks, we just want to make sure that everyone is reminded of a few Eagle Peak protocols. It always helps when we all know the expectation. (Please see separate section on Inclement Weather Protocols below the chart.)

COMMUNICATION WITH TEACHERS:

Please remember that we cannot ask the teacher about your child when they are receiving children in the morning or during dismissal. These are times that they must concentrate on the students and cannot be distracted by a conversation at this time.

PARENT-TEACHER PARTNERSHIP MEETINGS:

We know that for students new to the school, there are often many questions about how the child is doing during the day and what jobs and lessons they are completing. However, we have just finished the 2nd full week of school. It is crucial for teachers to have the full first nine weeks of working with

your child and getting to understand them before they can consult with you about academics. Please give them that time. If there are concerns that parents feel need addressed sooner the teachers will contact you. If the teachers have not contacted you, please try and wait for the Parent-Teacher Partnership Meetings in October.

CAR HOP PICK UP: There will be inclement weather days when it is not possible to have the afternoon Car Pick UP process take place. We will let you know by 2:30 of regular dismissal days and by 12:45 on early dismissal days, if Car Pick Up will be cancelled.

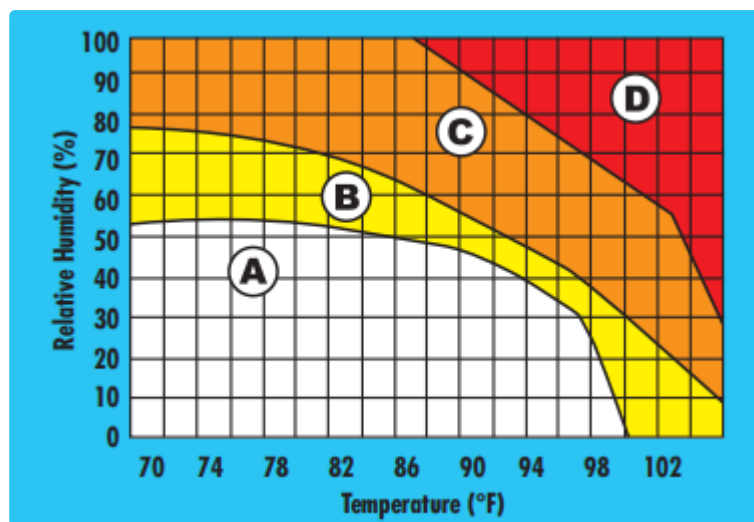
Tuesday, September 6 it is predicted to be 106-108 by the time we dismiss. Therefore, there will NOT be Car Pick Up, if this weather forecast is accurate.

BACK TO SCHOOL PICNIC:

Don't forget that our Back To School Picnic is Friday, September 9, 2022! Bring your chairs, blankets(to sit on- you won't need them for coldness), and food for your family. The picnic will be at Arbolado Park! See you there.

Have a wonderful weekend!

Be well,
Michelle



INCLEMENT WEATHER

INCLEMENT WEATHER (Air Quality, Heat Advisory, Rain)

As all returning families know, when there is inclement weather, we make arrangements for the students to be indoors for greater periods. Over the past 20 years, we have seen an increase of days over 100 during the school year as well as the relatively new "fire season". Please see determination process for each situation.

Heat Advisory: Administrative staff will monitor the temperature and watch forecasts for hourly changes. Here is the information sent to schools from the California Department of Education: <https://www.cde.ca.gov/ls/ep/extremeheat.asp>

See the chart ABOVE for the letter-temperature correlation.

A/B: Outdoor activities as normal. (Masks are optional outside.)

Higher end of B & C.: Lunch will be outside. Physical activities will be moved into the classroom.

Higher end of C & D.: Carhop/Carpool services will be limited to morning drop off. Afternoon pick up will be walk in only.

D: All activities will be held indoors. Parents are always allowed to pick up their child if they prefer. Carhop/Carpool services will be limited to morning drop off. Afternoon pick up will be walk in only.

Air Quality: Over the past few years there has been an increase in days that wild fires impact the quality of air in the Bay Area. Please see the [Air Quality Matrix](#) for how activities will be impacted by this situation.

Rain: If it is misting, some activities typically take place as usual. There is always caution used at recess if surfaces are wet. If there is a more steady or heavy rain, activities are moved inside.

CFEP Annual Giving

Dear Eagle Peak Friends and Families,

We at the Community Foundation for Eagle Peak (CFEP) are so excited for the 2022-2023 school year, and it was wonderful to see so many new and returning faces in-person at orientation! Thank you to everyone who stopped by to speak with us! If you were unable to attend, you might be wondering what CFEP is and does. CFEP is a 501c3 non-profit corporation that coordinates the fundraising for Eagle Peak Montessori School. Every year, we raise money to bridge the gap between state funding and the true cost of providing an outstanding Montessori experience for our children. Like many charter schools EPMS receives significantly less funding than traditional public schools. We receive a block grant for operations, but while this grant covers the majority of Eagle Peak's expenses, it is just not enough to provide a complete Montessori educational program. Not only do our students have programs like art and Spanish, but they also have access to authentic Montessori materials in their classrooms. All of these things are made possible through the generous donations of our families. Without your donations, we would not be able to provide the experiences that Dr. Maria Montessori felt were so vital to thriving young minds.

You may have heard about or seen in the Friday folder some of the many ways we gather funding like AmazonSmile, Swoondle, and Box Tops. We also have monthly Dine and Donate events in partnership with local restaurants and our annual Auction. In addition to those opportunities, the Annual Giving campaign is our single largest fundraiser of the year. This voluntary donation goes directly to paying for school specialists and special programs that complement and enhance EPMS's existing curriculum. Annual giving also enables CFEP to assist EPMS in covering shortfalls in funding due to state and federal cuts and delays. To celebrate the 2022-2023 school year, we are suggesting a donation of \$2223 dollars per student, which can be made through our website at <https://www.cfep.us/donate-annual-giving/>. Our motto really is "Every child matters, every donation counts," and our goal this year is for one-hundred percent participation from all families at whatever amount they are able to contribute. Even one dollar helps us toward our goal! Please also check with your workplace to see if they offer corporate matching donations. These programs can double your impact!

We know that this has been a challenging time for all, and we are so thankful that our children have had support from their teachers and peers to help them through these difficulties. We are excited to be able to participate more in-person with our children and families, and we sincerely thank you for your support!

In gratitude,
The Community Foundation for Eagle Peak

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)



Dine and Donate Burger Lounge.pdf

[Download](#)

6.0 MB



THIS WEEK AT EPMS

EAGLE PEAK MONTESSORI SCHOOL

** September 5, 2022 is Labor Day - No School **

** **September 9, 2022 - Friday Gathering** **

** September 9, 2022 is the Back to School Picnic **

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: Mick Bomar and Samantha Wang

5th Grade Quotes – Peacemaking

Cael Nelson – “The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds.” – Dalai Lama

Shayna Low – “Do not let the behavior of others destroy your inner peace.” – Dalai Lama

Ava Budgin – “You will find peace not by trying to escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory.” – J. Donald Walters





**** 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.



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

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.

Lunch

There is an option for food to be available on campus for our students if requested. Please complete this [form no later than Tuesday, September 6th by 7am](#), if you would like for your child to receive these options:



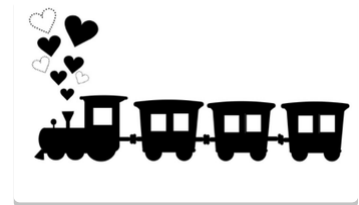
Breakfast- Belvita Breakfast Bar/Horizons Milk

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

[LUNCH FORM](#)

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

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



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](#)

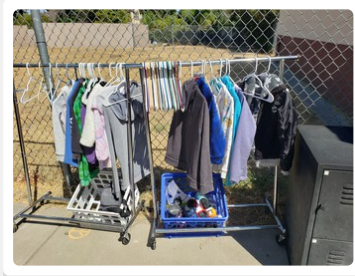
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News from the Office

Holy Smokes! Our Lost and Found is already 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.**

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

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

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

- 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.

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](#)

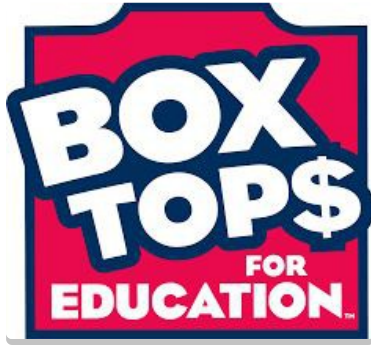
[CFEP Instagram](#)

[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.



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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