

# Friday Folder

*September 9, 2022*

## **Peace, Passion, Purpose**

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.

-Pat Riley

You've got to accentuate the positive  
Eliminate the negative  
Latch on to the affirmative  
Don't mess with Mister In Between  
You've got to spread joy up to the maximum  
Bring gloom down to the minimum.  
-Johnny Mercer / Harold Arlen

## **Notes from Michelle**

Well it has been a challenging week with the heat. Thank you all for your patience and trust. We are looking forward to cooler weather ahead.

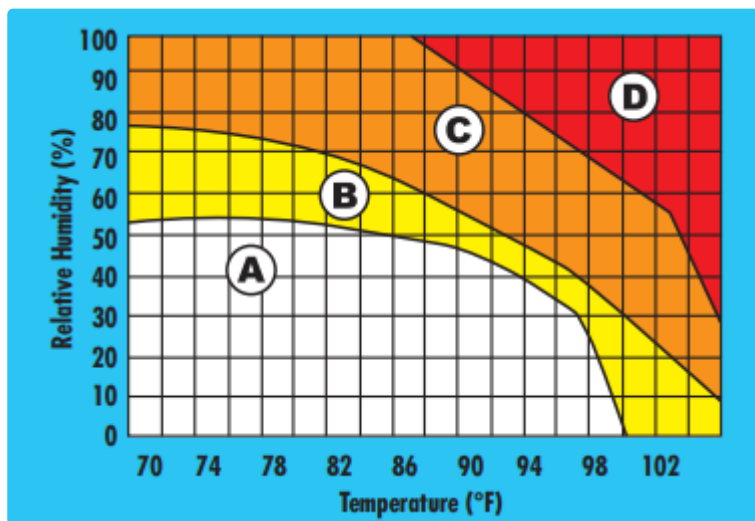
I heard on the radio today a report that people with positive outlooks live up to 5 years longer on average. It is a good reminder that we can usually find the silver lining even in the darkest cloud. I do not want that to come across as a platitude. Certainly finding that lining can be difficult, but if we do not even try, we are sure to fail. It might be easy to see what is lacking or where problems are in our world, but how does that look when we seek to be part of a solution. When we step outside of our needs to work towards helping the greater community, it can help us be more appreciative at the same time. Whether that community is another classroom, neighbor, or beyond, knowing that we have something to contribute can help us to feel better and thus hopefully, more positive on the whole.

We look forward to the rescheduled school picnic NEXT Friday, September 16. We hope that all of you are able to join.

Last week families received a copy of CAASPP scores for their child (grades 4-8). This was the first time in three years that students participated in this testing. Typically 3rd year students, who are first time CAASPP takers, do not have scores that might reflect what we would see in the classroom. For our students this past year, only students in grades 7 and 8 had actually taken the CAASPP previously. Students in grades 3, 4, 5 and 6, have never been exposed to the state testing format. As you know,

parent observations and conferences are coming up in October. During that time, it would be good to review with your child's teacher any questions you may have.

Be well and stay cool,  
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.

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**

### **DINE AND DONATE**

Dine and Donate on September 14, 2022 @ Burger Lounge  
Orders will only be processed from 11 a-9p and please mention Eagle Peak.  
Online ordering? Please use the code FUNDRAISER.  
Flyers are also available below to print and in the office.

### **Thank you from CFEP!**

Thank you to the families who braved the heat to come out to our first mixer at Calicraft! It was great to catch up with familiar faces, and meet new families. We hope to do it again!

If you are interested in learning more about CFEP, and what we do, please attend our online monthly meeting this coming Monday at 7pm. [LINK TO MEETING](#)

We meet the second Monday of every month, where we discuss upcoming events and plans for fundraising! We are an open format style, so even though we have a public comment section, you are welcome to ask questions or comment at any time! We hope to see you there!



Dine and Donate Burger Lounge.pdf

[Download](#)

6.0 MB



## THIS WEEK AT EPMS

### EAGLE PEAK MONTESSORI SCHOOL

\*\* September 14, 2022 DINE AND DONATE \*\*

\*\* **September 16, 2022 - Friday Gathering** \*\*

\*\* September 16, 2022 is the Back to School Picnic (RESCHEDULED DUE TO EXTREME HEAT) \*\*

### 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

## Counselors Corner

I have been receiving a lot of questions regarding the counseling supports I am able to provide here at school, so thought I would share more about my support role. I am here as a support to all students on campus regarding any social/emotional needs which impact their learning. Students are able to refer themselves for a 1:1 counseling session using forms provided to them in their classrooms. Teachers and guardians are also able to refer students for counseling. After consulting with the students guardians and/or teachers, as well as meeting with the student, I determine whether or not ongoing weekly or biweekly counseling sessions may be beneficial as well as warranted. Before I meet with students regularly for counseling, guardians are asked to sign a permission form giving consent for me to meet with their child. The permission form also discusses limits to confidentiality. If I feel an outside therapy referral is more appropriate for the student, then I provide an outside referral. Typically it is best to seek mental health services through the child's medical provider as this is the most cost effective way to meet their needs outside of school.

Please see more information below regarding our school's counseling program:

Eagle Peak Montessori School is excited to offer a variety of counseling services this year. The intention of the school counseling services is to help students have more effective education and socialization within the school community. Possible counseling topics include, but are not limited to: positive coping strategies to deal with stressors, self-esteem, impulse control, anger management,

friendship skills, problem solving, study skills, stress management, fears or worries, and academic progress. Counseling sessions will occur weekly or bi-weekly up to 30 minutes in the school counselor's office. The goal of these counseling sessions is to develop appropriate social/emotional skills to help the child positively navigate their interactions and activities at school. When appropriate, students may be seen in a small group with up to 3 students from their class. Sessions will be provided for up to 6 or 8 weeks; then intermittent check-ins will occur when needed. When more in-depth therapeutic counseling is needed, the counselor will provide an outside referral.

Because counseling is based on a trusting relationship between counselor and client, the counselor will keep information shared by the student confidential except in certain situations in which an ethical responsibility limits confidentiality. We are required by law to notify parents if the child has shared any thoughts or threats of suicide or hurting oneself. In addition, we are required to notify the proper authorities of child abuse (physical, emotional or sexual), neglect and threats to harm others. We must also turn over records that are subpoenaed by a court of law.

## Friday Gathering

6th Grade Gathering Leaders: Evie Banihashemi and Brandon Bean

5th Grade Quotes – Respect

Carter Scivally– “I speak to everyone in the same way, whether he is the garbage man or the president of the university.” – Albert Einstein

Ari Yahud– “What is done cannot be undone but on can prevent it from happening again.” – Anne Frank

Ava Shafie– “Respect yourself and others will respect you.” – Confucius



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

- **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.**
- 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)
- **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.



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

WHEN: SEPTEMBER 16- 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).

### Lunch

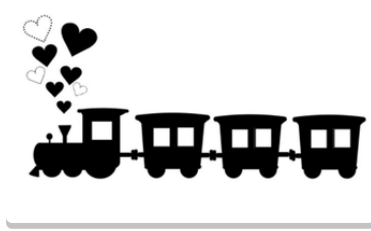
There is an option for food to be available on campus for our students if requested. Please complete this [form no later than Monday, September 12th by 7am](#), if you would like for your child to receive these options:

Breakfast- Belvita Breakfast Bar/Horizons Milk



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

## LUNCH FORM



## 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

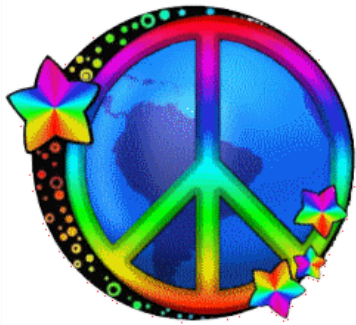
## Volunteer Opportunities

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.

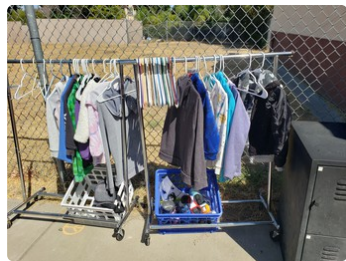
[jenslattengren@gmail.com](mailto:jenslattengren@gmail.com)



## News 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.**

## 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, "heelies" 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](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](#)

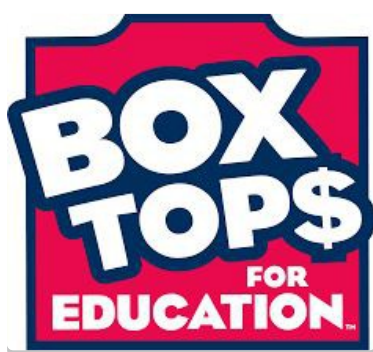
[CFEP Instagram](#)

[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](http://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!



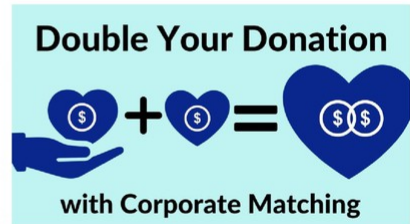
SUBSCRIPTIONS AVAILABLE  
CREDIT OR PAYPAL



ANNUAL AUCTION  
ATTEND OR DONATE ITEMS



SHOP IN THE APP  
OR SMILE.AMAZON.COM



## Eagle Peak Montessori School

📍 800 Hutchinson Road, Walnut C...

✉ Admin@Eaglepeakmontessori...

☎ (925)946-0994

🌐 eaglepeakmontessori.org