

Friday Folder

October 28, 2022

Peace, Passion, Purpose

"Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen. Empathy is a quality of character that can change the world." – Barack Obama

Notes from Michelle

Sometimes it feels that the greatest loss during the pandemic, even greater than the learning loss that is being talked about, is the loss of the ability to empathize. Maybe it was sheltering away from others, or maybe it was the sense of loss of control that led to being determined to get one's personal needs met first, but regardless of the cause or the circumstances, there is always an opportunity to change course. We can talk with our children and help them to see outside of themselves for what needs might be happening in the community. Of course for them, the first "community" outside of the home that they really experience is the classroom. The children need for adults to sit with them and make sure that while we listen to their experience we are also asking them to think about the experiences of others. It is the ability to care for others and not just ourselves that is a sign of civilization.

The anthropologist Margaret Mead was once asked what is the first sign of civilization. Was it fire or cooking, etc? To summarize her answer, she felt the first discovery of humans developing civilization was when a healed femur bone was found. That bone demonstrated that someone had taken the time to help another person who was injured instead of leaving them helpless and had brought them food to survive possibly even at risk to themselves. Thinking outside of their own needs. This act of caring for others to her was the first sign of a civilized people.

We hear a lot these days about a need for "self care", how we need to learn how to say "no", etc.. but let us not turn "self care" into selfishness or forgetting how to care for others as well. Let us use empathy and understanding of those outside of ourselves to create and sustain community.

Speaking of community, we were so excited to have so many of our families on campus today for the Historical Halloween event. We look forward to the Upper Elementary Science Fair in a few weeks and the return of other school community events. A huge thank you to our families for their cooperation and support today!

Have a great weekend.

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



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.



News from PTLG

Did you know that attending school meetings such as the monthly Parent Teacher Leadership Group, the Community Foundation of Eagle Peak or the Board meetings count as volunteer time? At Eagle Peak, parents are requested to volunteer 40 hours/year (20 hours for additional students). Participating in these meetings helps build a thriving school community in which parents are aware of what school leaders are working on to support our students in learning. At the monthly PTLG meetings, parents have an opportunity to ask questions, get to know each other and learn about opportunities to volunteer. The next PTLG meetings are at 7 pm on Thursday, November 17th in person at the school and on Thursday December 8th remotely on Zoom. We are planning parent education opportunities for upcoming meetings, such as Montessori approaches to learning and transition to high school.

Please keep track of your volunteer hours and stop by the office when you get a chance to record your hours in the binder that is kept on a shelf on the right. There is a page for each family to write down dates/times for volunteering. This information on volunteering is compiled and shared with the school district to help document the contribution of parents to support the school. The data on the number of hours that parents volunteer also helps when the school is applying for funding opportunities. So please do keep notes on when you volunteer and periodically put it into the binder in the office. Thank you everyone!

Feel free to contact coordinators Rachel Hallquist and Abe Doherty at ptlg@eaglepeakmontessori.org.

News from CCC

International Day is Coming Back!

We are very happy to announce that International Day is returning to Eagle Peak this December 20th! Many of our EPMS families have never experienced International Day in all its glory, but historically it has been a highlight of the year for students and parents. It's a special sensory experience where six classrooms are transformed into six nations from around the world and students get to "travel" with a passport to learn about these nations through hands-on activities, artifacts, music and more. This year we will be on-campus once again with vaccinated parent volunteers decorating classrooms and leading activities. We are trying to also bring back the International Food Court in some form since this is a very engaging sensory experience and an opportunity for more families to share something from their cultural background. If you're interested in volunteering for this event please [complete this form](#) as soon as possible. Planning begins this month!


November Childcare

Please download and print the November Childcare if needed.

Due November 1, 2022.



FF November 22 Childcare.pdf

 [Download](#)
370.8 KB

Fingerprinting Process

If you have not been fingerprinted by MDUSD, you will need to be in order to volunteer on our campus and/or participate in field trips. Please go to the MDUSD.org website, Search for VOLUNTEER INSTRUCTIONS. You will find instructions for getting fingerprinted. You will need a current TB Test (bring that with you when getting fingerprinted).



Introducing Catie Ivers - Chair of the Annual Auction

Hi! My name is Catie Ivers, I have a daughter, Lucy, in 501. We started Eagle Peak in 2019 and I was the co-chair of the auction that year which unfortunately we had to cancel last minute due to covid. So, as you can imagine how excited we are to be bringing back the auction in person this year. As chair of the Auction Committee, I am reaching out for volunteers to help me, make this auction the most successful one yet! Please feel free to email me at civers@gmail.com if you are interested! This is a great opportunity to get those volunteer hours in, for those of us that can't do on campus volunteering.

Thank you!!

Catie

Annual Giving Update

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: \$53,325

% Participation of families: 11%

In gratitude,
The Community Foundation for Eagle Peak

Family Fall Bingo!

Family Fall Bingo - THANK YOU!

Thank you to all the families that attended and volunteered for Family Fall Bingo this last weekend! It was so much fun seeing the school decorated for Fall, and watching the kids winning some fun and exciting prizes! We hope to do it again next year, so if you are interested in taking the lead on this fun event next year, please reach out to Megan Daoudi at megan@cfep.us. Thank you again for your support of this new event!



See's Candy Fundraiser

We have launched our holiday See's candy store for your upcoming holiday gift giving! Our store will be open from now until the end of the holiday season! Every purchase sends 50% back to the school, and See's is a locally run business. If you share the link to your friends and family, they can order and it will benefit the school too. This is an AMAZING opportunity to support Eagle Peak!!

Follow this link to go directly to our store:

<https://tinyurl.com/mtpctcw>

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, October 31st 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](#)



News from Mr. Jonathan our Art Teacher

Mr. Jonathan is looking for donations of Crayola White Air Dry clay.

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.

PLEASE CHECK THE LOST AND FOUND RACK

Please check the Lost and Found rack.

We still have 2 racks full of jackets and random shirts. We also have water bottles and the lunchbox. We're sure that these all belong to our EPMS students.

It is bursting at the seams!

Help us please.



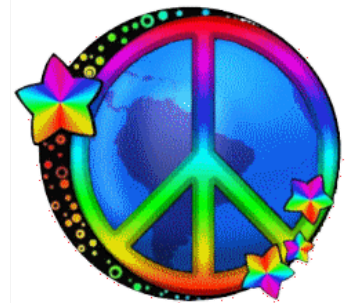
News from the Office

Please remember to notify the office when your child will be absent, late or leaving early.

You can email - ADMIN@EAGLEPEAKMONTESSORI.ORG

or

You can call - 925-946-0994



If your child is out for 2 or more days, please request an Independent Study package. Please email both the teachers and Miss Amy (anelson@eaglepeakmontessori.org) with your request.

If you plan on doing any volunteering on our campus, the office requires a copy of your COVID vaccination card (along with proof of your MDUSD fingerprinting and TB tests).

Please remember to send your student to school with their water bottle.



Upcoming Dine and Donate at Panera - November 16, 2022

Mark your calendars.... we have a new yummy opportunity to support Eagle Peak! On November 16th, from 4pm-8pm Panera Bread (5442 Ygnacio Valley Rd, Suite 20) in Concord will be having a Dine and Donate. Come get dinner for the family, and 20% will go back to our school! Please be sure to show the digital flyer attached, or use the code (on the flyer) when you order online so that it counts towards our fundraiser.

See you there!



FF Dine and Donate Panera.pdf

[Download](#)

1.4 MB

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](#)

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



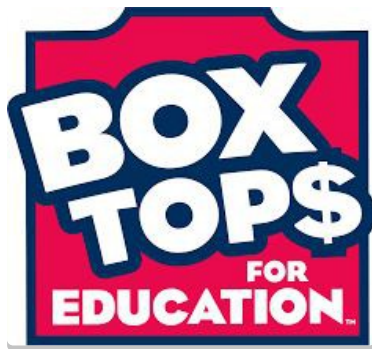
WAY TO EARN THOSE MUCH-NEEDED VOLUNTEER HOURS. MOST SHIFTS ONLY TAKE ABOUT 20 MINUTES OF YOUR TIME.

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

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!



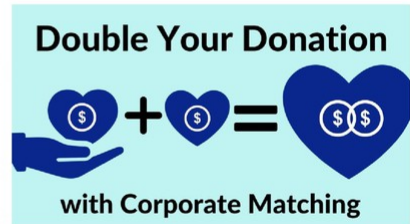
SUBSCRIPTIONS AVAILABLE
CREDIT OR PAYPAL



ANNUAL AUCTION
ATTEND OR DONATE ITEMS



SHOP IN THE APP
OR SMILE.AMAZON.COM



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