

Friday Folder

November 10, 2022

Peace, Passion, Purpose

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.

[John Milton](#)

Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.

[Henri Frederic Amiel](#)

Notes from Michelle

We recognize that Thanksgiving has traditionally been taught as a mythic tale of happy settler colonists and the Indigenous Peoples who lived on the land sharing a meal and celebration. Unfortunately, that lesson does not address the historical truth.

Thanksgiving was declared a holiday by President Abraham Lincoln as a way of uniting the country after the Civil War. Yet prior to and continuing after the declaration of this celebration, there was a history of violence towards Indigenous Peoples that cannot be forgotten. While there are historical records that show the Wampanoag People and the European did at times depend on each other for survival, it also shows the European settlers stole from the Wampanoag's winter supplies and incited violence against them. The Wampanoag people also struggled to survive against the diseases brought with the colonizers.

There are ways to acknowledge the past and learn about the present lives and cultures of people indigenous to the land we live on, without diminishing or ignoring the damage done.

At Eagle Peak Montessori, we do not intend to continue with a story which can be harmful, and at the same time we want to recognize that Thanksgiving is a time that we in the United States, celebrate with our families and demonstrate gratitude. We will explore the themes of food shared amongst a community or family, honoring family or community traditions, and how to show gratitude as well.

For those who might be interested in starting new traditions, since 1975 there has been an Indigenous Peoples' Thanksgiving Sunrise Gathering on Alcatraz organized by the International Indian Treaty Council. More information on tickets can be found here: <https://www.iitc.org/event/indigenous-peoples-thanksgiving-sunrise-gathering/>

Have a fantastic weekend.

Michelle



November is Native American Heritage Month

We will discuss activities to honor the past and present of Indigenous People as we move through the month. A few weeks ago we shared the Eagle Peak Montessori's Land Acknowledgement. An educational activity as a family may be to research the peoples who lived near where you now reside. This website can be a start, <https://native-land.ca/>.

On Campus Protocol 2022-2023

Situation	Protocol	School Attendance
<p>Student or staff is experiencing any of these symptoms at home:</p> <ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Do not come to campus. • Consult with primary care physician to determine a need to test(either antigen or PCR) for covid. (In case of known allergies or other health issues.) • If recommended test after 3 days of symptom onset. 	<ul style="list-style-type: none"> • May return to school 24 hours after symptoms have cleared and a negative test(either antigen or PCR) is confirmed or with communication from primary care physician that student/staff has other health issue that is causing the symptoms.
<p>Student is experiencing any of these symptoms at school: (See above list)</p>	<ul style="list-style-type: none"> • Student's guardian will be called and student must be picked up within 30 minutes of the call. • Consult with primary care physician to determine a need to test(either antigen or PCR) for covid. (In case of known allergies or other health issues.) • If recommended test after 3 days of symptom onset. 	<ul style="list-style-type: none"> • May return to school 24 hours after symptoms have cleared and a negative test(either antigen or PCR) is confirmed or with communication from primary care physician that student/staff has other health issue that is causing the symptoms.
<p>Covid Exposure No Symptoms:</p> <ul style="list-style-type: none"> • In School for 15 minutes or more cumulative within a 24 hour period where both students are unmasked. • Off campus exposure with no symptoms. 	<ul style="list-style-type: none"> • Testing(either antigen or PCR) required after 5 days. If positive result see POSITIVE CASE protocol. • (See mask protocol for masking requirements.) 	<ul style="list-style-type: none"> • Student may remain in school and attend afterschool program.
<p>Covid Exposure Symptoms.</p>	<ul style="list-style-type: none"> • Test immediately and again 5 days after symptoms appear. 	<ul style="list-style-type: none"> • May not attend school. • May return to school 24 hours after symptoms have reduced and a negative test taken on the 5th day is confirmed or with communication from primary care physician that student/staff has other health issue that is causing the symptoms.
<p>POSITIVE COVID TEST Without Symptoms</p>	<ul style="list-style-type: none"> • Test after 5 days. 	<ul style="list-style-type: none"> • May return to school with antigen test demonstrating negative for covid taken on day 5. • May return after 10 days without testing with reduced symptoms.
<p>POSITIVE COVID TEST WITH Symptoms(See above list)</p>	<ul style="list-style-type: none"> • Test after symptoms clear, minimum time –five days from time of positive test result. 	<ul style="list-style-type: none"> • If symptoms have cleared and no fever(without fever reducing medication) for 24 hours, may return to school with antigen test demonstrating negative results taken on day 5. • May return after 10 days without testing without symptoms.

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





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

News from CFEP (Community Foundation for Eagle Peak)

Dear Eagle Peak Friends and Families,

We know that the origins of the Thanksgiving holiday are fraught, and we acknowledge the continued pain that those historic events bring for people in our community. We also welcome the reminder and opportunity to take stock of all that we have to be thankful for. We are all fortunate to send our children to a school which not only allows them to thrive as individuals with unique strengths and talents, but also prepares them to be engaged community members working toward a better world.

We are also grateful for all of your support of our school so far this year!

On November 29th, CFEP is participating in the **Giving Tuesday** fundraising drive for our **Annual Giving Campaign**. "Giving Tuesday is a global generosity movement unleashing the power of radical generosity. Giving Tuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity." You can learn more about it at <https://www.givingtuesday.org/>

Our 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. **Donations can be made on November 29th (or ANY day of the year) through the QR code below OR <https://www.cfep.us/donate-annual-giving/>.** Our motto 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**, especially during Giving Tuesday!

As we celebrate holidays and gather with our friends and families, we will be striving to remember all the positive things in our lives. We know that these past few years have been challenging 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.**

Wishing you a peaceful and joyous holiday season,
The Community Foundation for Eagle Peak



FF Giving Tuesday Letter.pdf

[Download](#)

598.1 KB

Yoga session 2 is coming!

Are you ready for Yoga Session 2?

It starts on Tuesday, November 15 @ 3:15

Please download the Registration form for Miss Suzette



Yoga Session 2 - 22-23.pdf

[Download](#)

222.2 KB



News from Art

Hi everyone I want to spread the news of Diego Rivera's artwork is now live at SF Moma. The exhibition ends January 3 2023.

News from PTLG

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.



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. 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 (Community Connection Committee)

International Day Update!

A big thank you to the parents who have already agreed to help with International Day this year! We do still need more volunteers who are able to work on-campus on December 20th. You must be cleared to volunteer with the office. If you are able to help in-person on 12/20 [please use this link to let me know!](#) If you have any questions please email ccc@eaglepeak.org.

Thank you,
Adria Banihashemi

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).





News from the Auction Committee

We have an auction planning meeting coming up on November 16th at 7pm. Please email me at civers@gmail.com if you would like to join. Also, we are starting to collect donations for the auction, so if anyone has a business or service they would like to donate. Let me know, we would greatly appreciate it!

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!

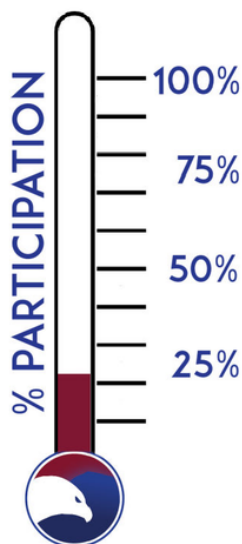
Please visit the link to donate today:

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

Annual Giving: \$55,797.00

% Participation of families: 11.8%

In gratitude,
The Community Foundation for Eagle Peak



ANNUAL GIVING



**TOTAL PLEDGED:
\$53,325**

**DONATE
TODAY!**





Volunteer Opportunities

How can you volunteer? Contact any of the groups below and offer to help out.

Auction Committee - civers@gmail.com

PTLG (Parent Teacher Liaison Group) -
ptlg@eaglepeakmontessori.org

CCC (Community Connection Committee)
ccc@eaglepeakmontessori.org

Parking Lot Morning and Afternoon – jenslattengren@gmail.com

The Gratitude Group - jenslattengren@gmail.com

You can also check with your child's teacher, but most of the classroom volunteer opportunities are filled at the beginning of the school.

Remember, when volunteering on campus, you must be fingerprinted (through MDUSD), have a valid TB test and a covid vaccination card on file in the EPMS office.

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/mtpctcwb>



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, November 14th 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

LUNCH FORM

PLEASE CHECK THE LOST AND FOUND RACK

After displaying all the lost items on the fence, outside of the school, we have reduced the Lost and Found by half.

Out of all those items that were in the Lost and Found, only 8 had the students name on it.

We also have many water bottles. We're sure that these all belong to our EPMS students.

Help us please.

All these clothes that are not claimed will be donated on Friday, November 18th.

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.



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

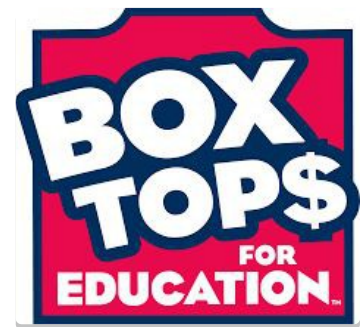
Please help us help you. We ask that you speak to your child about coming to the office for being ill. While we want anyone who is feeling ill to let us know, we want to also help the students be able to know when a stomach ache might just be a bit of homesickness instead. We are not medical professionals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

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.

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

ALL THE WAYS YOU CAN GIVE!



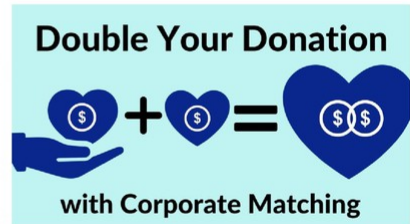
SUBSCRIPTIONS AVAILABLE
CREDIT OR PAYPAL



ANNUAL AUCTION
ATTEND OR DONATE ITEMS



SHOP IN THE APP
OR SMILE.AMAZON.COM



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