

Friday Folder

November 18, 2022

Peace, Passion, Purpose

When you practice gratefulness, there is a sense of respect toward others.

[Dalai Lama](#)

Notes from Michelle

Eagle Peak Montessori is a constant on my list of "what I'm grateful for". The opportunity to work with a passionate and talented staff, be a part of the world of these amazing children, and to provide Montessori education through in the public setting are simply experiences I cannot take for granted. There are many Montessori schools, there are many Montessori teachers and students, but there is only one Eagle Peak! We can all be grateful to have the choice to be part of this truly special learning community.

Our hope is that all of you have time this next week to spend with friends and family celebrating all that you are grateful for as well.

Have a restful holiday week!

Michelle



UNIVERSAL MEALS- PARTNERSHIP WITH MDUSD SCHOOL LUNCH

We are VERY EXCITED to share that starting DECEMBER 1 (THURSDAY), we will begin our partnership with MDUSD for breakfast and lunch. We will try to track these lunches to give MDUSD at least an approximate number of meals they will need to serve each day. This week's lunch form will look a little different as a result. We encourage you to read about some of healthy food choices MDUSD will be offering at their webpage:

<https://www.mdusd.org/foodservices>

Monday, November 28, Tuesday, November 29, and Wednesday, November 30 we will have the breakfast and lunch that has been served all school year. (Belvita bars for breakfast and sunbutter/jelly

sandwiches for lunch. However, Thursday, December 1, we will begin the new breakfast and lunch options. [Form for Mon/Tue/Wed.](#)

[December Elementary Breakfast Menu*](#)

[December Elementary Lunch Menu*](#)

[FORM TO ORDER THURSDAY/FRIDAY](#)

*Menus are subject to change. For example, days with soup will have alternate items at Eagle Peak.

COVID TESTING PRIOR TO RETURN TO SCHOOL FROM HOLIDAY BREAK

When should students and school staff test upon returning from Thanksgiving/fall break?

Each Eagle Peak Student was sent a covid test to take *before* return:

Minimum: test the day before or the morning of returning to school. **Ideal: Test 1 day prior/day of returning to school AND 2-3 days after returning to school.**

For example: if school returns Monday, testing should be done on Sunday **and** Tuesday of that week.

Eagle Peak Students will receive a test to take home on Monday, November 28 for them to use on Tuesday, November 29.

For students and school staff who are well (no symptoms):

- If a student or school staff member tests positive for COVID-19, that individual should stay home from school contact both the school and their medical provider
- If an individual is not sure about the test results, then they should re-test at a school-based or community testing site.

What if a student or staff member has [COVID-19 symptoms](#)?

The student or staff member can use their at-home test. If negative, but still have symptoms, take a test again in 48 hours.

If the individual tests positive: They should isolate per CDPH guidance and contact their healthcare provider to discuss treatment options, if eligible. The school should be informed about the positive test.

If a student or school staff member tests negative for COVID-19, that individual can return to school when they feel well and have no [COVID-19 symptoms](#).

On Campus Protocol 2022-2023

Situation	Protocol	School Attendance
Student or staff is experiencing any of these symptoms at home: <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.
Student is experiencing any of these symptoms at school: (See above list)	<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.
Covid Exposure No Symptoms: <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.
Covid Exposure Symptoms.	<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.
POSITIVE COVID TEST Without Symptoms	<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.
POSITIVE COVID TEST WITH Symptoms(See above list)	<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

No School - November 21-25

We hope you enjoy your Thanksgiving and we will see you all on

Monday, November 28, 2022



December Childcare

Please download, print, complete and return to the office if you are interested in Childcare.



FF CC Dec 22.pdf

Download

363.7 KB

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



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 will be on Thursday December 8th remotely on Zoom.

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



News from CCC (Community Connection Committee)

International Day Update!

Planning is underway for this year's International Day on December 20th and we couldn't be more excited. Most of our focus nations have now been selected and teams are forming this week to start their planning during the break. We are still in need of volunteers who are cleared and available to help on-campus the day of the 20th, and especially parents with experience/identification with nations on the African, South American and Asian continents. If you're able to help [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

Would you like to be a part of the most amazing EPMS Auction ever? 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: \$58,020.00

% Participation of families: 12.3%

In gratitude,
The Community Foundation for Eagle Peak





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>

News from the Office

We hope you having a wonderful Thanksgiving.

Attention parents

We need your assistance; if your child is being picked up by someone other than yourself, please discuss this with them prior to sending them to school.



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

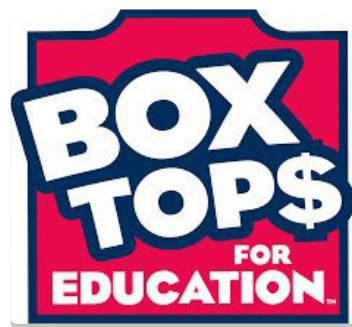
Please help us help you. We ask that you speak to your child about coming to the office for being ill. While we want anyone who is feeling ill to let us know, we want to also help the students be able to know when a stomach ache might just be a bit of homesickness instead. We are not medical professionals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