

Friday Folder

December 2, 2022

Peace, Passion, Purpose

“In a racist society, it is not enough to be non-racist. We must be anti-racist.” – **Angela Davis**

“The beauty of anti-racism is that you don’t have to pretend to be free of racism to be an anti-racist. Anti-racism is the commitment to fight racism where you find it, including in yourself. And it’s the only way forward.” – **Ijeoma Oluo**

Notes from Michelle

We are very grateful for our working partnership with MDUSD to help us provide meals to students through the Universal Free Lunch program. It seems as though the students are enjoying the meals. Please see the section below for more information. Also note, the links in this week's Friday Folder are for the week of December 12-16.

As you know, at Eagle Peak Montessori, we check in every nine-ten weeks with parents on student progress. The first and third check ins are through the Partnership Meetings. The second and fourth check ins are through report cards. The report cards are a reflection of progress on the Common Core State Standards. Report cards will be distributed on January 20th. These will be mailed to you.

Have a great weekend.



UNIVERSAL MEALS- PARTNERSHIP WITH MDUSD SCHOOL LUNCH

We are VERY EXCITED to share that we have started 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/foodserves>

There is NO charge for these meals, but we do need to have an accurate count of meals. The meals are not prepared on campus but

are brought from MDUSD's facilities.

Meals must be ordered a week in advance. THIS [LINK](#) is for the WEEK OF DECEMBER 12. Please make sure to order meals no later than December 8.

[December Elementary Breakfast Menu*](#)

[December Elementary Lunch Menu*](#)

[LINK TO ORDER MEALS](#)

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

News from PTLG

Wondering about transition to high school?

What's it like for Eagle Peak students to go to "regular" high school after having a Montessori education in their younger years?



The next PTLG meeting will include a panel of parents of EPMS alumni who will offer perspectives on their experiences with high school. We will meet remotely via Zoom on Thursday, December 8th at 7 PM. Look for an email with the link to Zoom, or join via this [PTLG MEETING LINK](#): <https://us02web.zoom.us/j/85823552990>

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

DECEMBER PTLG Meeting

THURSDAY DECEMBER 8, 7PM
ON ZOOM

WONDERING ABOUT HIGH SCHOOL?
Wondering about the transition to high school?
What it's like for Eagle Peak students to go to "regular" high school after having a Montessori education in their younger years?

HEAR FROM EPMS ALUMNI PARENTS
Come to the December PTLG meeting to hear from a panel of parents of EPMS alumni. Hear their perspectives on their experiences with high school.
We will meet remotely via Zoom on Thursday, December 8th at 7pm. Look for an email with the Zoom link.

VOLUNTEER HOURS
As a reminder, attending PTLG meetings is a way to earn volunteer hours

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 |
|--|--|---|
| <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



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 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.



FF December PTLG meeting.pdf

[Download](#)

17.1 KB



News from CCC (Community Connection Committee)

International Day Update!

We are collecting empty paper towel rolls for an art project on international day.

We will have a box in the office.

We appreciate all your thoughtfulness,

Michelle Soares

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).



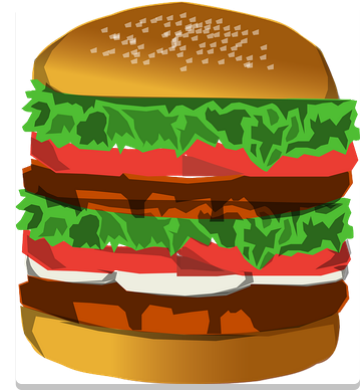


News from the Auction Committee

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!

News from CFEP

We are planning a Dine and Donate @ Fuddruckers on December 15, 2022. More information to come.



Annual Giving Update

Giving Tuesday Update

Thank you Eagle Peak families and friends for your generosity on Giving Tuesday! We raised over \$6k in donations in one day! If you weren't able to participate, we thank you for your time volunteering and positive energy spent for our school's community. All of these efforts make our school a better place for our children, and we are so grateful to have such an awesome community of supportive families. We wish you a happy holiday season!

Corporate Matching

It's that time of year again! This is a great opportunity to ask your employer for any end of the year corporate matching that might be available. Many companies are looking to have that tax benefit, so please reach out to see if that's an option. We appreciate your support!

Please visit the link to donate today:

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

Annual Giving: \$64,419.00

% Participation of families: 15.8%

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

Please, if you plan to volunteer at EPMS in any capacity, the following is required:

- You must be fingerprinted by MDUSD (see MDUSD website for process)
- You must have a valid TB test on file. If it's expired, please make arrangements to have a new TB test done and bring your results to the EPMS office (we will forward to MDUSD).
- You must provide a copy of your Covid Vaccine card.

Also, don't wait til the last minute, you may miss out on your volunteering opportunity.

Please remember to bring a doctor's note when your child goes to an appointment.



Friday Gathering

6th Grade Gathering Leaders: Doanya Heydari and Joshua Moreno

5th Grade Quotes – Life Long Learning

Jakob Dietrich – “We now accept the fact that learning is a lifelong process of keeping abreast of change.” – Peter Drucker

Kendall Ho – “You don't learn to walk by following rules. You learn by doing, and by falling over.” – Richard Branson

Eloise Sung – “Anyone who stops learning is old, at twenty or eighty. Anyone who keeps learning stays young.” – Henry Ford



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](#)

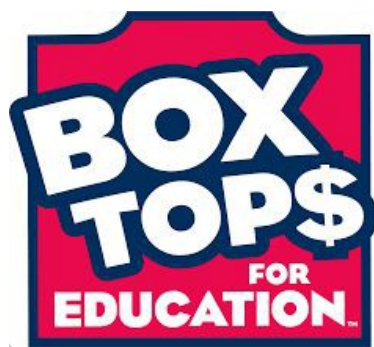
[CFEP Instagram](#)

[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



Eagle Peak Montessori School

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