



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

We hope you all had a restful fall break. Everyone needs a chance to recharge the batteries and be ready for the big work ahead. Children are no different. It was nice to see so many bright and shining faces on Monday morning. Lets keep that momentum up.

The grace and courtesy lesson for this coming week is "coming to school ready to learn." You can help us with this important task by making sure children are getting a good night's sleep, eating well, and doing their homework. Let's remember that in the Montessori world, homework is most likely helping around the house with tasks like making dinner, cleaning up, taking care of pets, etc. Homework should also include some reading, and practicing practical math around the house, like measuring for cooking, or estimating the cost of the items being bought at the store. By doing all of these things regularly at home, children can focus on new concepts at school that may seem difficult at first, but are quickly mastered.



Thank you for helping your children come to school prepared to learn, and thank you for supporting High Desert.

Sincerely,
Mr. Eric
Eric@hdmsreno.com

UPCOMING EVENTS

- 10/17/22-10/21/22: CONFERENCE WEEK - TWO HOUR EARLY RELEASE ALL WEEK
- 10/22/22: FANTASTIC FAIR
- 10/26/22: 5:00 HDMS BOARD MEETING
- 10/28/22: NEVADA DAY - NO SCHOOL
- 11/2/22: TWO HOUR EARLY RELEASE
- 11/9/22: MONTESSORI THROUGH MY EYES: LITERACY FOCUS (ADOLESCENT & PRIMARY PROGRAMS)
- 11/11/22: NO SCHOOL - VETERAN'S DAY
- 11/16/22: TWO HOUR EARLY RELEASE
- 11/16/22: MONTESSORI THROUGH MY EYES: LITERACY FOCUS (ELEMENTARY PROGRAM)
- 11/17/22: 5:30 PTO MEETING
- 11/18/22: 9:00AM 2ND CUP OF COFFEE WITH MR. ERIC
- 11/21/22-11/25/22: NO SCHOOL - THANKSGIVING BREAK
- 11/30/22: 5:00 HDMS BOARD MEETING
- 12/7/22: TWO HOUR EARLY RELEASE
- 12/15/22: 5:30 PTO MEETING
- 12/20/22: A CELEBRATION OF DIVERSITY (PRIMARY & ADOLESCENT)
- 2/21/22: A CELEBRATION OF DIVERSITY (ELEMENTARY)
- 12/22/22: PAJAMA DAY
- 12/23/22-1/6/23: NO SCHOOL - WINTER BREAK



**HDMS
PARENT TEACHER
CONFERENCES
10/11/22 - 10/21/22
Two Hour Early
Release All Week!**

Next week is fall parent conferences. We will be on an early release schedule for all levels, which is two hours earlier than your typical pick-up time all week. If you have not scheduled a conference with your child's teacher, please contact them. Our goal is to meet with 100% of our families.

Lost and found has been relocated to the north fence area in the parking lot behind our dumpster and recycling bin through October 21st. Please take a minute to check out the assortment of jackets and water bottles and take what is yours. We will be donating unclaimed items to the thrift store after conference week.



Thank you for your continued support of the HDMS community.

Warmly,
Miss Tammie
Tammie@hdmsreno.com

FREE LUNCH & BREAKFAST PROGRAM

Our menu can always be found on our website [HERE](#). The menu for next quarter will be available next week. Please make sure your child has their own utensils, cloth napkins & washable cup

10 Yogurt w/ Homemade Granola with Fruit & Milk	11 Grilled Cheese Sandwich w/ Fruit and Milk	12 Waffle w/ Fruit & Milk	13 Bagel & Cream Cheese w/ Fruit & Milk	14 Quesadilla w/ Fruit & Milk
Spaghetti w/ Marinara Sauce and Beef (Veg. Option is Marinara Sauce), w/ Fruit and Milk	Bean & Cheese Burrito (Veg.) w/ Fruit & Milk	Cheese Pizza w/ Fruit & Milk	Pasta with Pesto, tomatoes & grilled chicken & Fruit & Milk	Ham Sub (Veg. Option is Cheese Sub) w/ Fruit & Milk
17 Yogurt w/ Homemade Granola with Fruit & Milk	18 Grilled Cheese Sandwich w/ Fruit and Milk	19 Waffle w/ Fruit & Milk	20 Bagel & Cream Cheese w/ Fruit & Milk	21 Quesadilla w/ Fruit & Milk
Alfredo Pasta w/ Roasted Veggies w/ Fruit & Milk	Chicken Tacos w/ Fruit & Milk	Veggie Pizza w/ Fruit & Milk	Chili (Veg. Option is Vegetarian Chili) w/ Fruit & Milk	Ham Sub (Veg. Option is Cheese Sub) w/ Fruit & Milk

A MESSAGE FROM OUR MONTESSORI ADVISOR, MISS KALEIGH



Each week, I would like to answer questions that arise about Montessori, our school philosophy and so on. If you have a question, you would like answered please email kaleigh@hdmsreno.com with "Question of the Week" in the subject line.

Question of the Week: What are the Planes of Development?

The four planes of development are the foundation of the Montessori method of education. Dr. Maria Montessori believed that each plane had specific human tendencies and characteristics that informed how to prepare an environment for optimal learning.

This week, we will look at the First Plane of Development "The Absorbent Mind" 0-6 years of age.

Children ages 0-3 acquire coordinated movement, language, and great physical changes occur. Children ages 3-6 acquire consciousness, will, and memory

Characteristics: Great physical changes, Self centered, Learns through sensorial exploration, Great need for order

The Sensitive Periods are unique to the First Plane of Development, these are windows of opportunity during which children can learn certain concepts more easily and naturally. Sensitive periods include: order, movement, small objects, grace and courtesy, refinement of the senses, writing, reading, language, spatial relationships, music, and mathematics.



The most important period of life is not the age of university studies, but the first one, the period from birth to the age of six.

— Maria Montessori

A MESSAGE FROM OUR PTO

FANTASTIC FAIR

22ND OCT 1-4PM 2022

We need your help!
The annual elementary fundraiser is entirely run by parents so we need your help!

Use the link below to volunteer to bring supplies or manage the booths
<https://volunteersignup.org/A93QP>

The annual Fantastic Fair (formerly Fall Festival) is coming up in 2 weeks on October 22nd. This event is the annual fundraiser for the elementary program. This event is entirely run by parents and we need you to make it happen! This is a great way to quickly and easily get in your parent volunteer hours for the school. The PTO has made a sign up sheet to make it easier and you can [sign up here](#) to volunteer supplies or manage a booth on the day of the event.

There's still time to [get your school calendar](#) today! Calendars have full school schedule, amazing artwork by our own students, and they'll be shipped straight to you for \$35. If you haven't received your calendar please email us at pto@hdmspto.com so we can get it to you ASAP.

Our next PTO meeting is October 20th at 5:30 PM. We hope to see you there. [ZOOM LINK](#)

A MESSAGE FROM THE HDMS GREEN PARENTS GROUP

With this golden weather upon us, it is a treat to be outside! Remember - if you are gathering for a potluck picnic or getting takeout to enjoy in the park, bring reusables, and actively refuse disposables from restaurants, such as single-use plastic cutlery, cups and straws. These items harm the environment and cannot be recycled. Plus, if you toss them into the recycling bin, they will contaminate the entire load that could have gotten recycled!

Even those disposables marked "compostable" or "biodegradable" are unfortunately not viable alternatives as they are high energy-intensive to produce and can only be composted in an industrial facility which we do not yet have in Northern Nevada ([learn more here: EPA](#)). Researchers are still looking for more sustainable alternatives to plastic.

For eating outside your home the only real sustainable alternative is: bring your own reusable water bottle, pocket knife, containers - and you are all set for a beautiful day! greenparents@hdmsreno.com



Refuse
single use

Rethink
your choices

Reuse
as much as you can

Repair
before you replace

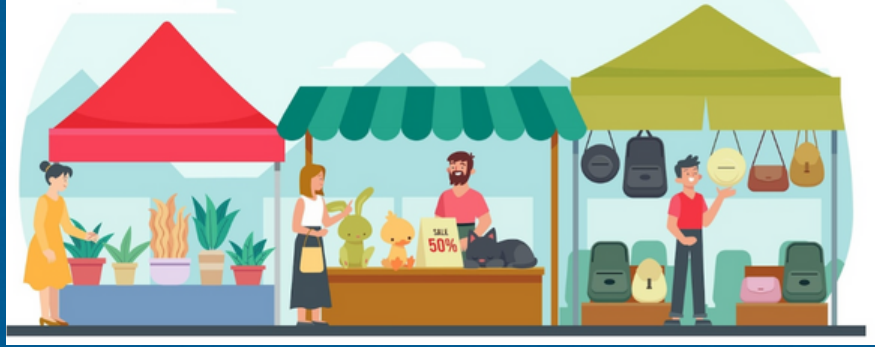
Recycle
all packaging

Rot
all organic

© waste_aware_animals

HDMS ADOLESCENT STUDENT MARKET!

Adolescent STUDENT MARKET



The adolescent students are hosting their first Student Market of the school year during Student-Parent-Teacher Conference week! All the products are created and handmade by the middle school students.

Some of the products being sold are:

- house plants
- potted plants
- succulent terrariums
- fresh and dried herbs
- other student made crafts

Please stop by and see if there is anything you would like to purchase to help support our students and the school. All the proceeds go back into the adolescent program. We hope to see you there!

Dates: October 17-21 (Conference Week)

Time: 1:30 pm to 4:30 pm each day

Location: HDMS Front Entry Plaza

Payment: cash or check



Thank you to Lexi's grandparents, Vivienne French and Ed Schenk, for a generous donation of \$500 to Lahontan! Wow!

We were able to order many Montessori materials and classroom supplies, including a beautiful new map of Asia, a tree puzzle, and a window birdfeeder.

Vivienne and Ed's donation came at the perfect time! Moving to our new classroom came with a lot of extra costs (both expected and unexpected). Primary will be organizing a fundraiser soon. Thank you for your supply fees; they help a lot!



Here is [Lahontan's Amazon Wishlist](#) if anyone else is interested in making a donation.



Thank you to Brian Gilmer for the wonderful Kindergarten presentation on bones. We've been working on naming the bones in our body by singing the song Name Those Bones. It was so interesting to see and touch models of human bones and real animal bones. We are so thankful for Brian's time and for him sharing his expertise.

When we got back to the classroom, one child exclaimed that he loved the bones so much and he wanted to write a thank you card. So, a few decided to pull out moveable alphabets and wrote thank you messages.



NOTES FROM THE ELEMENTARY TEAM

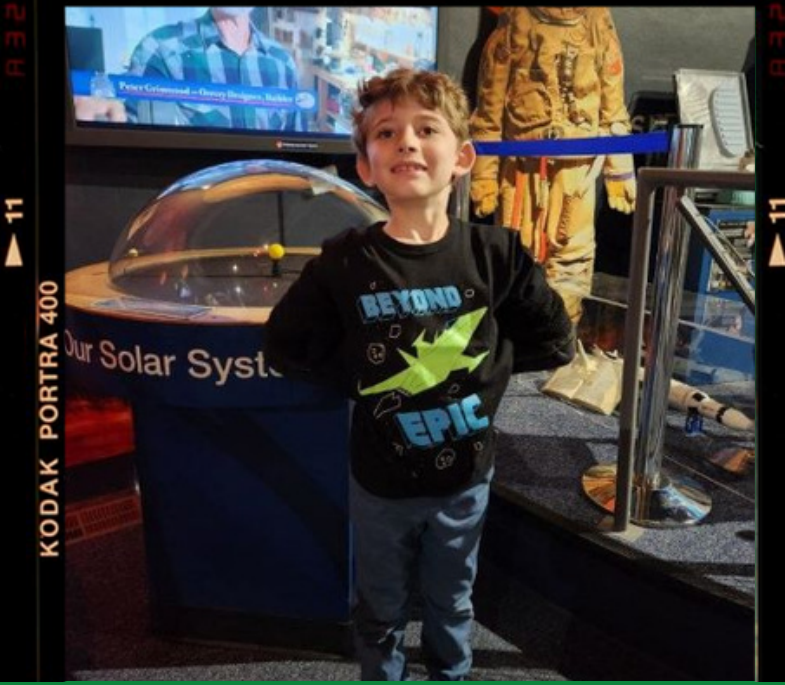
FALL CONFERENCES

It is that time to schedule Parent, Teacher, Student Conferences! Please watch the [Creating Google Calendar Appointment Slots for Parent Teacher Conferences](#) starting at 3:24-4:09. Use the classroom links below to get to the appointment slots and click the purple words, "Next available appointment slot/schedules on Oct. 17, 2022" to begin. This process should prevent double bookings. If you would like the teacher to set up the appointment, please email 3 times that work for you. In person conferences are preferred and check with your teacher to see if students are attending.

- [Ruby Appointment Slots](#)
- [Excelsior Appointment Schedule](#)
- [Toiyabe Appointment Slots](#)
- [Antelope Appointment Slots](#)

EXCELSIOR CLASSROOM

Thanks to Excelsior families for chaperones our trip to te planetarium before fall break. Please be sure to sign up for fall conferences if you have not done so already.



RUBY CLASSROOM

CLASS NEWS

- Please sign up for conferences. We are planning for the students to also attend conferences. Please have 3 questions for them.
- We are having a field trip on Thursday, October 27 to Adeline farms. Cost is (\$15 per child). We are planning for everyone to attend. A field trip form will be sent out over the weekend. Parents are welcome but are responsible for the admittance fee (\$15).

Volunteers/Ways to Help the Class

- Please turn in Jog-a-thon money by Friday, October, 14, 2022.
- The Fall Festival is right around the corner- Saturday, October 22. Please sign-up and attend if you are available

Gratitudes

- Thank you to Geeta, Brenda for volunteering this week.
- Thank you to the Ganska family for purchasing scholastic books.

ANTELOPE CLASSROOM

We have been busy this week diving back into our reading groups with a focus on comprehension.

We were very lucky to have Miss Jamie visit and give a lesson on division!

Some students finished researching what is needed to add composting worms to the class so we will soon have new class "pets!"

I have set up an order through scholastic book orders. Your purchases will help us to get books for the classroom: <https://clubs.scholastic.com/grade3>

Our class code is: Z6K72



DONATIONS WANTED!

Adolescent students are putting together a toy drive for the Renown adolescent patients. If you can help, please donate a new, sealed item from the list below. Donations will be accepted from October 10-24 at Ms. Martha's desk.

Wishlist:

- Mazes, Crossword, Sudoku Books
- Playing and UNO cards
- Remote control cars and trucks
- Craft/Art kits (beading, model airplanes/cars, etc.)
- Bath gels, lotions, nail polish and remover
- Diaries/Journals
- Portable DVD players
- headphones
- Teen coloring books
- iTunes or Google Play gift cards
- Gift cards in lower price ranges (Target, Wal-Mart, Movie Tickets, Sports Authority, Best Buy, Starbucks, McDonalds, Chipotle, etc.)
- DVD movies (newer releases, up to PG-13 rated)
- Black fuzzy posters
- Video games: XBox 1, PS4, XBox 360, Wii (Rated E +10 and below)



NOTES FROM THE ADOLESCENT TEAM

CREATIVE EXPRESSION HIKING CLASS

Hiking students hiked to Huffaker Hills and the Basque Monument.



CULINARY CREATIVE EXPRESSION CLASS

Culinary ended the first quarter with a feast. They made egg rolls, potstickers, sushi, biscuits and Lavender lemonade.



YOGA

Elementary (6-12) ~ Tuesdays ~ 3:50-4:40 pm

Adult & Teen ~ Wednesdays ~ 3:50-4:50 pm

Primary (4-6) ~ Thursdays ~ 3:50-4:40 pm



\$12 per session

(please contact me if you'd like to request financial assistance)

Yoga Mats Provided

HDMS Library

CHILDREN'S YOGA: Children will strengthen their bodies, increase flexibility & balance, & explore themes like mindfulness & friendship through music, stories, & games learning new words in 3 languages: English, Spanish, & Sanskrit.

ADULT & TEEN YOGA: In this all-level vinyasa class, each student is encouraged to listen carefully to their body and pick the healthiest variation for themselves each day. We will build strength, increase flexibility, improve balance, & promote mindfulness, gratitude & contentment (alegría).

Classes taught by Kelly Bodtke, yoga teacher, HDMS Primary Montessori guide, & former elementary school general music teacher.

Alegria.A.Day@gmail.com ~ 775.312.3645

TREE CARE SYMPOSIUM

Learn more about tree care while supporting HDMS!

Make sure to choose Support HDMS at checkout!

By attending this fun, fast-paced, eco-educational Autumn Community event for all ages at East Reno's Huffaker Park, planting trees to replace those destroyed by emerald ash beetles, you will enjoy a fall morning outdoors, learn modern, science-based planting, pruning and tree-training techniques from experts --based on how trees function. Discover organic and safe care methods for soil, fruit trees and ornamentals. You will be equipped for doing your part for our community urban forest-- including your patio and yard! Gathering and refreshments at 8:45. Drawing prizes, too! Bring a lawn chair, picnic blanket and your questions.

www.solvy.com/c/renotreecare



www.solvy.com/c/renotreecare

Reno Treecare Symposium

How to Choose, Plant and Hug Trees Better


\$10
Per Person

\$20
Household



Sat | 15 Oct | 9:00 AM
1160 East Huffaker Lane, Reno, NV, 89511

Presenters



Patricia Eisenberg
Arborist, Soil-Tech

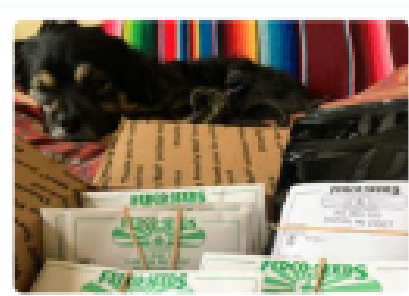


Matt Basile
Urban Forester,
City of Reno

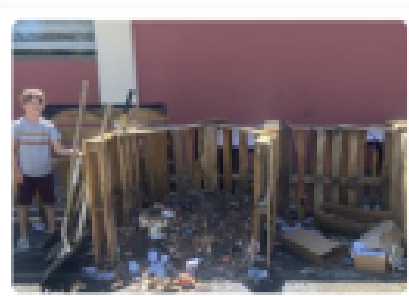


Ryan Scharrer
Horticulturist,
City of Reno

Solvy Fundraiser



Quality SEEDS For A Bountiful Harvest
Reno Food Systems



School Compost Station
High Desert Montessori School