



# HDMS WEEKLY NEWSLETTER

## A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

It was really great to see so many of you for our elementary level's annual fall festival, The Fantastic Fair. There were so many great things happening and so many super awesome costumes. What a fun day. Thank you for helping our elementary level in their big fundraiser for the year.

Next week's grace and courtesy focus is "moving tables and chairs responsibly." This is a big part of maintaining our environment, which is a huge part of being a Montessori school. In what is arguably her most important work, "The Absorbent Mind," Maria Montessori wrote:

*"... the first thing his education demands is the provision of an environment in which he can develop the powers given him by nature. This does not mean just to amuse him and let him do what he likes. But it does mean that we have to adjust our minds to doing a work of collaboration with nature, to being obedient to one of her laws, the law which decrees that development comes from environmental experience."*

The environment, both inside and out, allows the child to develop at their own pace and to formulate the best ways to operate within it and interact with peers to create a sense of social belonging. This is why we worked so hard on our building and campus. You can help too by asking children to help with cleaning the house, pushing in chairs and keeping the table clean, and all the other things that are needed to maintain an orderly environment at home.

Thank you for all you do with your children at home, and your continued support of HDMS.

Sincerely,  
Mr. Eric  
Eric@hdmsreno.com

## UPCOMING EVENTS

- 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



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE

Many of you may be wondering what exactly we are building on our west playground. As part of our final phase of construction, we are building a 4,000 square foot community center (mini-gymnasium). The space will include a large open space, bathrooms, storage, and a small kitchen area. The purpose of this building is to use it for indoor PE or recess, before and after care, camps, and schoolwide events.

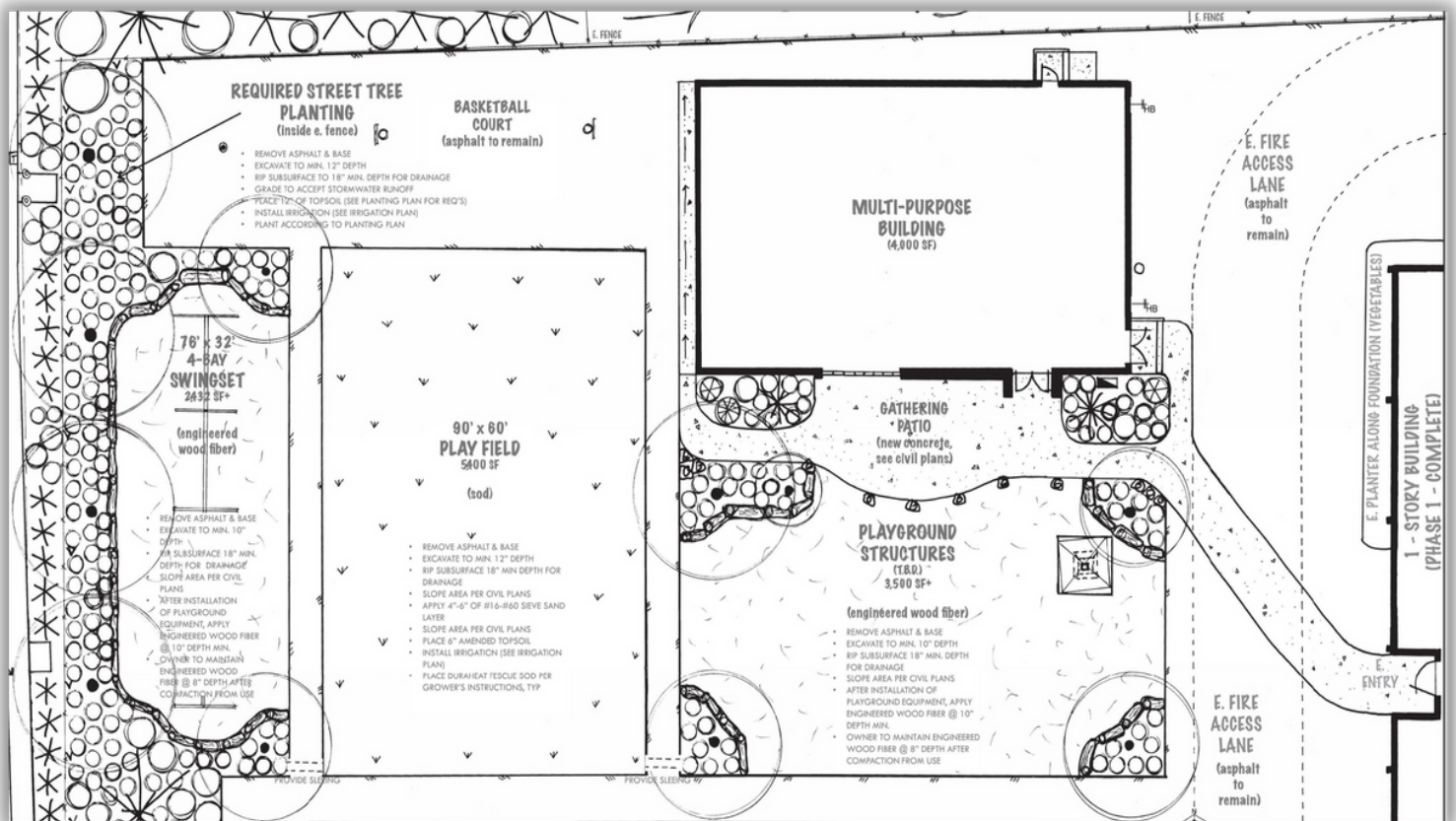


In addition, we will be adding natural looking playground equipment in the space to the south of the building. Currently students have access to swings, a rock climbing wall, tetherballs, 2 basketball hoops, and a grass field.



Our projected completion date to open the new community center and play space will be February 2023. It's exciting to see all of these projects over the last few years becoming a reality for HDMS! Thank you for your continued support!

Ms. Tammie  
Tammie@hdmsreno.com



# FREE LUNCH & BREAKFAST PROGRAM

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

<p>31 Bagel &amp; Cream Cheese w/ Fruit &amp; Milk</p> <p>Pesto Chicken Pasta (Veg. option is Pesto w/veggies) w/ Fruit and Milk</p>	<p>1 Waffle w/ Fruit &amp; Milk</p> <p>Bean &amp; Cheese Burrito (Veg.) w/ Fruit &amp; Milk</p>	<p>2 Quesadilla w/ Fruit &amp; Milk</p> <p>Veggie Pizza w/ Fruit &amp; Milk</p>	<p>3 Egg, Bacon &amp; Toast w/ Fruit &amp; Milk</p> <p>Taco Salad &amp; Chips w/ Fruit &amp; Milk</p>	<p>4 Yogurt w/ Blended Fruit &amp; Granola w/ Fruit &amp; Milk</p> <p>Chicken Sandwich (Veg. Option is Cheddar Sandwich) w/ Fruit &amp; Milk</p>
<p>7 Bagel &amp; Cream Cheese w/ Fruit &amp; Milk</p> <p>Alfredo Pasta w/ Roasted Veggies w/ Fruit &amp; Milk</p>	<p>8 Waffle w/ Fruit &amp; Milk</p> <p>Chicken Tacos (Veg. Option is Refried Bean Taco) w/ Fruit &amp; Milk</p>	<p>9 Quesadilla w/ Fruit &amp; Milk</p> <p>Pepperoni Pizza (Veg. option is cheese) w/ Fruit &amp; Milk</p>	<p>10 Egg, Bacon &amp; Toast w/ Fruit &amp; Milk</p> <p>Tomato Soup &amp; Grilled Cheese w/ Fruit &amp; Milk</p>	<p>11 Yogurt w/ Blended Fruit &amp; Granola w/ Fruit &amp; Milk</p> <p>Beef Burger (Veg. Option is Vegan Chicken Patty) w/ Fruit &amp; Milk</p>

## 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](mailto:kaleigh@hdmsreno.com) with "Question of the Week" in the subject line.

*Question of the Week: What is the Third Plane of Development?*

The Third Plane of Development is called the Erdkinder stage- Children of the Earth/Development of Social Policy.

The person in the third plane of development is seeking to find their place in society as they prepare for adulthood.

- This Plane has 2 stages:
- 12-15: Stage of great change and turmoil
  - 15-18: Stage of consolidation

- Characteristics of the Adolescent:
- hormonal changes and growth spurts
  - susceptible to fatigue and illness
  - unconventional schedule
  - decrease in mental capacity (infant adults)
  - ego-centric ("Who am I?")
  - emotionally fragile
  - wants to be accepted in society
  - wants to contribute and be valued

Maria Montessori envisioned manual labor, self-expression and community living as a key part of the curriculum for the Adolescent individual.



*"The adolescent must never be treated as a child, for that is a stage of life that he has surpassed. It is better to treat an adolescent as if he had greater value than he actually shows than as if he had less and let him feel that his merits and self-respect are disregarded."*

*- Maria Montessori, From Childhood to Adolescence. p.72*

# WE'RE HIRING!



HDMS is looking for a Full Time Facilities Manager.

- Salary: \$17-\$24 per hour based on experience plus full benefits
- This is a 40 hour per week, 224 day position per the 22-23 school calendar
- A flexible 8 hour work day sometime during the hours of 7:30-5:00 during school days, flexible hours during non school days per 22-23 school calendar
- Oversees a 4 hour per night contracted cleaning crew during school days

For a full job description, please visit our website at <https://www.hdmsreno.com/employment-opportunities/> Please email inquiries or applications to Sherrie Jordan at [sherrie@hdmsreno.com](mailto:sherrie@hdmsreno.com)

## HALLOWEEN REMINDERS

Just a friendly reminder that students are not allowed to wear Halloween costumes to school. We hope you were all able to attend the Fall Festival and share your costumes there!

We also do not allow Halloween candy, as it is not in line with our food policy.



## VOTING DAY



HDMS will be open normal hours on November 8th, Voting Day.

## A MESSAGE FROM THE HDMS GREEN PARENTS GROUP

We don't want to suck the fun out of Halloween or break the bank, so let's find creative ways to offer goodies to Halloween trick-or-treaters that are sustainable and low waste:

When buying candy, there are plenty of affordable options that are not in plastic packaging but rather in paper, cardboard or tin foil - which can all be recycled when placed in the right bin. Just make sure they are sealed!

Even better- buy your candy from bulk bins! just remember to bring your own reusable container!

There are also of course non-candy options: how about giving trick-or-treaters useful things like pencils and crayons, or mini notebooks, paper tattoos, chalk, or even a few coins (who doesn't love money, right?).

And if you're the artsy person, how about creating your own Halloween treats from nature? For instance, acorns and other Fall bounty tied together with a bit of string to some colorful leaves make for lovely decorations!

And kindness rocks (best created with acrylic paint) are a fun giveaway that add some personality to every halloween treat collection!



Happy Halloween from the [greenparents@hdmsreno.com](mailto:greenparents@hdmsreno.com)

# A MESSAGE FROM OUR PTO

Join us for our next PTO event November 17th at 5:30 PM.

A big thank you to all the parents who helped make the Fantastic Fair such a success! It was great to see so many of you there.

Don't forget to stay in touch and up-to-date on our Website, Facebook page, and GroupMe to stay connected and ask questions about the school or PTO.

Calendars are still for sale for \$35! They have full academic schedule to help you stay on top of important dates. All proceeds go back into helping us fund school events and help teachers and students.

Get cool HDMS swag at our PTO store! We have water bottles, sweatshirts, backpacks, t-shirts and more! All printed with the HDMS logo and shipped straight to you. See picture for a sample of what we have.

**November Agenda:**

- **Principal/Director updates**
- **Fundraiser Planning Including:**
  - **Bocce Night (February)**
  - **Brews and Bites (February 25)**
  - **Spring Picnic (May)**
- **Other questions/comments**

**You're Invited!**

- October 17th 5:30 - 6:30 PM
- Meet other parents/teachers/admin
- Bring any HDMS related questions to the meeting!
- Buy a calendar for important dates

**Zoom Link**

## NOTES FROM THE ELEMENTARY TEAM

### RUBY CLASSROOM

#### Class Expectations

- We are working on cleaning up after ourselves. Students are asked to wash their lunch trays. Plates, cups and utensils are placed in a wash bin to be washed by 2 students assigned to lunch duty. At individual tables, students choose a job: floor cleaner, chair organizer, checker, and table washer. All students should be working together to leave the area in a clean manner.
- Aloud reading: Each day, an adult will read a book out-loud for approximately 30 minutes before lunch. During this time, students are encouraged to reflect about the theme of the book, make connections to the book, and ask questions about the book. Currently we are reading about weather, climate and climate change. We will explore artworks created by Maya Lin.

#### Special Event

- Montessori Through My Eyes is another opportunity for you to see Montessori in action. Please make time to see a few of your student's favorite materials. More information to follow.

Volunteers-These hours go towards the two hour pledge.

- Thank you to Geeta and Mimi for volunteering in the classroom.
- Thank you to everyone that attended Parent Teacher Conferences. We achieved our goal of 100%.

An extra special thank you to all everyone that helped with the Fantastic Faire by manning a booth, donated items or attending the event. We collected almost \$1,500 for the elementary level. I think that everyone had a good time. We are already taking notes for next year. If you want to be a part of that discussion, Please let me know.

- Thank you to the chaperones that helped with the field trip to Andelin Farms. Our next trip will be to the Peanut Cracker on December 10th.

# EXCELSIOR CLASSROOM

- Thank you for coming to conferences.
- We would like to remind families to be on time in the morning, allowing time for children to get school breakfast if they choose. Please try to make sure your child arrives no later than 8:35 so that they have time to eat breakfast each morning
- Thanks to the chaperones of today's field trip to Andelin Farms.

# SIERRA CLASSROOM

Thank you for taking time to meet with me during Parent Teacher Conferences. I enjoyed talking to and getting to know you and your child better!

As a reminder, please don't send your child with a backpack, flavored, sweetened or caffeinated drinks, or gum/candy.

With Halloween being on a Monday this year, please remind your child that candy does not follow our food policy and is not allowed at school.

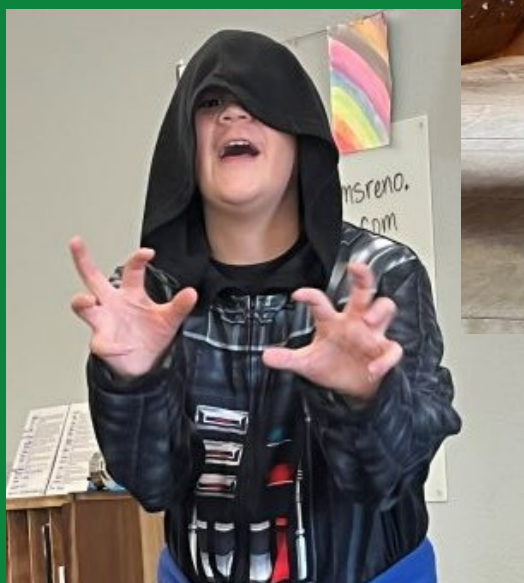
# JUNIPER CLASSROOM



Juniper students working on body systems



Bode on a going out



Brenden on pajama day



Amelie enjoying the mud

# TOIYABE CLASSROOM

Thanks to all of you for attending conferences with your child. I love getting to know all of you better and sharing the wonderful things your child is doing at school.

Halloween is coming and, if you celebrate, I hope your family has a safe, fun evening. Candy is not allowed at school, so please remind your child to keep all sweets at home.

We are trying something new with holding students accountable for follow-up work to lessons they receive. If they are getting too far behind and are unable to complete work in class, I'll send you an email letting you know what they need to do at home to complete the work. Thank you so much for your support with this.

Some of you asked if there is anything our class needs. At the moment, we could use 2-pocket folders for students to help keep their work organized. If you want to purchase some for your child and some extras for the class in general, that would be great. Please remember no characters - plain folders that the students can decorate themselves are best.



Just before fall break, we spent an amazing afternoon learning a bit about step dancing. Thank you so much to Irena Poskute-Rodriguez for teaching us and Sandra O'Donnell for buying this item at our silent auction for our benefit!



Carly, Daily, and Diego working with fractions.



Lily, Mila, and Mirabella working on divisibility

# NOTES FROM THE ELEMENTARY TEAM

## ADOLESCENT SCIENCE



Our adolescent students in our STEAM (Science, Technology, Engineering, Art, Math) creative expression class from the 1st Quarter had some creative projects.

For example, two of our students soldered together a ham radio set. Another group of students created a small model village made from popsicle sticks.

## ADOLESCENT ARCHERY CREATIVE EXPRESSION CLASS



We are thrilled to offer Archery onsite at HDMS once again! Our third story multi-purpose space converts quickly to a safe and secure archery range with the use of custom archery nets that slide on a track system!

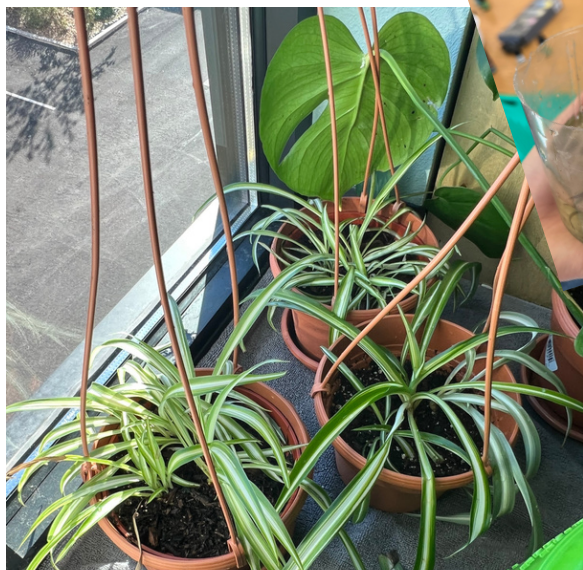




# ADOLESCENT GARDENING (PLANTS FOR SALE!)



Students in the adolescent gardening class made some beautiful house plants in the first quarter. Some are plants that improve the air quality of its surroundings and others are succulents that require very little care and water. Each plant or terrarium is being sold for \$12 each. Please email Miss Jessica at [jessica@hdmsreno.com](mailto:jessica@hdmsreno.com) to place an order and it will be delivered at your drop off time/location. All the plants were cared for by students and are propagated from a mother plant at the school!



# ADOLESCENT ARCHERY CREATIVE EXPRESSION CLASS

The Adolescent program is offering a more advanced ceramics this quarter with Miss Jessica for the very first time! It is inspiring to watch the work and see the growth of each student's knowledge and skills in working with clay. In just one day, each student created their pinch pot (base of the mug), something that took them days/weeks when they first learned how to do it. After they complete this, they have the freedom to design and create their own art piece. Look out for picture updates in future newsletters!



# ADOLESCENT COMMUNITY CLEAN UP



Adolescent students recently went out and did our semi-annual street clean-up along Silverada Blvd, Fantastic Drive, and Orovada street. We would like to thank Keep Truckee Meadows Beautiful for supplying us with vest, pickers, gloves, buckets, and snacks so we can help clean up around our community!

Ironically 8th grader student Ellie, found her younger brothers missing student ID during our community clean-up.



# ADOLESCENT TRIP TO WASHINGTON DC & NEW YORK

2023

## Washington DC and New York



Are you interested in learning more about our trip? RSVP below to attend our meeting where we will discuss:

- Everything that we'll see and do
- Travel dates
- Safety and support
- Pricing and payment options
- All that's included when traveling with EF Explore America

Use the QR code to get meeting location and register to attend!

Meeting time & date:

Thursday October 27<sup>th</sup> at 6PM

Trip Contact Information:

[kat@hdmsreno.com](mailto:kat@hdmsreno.com)



## FREE COMMUNITY EVENT

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# 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.

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