



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

The weather has played havoc with school this past week. We really appreciate your flexibility with the changes we have had to make. As a reminder, we follow the school district's lead with school delays and closures because they have a whole department of transportation supervisors who drive the roads before sunrise, to determine how safe it is for families and staff members to be driving. In all situations, we err on the side of safety and ask for your understanding.



The Grace and Courtesy focus for the week of November 14th is "Opening and Closing Doors Quietly." at school, we try to minimize distractions so that all students can concentrate on their work, so this is an important skill for children of all ages to practice. Please help at home by modeling this behavior and celebrating times when children are doing their best to be peaceful.

Thank you for your continued support of HDMS.

Sincerely,
Mr. Eric
Eric@hdmsreno.com

UPCOMING EVENTS

- 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)
- 12/21/22: A CELEBRATION OF DIVERSITY (ELEMENTARY)
- 12/22/22: PAJAMA DAY
- 12/23/22-1/6/23: NO SCHOOL - WINTER BREAK



Montessori through My Eyes will be held this November. Please look for communication from your child's teacher for more detail about how to sign up.

- 11/16/22: Elementary Program (by appointment)
- 11/30/22: Adolescent Program (RESCHEDULED DATE!)



A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE




November 14, 2022
6:00 PM
High Desert Montessori School

High Desert Montessori will be hosting parent education on Monday, November 14th related to areas of mental health.

Our partners with the Office of Suicide Prevention will be conducting a SOS (Signs of Suicide) adult training from 5:00-6:00 followed by JOIN (Join Together Northern Nevada) 6:00-6:45 with a focus on substance abuse.

Childcare will be available for K-6th grade children and light refreshments will be available. We will be meeting on the 3rd floor of the Tahoe Tower. Due to the sensitive nature of these topics, this is for adults only. We hope you are able to join us.

Ms. Tammie
Tammie@hdmsreno.com



GET INFORMED

Increase awareness about underage drinking and other drug use.



BE PREPARED

Introduce skill-building techniques and share available resources and tools.



TAKE ACTION

Increase actions to help prevent underage drinking and other drug use.



www.jtnn.org

775-324-7557

director@jtnn.org

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

14 Bagel & Cream Cheese w/ Fruit & Milk	15 Waffle w/ Fruit & Milk	16 Quesadilla w/ Fruit & Milk	17 Egg, Bacon & Toast w/ Fruit & Milk	18 Yogurt w/ Blended Fruit & Granola w/ Fruit & Milk
Spaghetti w/ Meat Sauce (Veg. Option is Marinara Sauce), w/ Fruit and Milk	Chicken Quesadilla (Veg. Option is Cheese Quesadilla) w/ Fruit & Milk	Cheese Pizza (Vegetarian) w/ Fruit & Milk	BBQ Drumsticks & Potatoes (Veg. option Stewed Chickpeas) w/ Fruit & Milk	Ham Sub (Veg. Option is Cheese Sub) w/ Fruit & Milk
21	22	23	24	25
Thanksgiving Break				

A MESSAGE FROM OUR MONTESSORI ADVISOR, MISS KALEIGH



Question of the Week: What are the Moveable Alphabet and Sandpaper letters?

The Moveable Alphabet is a box of individual, lowercase, wooden letters, in cursive or print. The consonants are red or pink and the vowels are blue. The Moveable Alphabet is typically used with children four through six years of age. The Moveable Alphabet use starts with single letters to small words and phrases.

The Sandpaper letters are squares with each letter of the alphabet in sandpaper in cursive or print. The purpose of the sandpaper letters is to teach children the sounds of the alphabet through muscular and visual memory. Children trace the sandpaper letters with their fingers while learning the alphabet.

The Moveable Alphabet and Sandpaper letters are two key materials used to teach children how to read, write and spell.



A MESSAGE FROM OUR SCHOOL SOCIAL WORKER, MISS MARY

Greetings Families,

I had the pleasure of presenting to the Adolescent students this week. We reviewed the definition of Mental Health and the "7 Pillars of Mental Health Nutrition, Mindset, Community, Fitness, Learning, Compassion and Mindfulness." Students also completed a self-care assessment and we had a short Q and A at the end. Students were given the opportunity to ask questions anonymously or in confidence. I will be following up with some individual students and will request consent from parents for topics that are sensitive. If you have any questions or concerns please let me know via phone call or email.



Thank you for allowing me to work with your children.

LINKS TO RESOURCES USED FOR PRESENTATION

<https://betteringyouth.co.uk/blog/mental-health-awareness-2021>

<http://safevoicenv.org/#content>

<https://www.youth.gov/youth-topics/youth-mental-health>

<https://www.therapistaid.com/>

<https://988lifeline.org/current-events/the-lifeline-and-988/>

A MESSAGE FROM OUR PTO

Our next PTO meeting is next Thursday November 17th! This is a great time to hear about planning for upcoming events, ask questions, and talk to other parents, staff, and administrators at our school. Save this [Zoom link](#) to attend.

Also, save the date for upcoming PTO events!

- Our next PTO meeting is November 17th @ 5:30 PM on [Zoom](#).
- We will begin collecting for the Savers Fun Drive on January 9th after Fall Break
- Parents night out Bocce night February 4th
- Brews and Bites at the Generator February 25th
- Spring Picnic May 21st

Our Savers Fun Drive event kicks off after Fall break on January 9th. This is our annual fundraiser where you get to get rid of your old unwanted items (e.g., clothing, hats, scarves, mittens, purses, blankets, shoes) and all proceeds will go directly back into our school and PTO events. Feel free to start collecting now, just throw any unwanted items into a trash bag and bring them to the school starting January 9th.

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

A MESSAGE FROM THE HDMS GREEN PARENTS GROUP



As the fallen leaves start to pile up and get mushy with the slush, many of us will be tempted to rake them up. But just like we said last week - hold your horses! Definitely we must remove these organic debris that obstruct our rain gutters and stifle our flower beds, but remember how essential they are to the health of our ecosystem and what wonderful fun they offer! Many of the kids have already got so creative with them, from making beautiful artworks to unique crafts. And given we are now decorating our homes for Thanksgiving, how about using them to make a special scarecrow like this one, made by HDMS 4th grader Amelie - who gathered leaves by the armful and stuffed them into old clothes for an extraordinary effect!

Please join us for some more creative sustainable thinking and action! connect with us by email: greenparents@hdmsreno.com

NOTES FROM THE PRIMARY TEAM

UPDATE TO THE DISMISSAL WINDOW

Attention Primary Families:

Beginning Monday, November 28th, we will shorten the Primary Dismissal pick up window by five minutes. Now that we have multiple lanes flowing for Primary during pick up, we no longer need such a long dismissal window in order for all of our Primary children to be picked up. Thank you!



**PRIMARY DISMISSAL WINDOW 3:30-3:40
(INSTEAD OF 3:30-3:45)**

NOTES FROM THE ELEMENTARY TEAM

RUBY CLASSROOM

Classroom Updates

A number of students kicked off NANOWRIMO, National Novel Writing Month. They set goals to write a number of words without editing their writing for the month. Many of them have already met their goal, so we will be readjusting soon.

Montessori Through My Eyes will be happening from 1:30-3:30 on Wednesday. I will have the room open from that time. If this time doesn't work for you, please email me with a time that might work for you.

A majority of the class has been working on organizing their school supplies, making better choices with work and finishing works that have not been taken to completion. This week has been crazy and so we have been working on procedures.

Gratitude

Thank you to Geeta for helping with organizing language work for the grade level.

Thank you to anyone that worked the election on Tuesday.

Thank you to Mary for substituting on Tuesday to allow Jamie to work outside of the classroom on Tuesday.

Thank you to Mary for giving small group lesson on friendship.

TOIYABE CLASSROOM

If you wish to participate in Montessori Through My Eyes and have not signed up yet, you may do so here: [Toiyabe Montessori Through My Eyes Schedule](#)

All students are busy working on research reports. We are going through all the steps from choosing a topic and taking notes all the way through drafting and editing a report. Because of all the late starts this week, I am going to be very flexible on the due date for this report, originally Friday, November 18. That said, I will give your child the option to work on it over Thanksgiving break and I will notify you if your child chooses to do so.

Thank you so much to the Dhuy family and O'Donnell family for donating 2-pocket folders to our class! This is going to help keep us more organized.



Colin, Zelleon, Paulina, and Anakaia sharing poetry at our "Poetry Cafe".



Mila, Daily, and Dakotah estimating the circumference of a pumpkin for our pumpkin data and math project.

NOTES FROM THE ADOLESCENT TEAM

ADOLESCENT ARCHERY

Adolescent student Ava has an impressive round in her Creative Expression Archery class!





Public Service Projects-Charleigh made care packages for dogs of homeless owners. The packages included dog food, treats, water, toys, and bowls. Brielle helped her deliver the gift bags.

WINTER BREAK CAMP WITH CHALLENGE ISLAND

www.challenge-island.com/reno-sparks-nv/program/camps/

Winter Break Camps

@ High Desert Montessori
101 Fantastic Dr
Reno, NV 89512
Ages 6-12

December 26-30
9am-4pm
\$255

January 2-6
9am-4pm
\$255

Register Now:

Call 775-813-2411

Email: mcargile@challenge-island.com

Website: <https://challenge-island.com/reno-sparks-nv/program/camps/>



CHALLENGE ISLAND RENO-SPARKS

Wag on over to the most PAWSOME camp in town! Your STEAM Team will open your own pet business and engineer your own pet world – from playgrounds to spas to food trucks to houses to veterinarian offices. This STEAMtastic camp is a must for every pet-loving kid!

PETS PALOOZA CAMP

WWW.CHALLENGE-ISLAND.COM

Glide on over to the coolest camp in town where you'll take a STEAMtastic journey through Challenge Island's Winter Wonderland! Your icy adventure will include designing and decking out your very own ice palace (where you and your STEAM Team can chillax) and using cool science to make frosty slime and frozen treats! This super cool camp is a not-to-be-missed adventure for every frostbitten fan!

Frostbitten CAMP

WWW.CHALLENGE-ISLAND.COM

AFTER SCHOOL CHESS CLASS

www.chesswizards.com



SIGN UP TODAY FOR THE COOLEST CHESS CLASS ON THE PLANET*

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*WE CAN ONLY VOUCH FOR PLANET EARTH

Your brain is your super power

Are you ready to use it? Join the Chess Wizards community today for fun, friendship and some serious chess skills. All experience levels welcome!

Class information

School Name: **High Desert Montessori School**

Dates: **1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9**

NO CLASS ON: **N/A**

Class Day and Time: **Thursday 3:20-4:20pm**

Ready to make new friends and amaze your parents?

Join Chess Wizards this year for challenging chess lessons, exciting tournaments, fun, team activities, and more! If you're brand-new to chess, we'll teach you the basics and get you playing right away. If you're a seasoned checkmate artist, we'll show you new ways to let your creativity show on the chess board.

Total# of Classes: **8**

Grades: **K-5**

Price: **\$128**

Register Today At www.chesswizards.com!

Paper checks are not accepted, Online registration only.

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Private lessons and groups Tactics, strategies, and puzzles Safe and secure



Register at:
www.chesswizards.com



Call Us at:
+1 866-949-4386

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



[CLICK
HERE](#)

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