



# HDMS WEEKLY NEWSLETTER

## A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

It seems like with the cold weather, gatherings, and celebrations, and less time with doors open and children playing outside, we have started to see an uptick in children coming down with colds, flu, and other illness. This is to be expected, but there are a few things we need to keep in mind.

Children should stay home if they have any of the following:

- Child has signs and symptoms of COVID-19 as listed on the CDC COVID Website or the HDMS [COVID screener](#)
- Child has an undiagnosed fever of 100.4 degrees or higher, vomiting or diarrhea
- Child has an undiagnosed skin rash
- Child has drainage from eyes, nose, or ears
- Child appears to be ill and is unable to participate in normal school activities
- Child needs more care than can be provided by school staff



Sometimes it is hard to know when to return to school. The general guidance is that children should not return until

- Nausea and diarrhea symptoms, as well as any fevers, have been completely gone for 24 hours without the use of fever reducing medicines
- All other symptoms are improving

Exclusions for specific diagnosed conditions may be found on the Washoe County Health District Website. [Specific Guidelines for Childcare](#) and [Specific Guidelines for Schools](#). When our numbers reach "Outbreak Status" the Washoe County Health District steps in to manage the outbreak. Exclusion periods increase during an outbreak and will be communicated to families.

Finally, if a child is returning from any respiratory illness, it is advisable that the child should wear a well-fitting mask for 5 days.

Thank you for helping keep our children and staff healthy and safe, and for your continued support of High Desert Montessori.

Mr. Eric  
eric@hdmsreno.com

## UPCOMING EVENTS

PARENTING IN THE DIGITAL AGE WORKSHOP- POSTPONED UNTIL FURTHER NOTICE

12/15/22: 5:30 PM PTO MEETING [ZOOM LINK](#)

12/16/22: 4:00 HDMS ELEMENTARY CHOIR CONCERT

12/20/22: A CELEBRATION OF DIVERSITY ( PRIMARY & ADOLESCENT)

12/20/22: HOLIDAY SWEATER DAY

12/21/22: A CELEBRATION OF DIVERSITY ( ELEMENTARY)

12/22/22: PAJAMA DAY

12/23/22-1/6/23: NO SCHOOL - WINTER BREAK

1/9/23: PTO "FUN DRIVE" BEGINS

1/16/23: NO SCHOOL - MARTIN LUTHER KING JR. DAY

1/18/23: TWO HOUR EARLY RELEASE

1/19/23: 5:30 PTO MEETING



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE

You will soon be seeing some changes and new faces within the administrative support team. Our current Enrollment Coordinator Ms. Stephnaie Turner, who has been with HDMS since 2017, is moving on to a new opportunity.



With that, Miss Stacey Hart is taking over as our new Enrollment Coordinator.  
 stacey@hdmsreno.com



Miss Sheila Snow is taking on the responsibilities as the Pyramid Building receptionist.  
 sheila@hdmsreno.com

Ms. Martha Keller will remain in her current position at the Tahoe Tower reception area.  
 martha@hdmsreno.com



In addition to our incredible teachers and assistants, we have the best administrative team taking care of all that happens behind the scenes to keep our school in compliance, welcoming, and safe.

Ms Stephanie has made a positive impact on our school community these last five years and we wish her the best of luck in her new venture.

Ms. Tammie  
 Tammie@hdmsreno.com

## FREE LUNCH & BREAKFAST PROGRAM

Our full breakfast and lunch menu can always be found at [www.hdmsreno.com/school-lunch-breakfast/](http://www.hdmsreno.com/school-lunch-breakfast/)

5 Bagel & Cream Cheese w/ Fruit & Milk	6 Waffle w/ Fruit & Milk	7 Quesadilla w/ Fruit & Milk	8 Egg, Bacon & Toast w/ Fruit & Milk	9 Yogurt w/ Blended Fruit & Granola w/ Fruit & Milk
Alfredo Pasta w/ Roasted Veggies w/ Fruit & Milk	Chicken Tacos (Veg. Option is Refried Bean Taco) w/ Fruit & Milk	Pepperoni Pizza (Veg. option is cheese) w/ Fruit & Milk	Tomato Soup & Grilled Cheese w/ Fruit & Milk	Beef Burger (Veg. Option is Vegan Chicken Patty) w/ Fruit & Milk
12 Bagel & Cream Cheese w/ Fruit & Milk	13 Waffle w/ Fruit & Milk	14 Quesadilla w/ Fruit & Milk	15 Egg, Bacon & Toast w/ Fruit & Milk	16 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

# A MESSAGE FROM OUR MONTESSORI ADVISOR, MISS KALEIGH



## Question of the Week: *What is Peace Education in Montessori?*

Maria Montessori firmly believed that the education of children was the key to future peace. Peace education teaches children to be peaceful, positive members of society. Teachers model ways to communicate, help children navigate conflict resolution using problem solving.

Peace education is interwoven into every aspect of the Montessori environment, from classroom management and rules to the peace table, to Grace and Courtesy lessons and conflict resolution; to the interactions of adults throughout the environment.

The song, "[Light a Candle for Peace](#)" is a Montessori song sung on September 21st by Montessori communities all around the world.

*"An education capable of saving humanity is no small undertaking; it involves the spiritual development of man, the enhancement of his value as an individual, and the preparation of young people to understand the times in which they live." - Dr. Maria Montessori*

## A CELEBRATION OF DIVERSITY

### PRIMARY

Tuesday, December 20th

Each primary class will have the celebration of diversity in their own classroom at the following times:

4:00 Pine Nut / Peavine / Snowflower

4:15 Tuscarora / Beowawe

4:30 Toquima

4:45 Lahontan



### ELEMENTARY

Wednesday December 21st from 5:30 - 7:00

Elementary classrooms will all be open for project viewing. Performances TBA.

### ADOLESCENT

Adolescent Tuesday, December 20th from 5:30-7:00

Adolescent Celebration of Diversity Theme- Immigration. Work will be displayed in the third floor multi-purpose area, as well as in classrooms.

- ELA: Student Narratives
- Social Studies: Choose a background and discover why they immigrated to the US
- Math: Students graph and analyze when and why a group immigrated
- Science: Famous scientist who immigrated to the US

# ELEMENTARY CHOIR CONCERT



The Elementary Choir Concert will be held December 16th at 4pm in the third story multi-purpose room of the Tahoe Tower.

## A MESSAGE FROM OUR PTO

Our next PTO meeting is coming up on Thursday December 15th at 5:30 PM. Everyone is welcome to attend on Zoom here. See agenda for what will be discussed. You're welcome to bring any and all questions for us or for the school as well! Hope to see you there.

**December Agenda:**

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

**You're Invited!**

- December 15th 5:30 - 6:30 PM
- Meet other parents/teachers/admin
- Bring any HDMS related questions to the meeting!
- Get involved

**Zoom Link**

Also keep an eye out for our upcoming events:

- Our next PTO meeting is December 15th @ 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

Now that it's cold outside, don't forget to order your HDMS hoodie for your child, or yourself! Visit our [swag store](#) for sweatshirts, backpacks, water bottles, and more with the HDMS logo!

## A MESSAGE FROM OUR GREEN PARENTS GROUP

**Aware Animals** The gift of an experience!



This holiday season we would like to encourage you to give the gift of experiences. We were all rather secluded during the Covid high times, so now that everything is back up and running pretty normally, you can think about all the things that you and your loved ones were missing out on, and go for it! Create lasting memories rather than overflowing waste bins.

To craft low-waste and budget-friendly festive home decor, how about stringing up plain popcorn with a needle and strong thread for an indoor winter wonderland? Make it a family fun night and see who can create the longest edible snowflake garland while you all listen to your favorite audio book.

Send us pictures of your creations and we may share them in an upcoming newsletter!

Enjoy Winter! [greenparents@hdmsreno.com](mailto:greenparents@hdmsreno.com)

# DONATIONS WANTED!



Although it's best to leave piles of leaves in your yard to use as mulch around plants or as a place for insects to hibernate and use for reproduction during spring time, we would love to collect any extra leaves you have. Please bring bags of leaves to school in paper bags or cardboard boxes. We will be using this organic material as additional carbon to add to our compost efforts as we begin to scale up our composting in an effort to be more sustainable and green at HDMS. We will collect leaves up until winter break! Thank you!



We are also looking for twenty 5-gallon buckets to be used as compost containers in our classrooms as we ramp up our composting efforts. If you have access to any buckets, we'd love to source these buckets second hand! Please reach out to Miss Kelly [kellyr@hdmsreno](mailto:kellyr@hdmsreno) with any questions.

## NOTES FROM THE ELEMENTARY TEAM

### RUBY CLASSROOM

PEANUT CRACKER Permission Forms were sent out electronically last weekend. If you didn't receive it, please contact Jamie. Please fill them out. If you need help, let me know. It is a new system that we are trying out.

Time: 12-1

Price: \$11 (\$5 for the performance and \$6 for the bus) any extra money is always appreciated

RUBY is planning on having a snack before we go and have lunch upon return. It is a chance for children to dress up, but I would encourage you to bring a change of clothes, too.

RUBY CLASS IS ASKING FOR HELP:

Thank you to Erin from coming in and sharing about Costa Rica and Sarah for sharing about Guatemalan mopping. Miss Martha is planning on sharing her favorite dish and Mercedes is working on sharing some history. IT IS NOT TOO LATE TO SHARE. WE WOULD LOVE TO HEAR YOUR STORY, COOK A FAVORITE RECIPE WITH YOU, DO A ZOOM INTERVIEW TO HEAR ABOUT A PIECE OF HISTORY/BIOME, LEARN A DANCE/CRAFT/ART. PLEASE contact Jamie if you are willing to help in any way; so we can schedule a time that works for you. If you just want to share an idea that will help me in selecting a meaningful activity.

### CANDELARIA CLASSROOM

Students worked with Zoe Bray to make mobiles from sticks found in the playground, tied together with yarn and twine. It was an exercise in organic scavenging, recognizing the branches of different trees, making knots, finding balance, and using our imagination.



### EXCELSIOR CLASSROOM

We would like to remind Excelsior families that children need to dress for the weather. Also, we ask that children do not bring toys and books from home.

Permission slips have been sent home for the Peanut Cracker performance at the Pioneer Center on Monday, December 12. The time has been updated. The field trip is now from NOON to 2:00 P.M.

Scholastic book orders have been sent home. The class code for online orders is Z6DDY and orders are due December 16, 2022.

Thank you, Excelsior families!

# TOIYABE CLASSROOM

Toiyabe class is busy preparing for Celebration of Diversity. All students will create projects. They may choose to either do research on their family history or ancient civilizations. If they choose to do family history, I have notified you by email to make sure that you or other family members are available to give your child information. Most of the work on projects should take place at school. Here is a copy of the guidelines I am giving your child to use at school.

## Guidelines Celebration of Diversity 2022

If they are not using time wisely at school, I may contact you to help give them some extra time at home.

This is a wonderful way to channel excitement and high energy at this time of year into creative projects. Many of you have already donated materials to our class and we are very grateful. Here is a list of materials students will need for their projects. Thank you for anything you can contribute. You may send it with your child or drop it off in the pickup line:

- Glue sticks for a glue gun
- Cardboard broken down - all types
- Cardboard rolls (wrapping paper, paper towel)
- Baking soda (for making clay)
- Corn starch (for making clay)
- toothpicks
- Tarps (we can return if you don't mind possible paint stains)
- Parachute cord or other thin, strong cord
- metallic colored paint (silver, gold, bronze, etc.)
- small boxes (such as shoe boxes) or box lids for dioramas - not broken down
- poster board, various colors
- "pipe cleaners" = chenille sticks
- Markers
- Money donations to buy extra supplies as needed

## PEANUT CRACKER FIELD TRIP

All elementary classes will be attending the Peanut Cracker at the Pioneer Center on Monday, December 12. This is a 45-minute version of the ballet and is narrated especially for school-age children. The total cost is \$11 per child. All children who wish to attend will regardless of ability to pay. Permission slips went home this week.



Diego and Kanin multiplying on the checkerboard.



Jesse and Diggory Emceeding Community Gathering.



Zelleon and Finnley performing at Community Gathering.



Daily, Mila, Logan, and Dakotah presenting what they learned on their going out to the Discovery Museum.



# NOTES FROM THE ADOLESCENT TEAM

## ARCHERY CREATIVE EXPRESSION CLASS



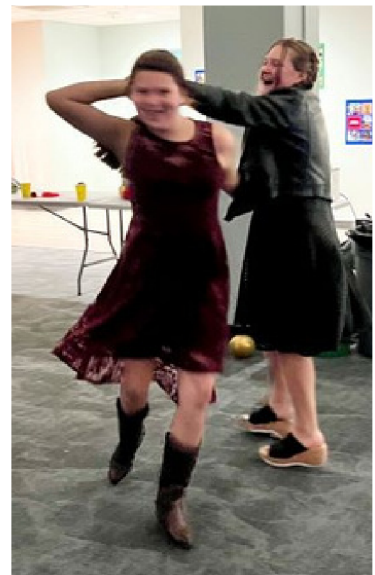
## DISCOVERING WASHOE COUNTY CREATIVE EXPRESSION CLASS

Students enjoyed a visit to Sierra Safari Zoo



# ADOLESCENT DANCE

The school dance was planned, organized and setup a group of students in School Community Projects.



# WINTER BREAK CAMP WITH CHALLENGE ISLAND AT HDMS

[www.challenge-island.com/reno-sparks-nv/program/camps/](http://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



## CHALLENGE ISLAND RENO-SPARKS

Wag on over to the most PAWSOME camp in town! Your STEAM Team will open 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

**Register Now:**

Call 775-813-2411

Email: [mcargite@challenge-island.com](mailto:mcargite@challenge-island.com)

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



# AFTER SCHOOL CHESS CLASS

[www.chesswizards.com](http://www.chesswizards.com)



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

**REGISTER NOW!**  
[WWW.CHESSWIZARDS.COM](http://WWW.CHESSWIZARDS.COM)

*\*WE CAN ONLY VOUCH FOR PLANET EARTH*

Two polaroid photos: one of two boys in wizard hats holding trophies, and another of a girl celebrating at a chess table.

## 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](http://www.chesswizards.com)!

Paper checks are not accepted, Online registration only.




**REGISTER NOW!**



Can't find a day and class time that fits your family's schedule?

### Check out Chess Wizards Online!

Same exciting curriculum, now available online! Visit our website: [chesswizards.jumbula.com](http://chesswizards.jumbula.com)

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



Register at:  
[www.chesswizards.com](http://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

**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](mailto:Alegria.A.Day@gmail.com) ~ 775.312.3645