



# HDMS WEEKLY NEWSLETTER

## A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

I thought this week would be a good time to remind families of the nutrition policy here at HDMS. It is really important for growing minds to have all the tools they need to do their work and expand their knowledge. An important piece of this is making sure we have a nutritious breakfast and lunch that helps feed our minds and bodies. Ms. Ximena with Farm Fresh Catering ensures that our school-provided meals that comply with nutrition standards set forth by the USDA.

Excessive sugar and processed foods do not help with this as they tend to spike blood sugar levels, contain empty calories, and lead to irritability and tiredness in the short term, as well as a plethora of issues in the long run. Please help us by sending snacks and meals that contain healthy options, and skipping the chips, sugary snacks, fruit juices, sodas, etc. The details of our health and wellness policy, which includes our nutritional standards, can be found on [page 44 of the parent/student handbook](#).

Thank you for supporting. High Desert and the health and growth of our children.

Mr. Eric  
eric@hdmsreno.com



## UPCOMING EVENTS

- 2/16/23: 5:30 PTO MEETING
- 2/17/23: TEACHER WORK DAY- NO SCHOOL FOR ALL PROGRAMS
- 2/20/23: NO SCHOOL - PRESIDENTS DAY
- 2/21/23: 5:00 FAMILY READING NIGHT
- 2/22/23: 5:00 HDMS BOARD MEETING
- 2/25/23: 6:00 BREWS & BITES AT THE GENERATOR
- 3/1/23: TWO HOUR EARLY RELEASE
- 3/8/23: MONTESSORI THROUGH MY EYES
- 3/13/23-3/17/23: TWO HOUR EARLY RELEASE FOR SPRING CONFERENCES
- 3/15/23: 5:00 HDMS BOARD MEETING
- 3/16/23: 5:30 PTO MEETING
- 3/20/23-3/31/23: NO SCHOOL - SPRING BREAK
- 4/12/23: TWO HOUR EARLY RELEASE
- 4/20/23: 5:30 PTO MEETING
- 4/26/23: TWO HOUR EARLY RELEASE
- 4/26/23: 5:00PM HDMS BOARD MEETING



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE

Farm Fresh Catering continues to do such an outstanding job here at HDMS! To date, Ms. Ximena and her amazing team have made and served close to 62,000 meals this school year, which averages out to about 700 meals a day! I continue to watch our students, eager to partake in meals, while trying new foods such as tomato soup, taco salad, brussels sprouts, edamame, and golden pears. We have been fortunate to provide free meals to all students since November 2020. Thank you to all families who filled out a free and reduced lunch application at the beginning of the year which helped us with our funding sources. Thank you Farm Fresh Catering for all you do!



Miss Tammie  
tammie@hdmsreno.com

## ATTENTION! NOTE REGARDING EARLY PICK UP



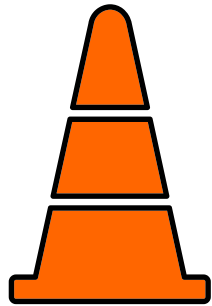
The number of children leaving ten to twenty minutes early each day (and especially on early release days) has become problematic and is a schoolwide safety concern. We only have one staff member working the front desk at any given time. When a student cannot be reached by calling the classroom, our front desk person must leave the front desk and try to locate the student. This leaves our front desk unmanned, which means there is no gatekeeper for our school and no one to answer phones for our school.

Unless your family has a true emergency or medical appointment, please refrain from picking your child up within the last hour of the school day. If you arrive during your child's normal staggered arrival window, things generally run very smoothly and there is very little wait time.

Thank you for your support. The safety of our students is our utmost priority.

## CONSTRUCTION ZONE!

You've probably noticed that the "Oddie & Wells Project" has reached our neighborhood. Representatives from RTC would like our families to be aware that one or more lanes may be closed on Oddie from now through September. They will never completely close the intersection at Oddie and Silverada, but it may take an extra light cycle to get through. They suggest allowing a few extra minutes to your commute, or consider coming in from the North.



## 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/)

20	21 Waffle w/ Fruit & Milk	22 Quesadilla w/ Fruit & Milk	23 Scrambled eggs w/ Cheese, Toast, Fruit & Milk	24 French Toast Casserole w/ Fruit & Milk
President's Day	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
27 Bagel & Cream Cheese w/ Fruit & Milk	28 Waffle w/ Fruit & Milk	1 Quesadilla w/ Fruit & Milk	2 Scrambled eggs w/ Cheese, Toast, Fruit & Milk	3 French Toast Casserole 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

# STICKER SALE! HELP OUR ARCHERY TEAM GET TO NATIONALS!



Please help our archery team get to Nationals! Funds raised will help cover the costs of travel, food, & lodging.

Please donate at <https://gofund.me/9a717dc8>

As a fundraiser, the archery team will also be selling high quality vinyl HDMS stickers next Wednesday and Thursday Feb. 22-23 at morning arrival.

Stickers are \$2 each or \$5 for three stickers!

Cash or check will be accepted.



## Question of the Week: "What are Puzzle Maps and Pin Maps?"



In the Montessori classroom, children use maps to learn about continents and countries, and how countries fit together. The Puzzle Maps allow children to see, hold and trace continents, countries and states. The Pin Maps are a more abstract look at world geography. Different colored pins are used to mark water features, landmarks, cities, and capitals. The purpose of the maps is to promote sensorial and experiential learning of children. Both the puzzle maps and the pin maps have a built-in control of error.



*"Geography is the tapestry that weaves the world together." -Gil Grosvenor*



## INTENT TO RETURN FOR 2023-2024

We are still waiting on 25% of our families to fill out the Intent to Return for next school year. PLEASE fill out an Intent to Return for each of your children as soon as possible. This step does not take the place of registration in the spring, it simply holds a spot on the roster for your child to return next school year.

Use link for the program your child CURRENTLY attends. One form per child.

Primary: <https://forms.gle/DSJrYgQQ6hotv3ER6>

Elementary: <https://forms.gle/T25FwRTZgPddtVmT6>

Adolescent: <https://forms.gle/feyKZPHmPfZDz9HY7>



# A MESSAGE FROM OUR PTO

Brews and Bites is coming up next weekend February 25th! Please join us at the Generator for amazing art, burning man art, food from the Pot Luck Truck, drinks, raffles and more! This event is open to everyone so invite your friends. Childcare available for HDMS parents at HDMS (right down the street). Get your tickets now, they're selling fast!

Former HDMS students will provide childcare at HDMS from 5:30 pm-9:30 pm on February 25th. The cost will be \$25 per child, or \$35 for families with 2 children and money will be taken in the form of cash or check. Pizza and drinks will be provided. They will also show a movie near the end of the time.

They would like to get an idea of the approximate number of children attending to ensure they are adequately prepared and have the right amount of supervision. If you are interested, please fill out the google form [here](#). Every child must be potty trained. Thank you so much. If you have any further questions, please don't hesitate to email [floridafallon@gmail.com](mailto:floridafallon@gmail.com) and ask!

### Upcoming events

- PTO meeting Thursday February 16th @ 5:30 PM on Zoom
- Brews and Bites at the Generator February 25th, buy tickets here!
- PTO meeting Thursday March 16th at 5:30 PM
- Spring Picnic May 21st



**TICKETS ON SALE NOW!**

## BREWS & BITES

Art | Food | Drinks | Raffle Prizes | Live Music | & More!

**FEBRUARY 25, 2023**  
**6:00 - 9:00 PM**

featuring art from Burning Man!

<https://www.eventbrite.com/e/492006664177>



# A MESSAGE FROM OUR GREEN PARENTS GROUP



With Valentine's Day celebration over, many chain stores are now filled with decorations and accessories for Carnival and Mardi Gras. Many of these items are made of plastic and will likely be used once or twice, break, and get thrown away, all ending in the landfill or in our watershed. Did you know that Carnival and Mardi Gras, which take place around the Christian holidays of Shrove Tuesday and Lent, originated as more ancient celebrations of the change of seasons - Winter spirits were driven out with cheer and revelry for the warmer weather to return and to celebrate re-birth. Let's also celebrate the coming of Spring without creating more waste that harms the natural environment that precisely makes our lives so magical : how about using old clothes and discarded boxes to make fun costumes and masks

As always, please get in touch with the Green Parents at: [greenparents@hdmsreno.com](mailto:greenparents@hdmsreno.com)

# FAMILY READING NIGHT FOR PRIMARY & LOWER EL FAMILIES

Sign up [HERE](#)

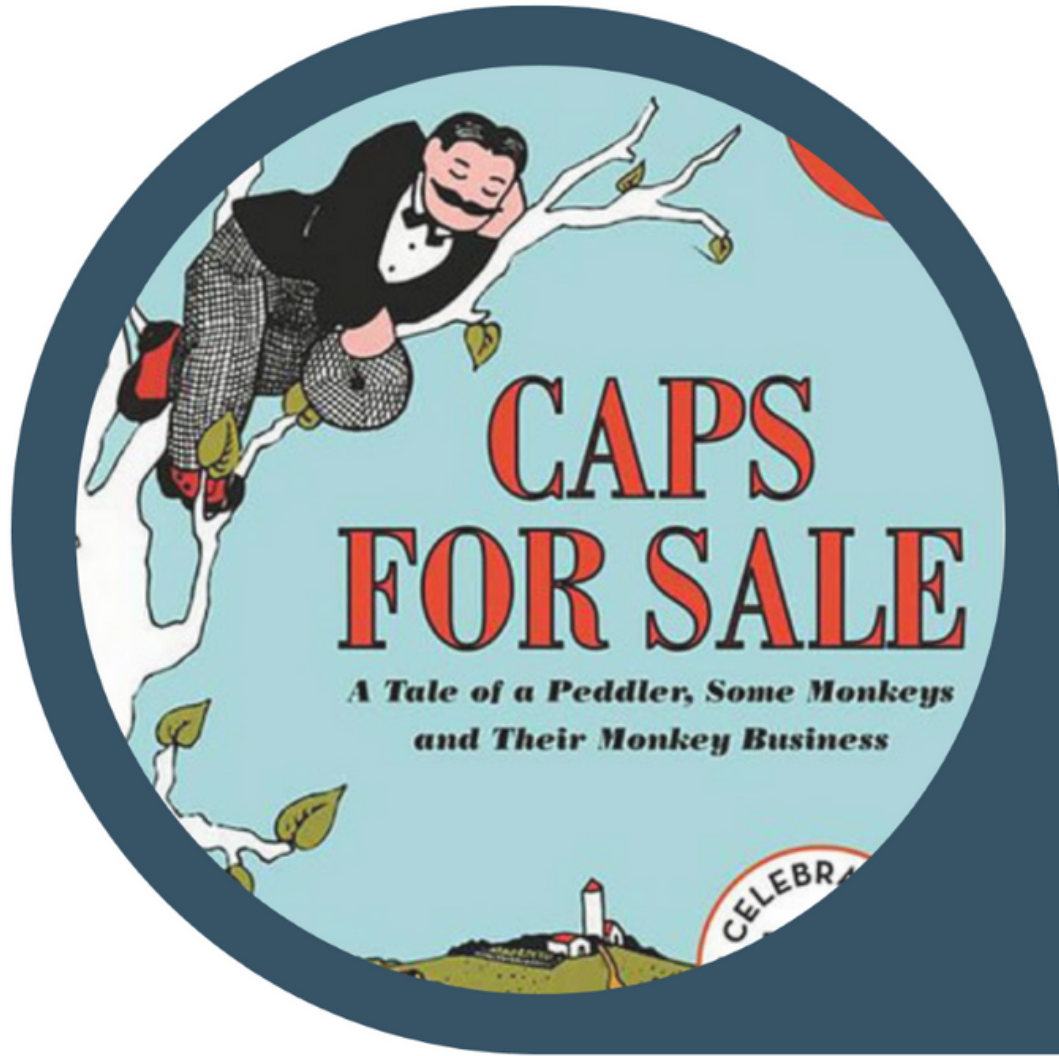
## FAMILY READING NIGHT

February 21,  
2023

5 pm - 6:30 pm

Come for a story time and a guided activity! Everyone will receive a take-home bag with a copy of the book and activity materials

For families with children aged 3 - 8 years old.



TO SIGN UP USE  
THE QR CODE  
OR LINK BELOW



Presented by the Family  
Reading Program at



A proud partner of the [americanjobcenter](#) network

For questions, contact Ma'Kayla Porter, the Family Reading Program Coordinator at Northern Nevada Literacy Council

<https://tinyurl.com/4fku533n>

775-356-1007 ext 2229

[frpcoord@nnlc.org](mailto:frpcoord@nnlc.org)

## MISS ERIKA'S JAZZ CD'S FOR SALE



Ms. Erika is referred to as the "The Jazz Lady" in our region, and we are thrilled to have her at HDMS. Music Mondays interactive learning tool is available to interested students, families, and staff only through Ms. Erika and HDMS at the wholesale cost of \$7.65 per unit. If you would like to order a Jazz CD, please contact Ms. Sheila at 775-624-2800 or [Sheila@hdmsreno.com](mailto:Sheila@hdmsreno.com).

# NOTES FROM THE ELEMENTARY TEAM

## ANTELOPE CLASSROOM

Thank you for the butter, garlic, and pasta sent in to make our mushroom feast fabulous!!!



## VIRGINIA CLASSROOM

Our MAPS tests went really well. Children that were absent will go with Ms. Kaleigh to do make up work. The children are hard at work!

We have begun embroidery lessons and have implemented modeling with plastilina lately. We will be celebrating Pi Day on March 14th. We would like to make hand pies that day, so if you are able to come help in the classroom on the morning of 3/14, please let us know.

We are starting to see that playdates are increasing. Please let the office know if your child is going home with another parent. I cannot release children without permission on file in the office.

There are still a lot of spots open for snack [sign up](#).



We grew oyster mushrooms, cooked them and ate them. Many children said that they LOVED them.

Thank you to our photographer Scarlett B.

# TOIYABE CLASSROOM

Thank you to everyone who contributed ingredients for our community meal week. It was a big success! Students want to do it every day now! Thanks also to Stacey Hart, Charlene Sigala, Janina Ruprecht, Shay Dee, Ms. Jamie, and Ms. Mary who volunteered to listen to sixth grade project proposals last week. Our sixth grade students are inspired and busy working on their projects.

Logan, Loa, and Finnley presenting their summary of "The First Rule of Punk" in the form of a hand-made, paper T-shirt inspired by the punk band in the story.



Paulina, Wyatt, and Zelleon playing multiplication war - our new Friday afternoon tradition is playing math fact games.



Our community meal

# ECO ART UPDATE

I continue to give lessons in making art with nature to some of the classrooms of Lower Elementary. These past weeks, the children made personal sculptures from clay, which I then brought to be fired in a kiln, and then the children learned to make their own glaze to paint over their sculptures. We used a mortar and pestle to grind different kinds of earth gathered in the playground, and diluted our pigment with water. In another lesson, we grinded more earth this time to mix it with vegetable oil so as to paint on wood or paper. We also experimented with burnt wood and charcoal as great tools for drawing on uneven surfaces, in the spirit of ancient cave art. Some of the children have also been inspired to make their own ephemeral creations, grounded in ecologically-conscious land art. Each lesson brings so much joy in realizing how we can create the most amazing art with simply the things we have aplenty around us.



## DONATIONS NEEDED



Thank you to all previous donors. Our ladies cart is very successful. Currently, we are almost out of products and are in need of more.

The products that are used the most:

- Always size 4 ultra thin overnight
- Always radiant size 3
- Always radiant size 2
- Kotex teen, reg tampax pearl
- Super tampax pearl
- Light tampax pearl

We look forward to continuing to apply period products for the students. Thank you for all your support



# SPRING BREAK CAMP WITH CHALLENGE ISLAND

Visit [www.challenge-island.com/reno-sparks-nv](http://www.challenge-island.com/reno-sparks-nv) for more info!



**SPRING BREAK**  
March 20-24 @ High Desert



**SPRING BREAK**  
March 27-31 @ High Desert



**June 20-23 @ High Desert**  
\*No camp 6/19 - Juneteenth



**June 26-30 @ High Desert**



**July 3-7 @ High Desert**  
\*No camp 7/4 - Fourth of July



**July 10-14 @ High Desert**



**July 17-21 @ High Desert**



**July 24-28 @ High Desert**



**July 31-Aug 4 @ High Desert**



Scan / Sign Up Here: [www.challenge-island.com/reno-sparks-nv](http://www.challenge-island.com/reno-sparks-nv)

## Challenge Island Reno-Sparks Camps 2023

9am-4pm (Before/After care available)  
\$255/week  
Ages 5-12 (must be entering Kinder)

Call: 775-813-2411  
Email: [mcargile@challenge-island.com](mailto:mcargile@challenge-island.com)

## AFTER SCHOOL YOGA

# YOGA

Tuesdays (6-10\*) or Thursdays (4-6\*)

3:50-4:40 pm ~ HDMS Library

\*recommended ages

Yoga Mats Provided ~ "Trilingual" Classes

[Alegria.A.Day@gmail.com](mailto:Alegria.A.Day@gmail.com)

775.312.3645