



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

There are a lot of opportunities for families to participate here at HDMS.

- This weekend, our PTO is hosting Brews and Bites, an amazing event at The Generator Saturday night. This is an awesome event with art, food and drinks, and childcare available at the school. Please check out the information below and I hope to see you there.
- I will be hosting a "Second Cup of Coffee" from 9:00 to 10:00 tomorrow (assuming there is no snow delay). This is a great opportunity to chat with me about whatever is on your mind. The Second Cup takes place in the 2nd-floor teacher's lounge.
- Montessori Through my Eyes is coming on March 8th. This is an awesome opportunity to learn what happens in your child's classroom. Teachers should be sending you information for their specific classes.
- Finally, Conference week is coming soon. March 13-17 is an all-week early release. Teachers should be sending you their schedules so you can sign up for a time.



As always, we would love for you to volunteer in your child's classes if you have the time. We all have a special skill to share and teachers would love to have you. Please let teachers know if you can spare the time.

Thank you for joining us and for being such an important part of our HDMS community.

Mr. Eric
eric@hdmsreno.com

UPCOMING EVENTS

- 2/24/23 9:00 SECOND CUP OF COFFEE
- 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
- 5/10/23: TWO HOUR EARLY RELEASE
- 5/18/23: 5:30 PTO MEETING
- 5/24/23: TWO HOUR EARLY RELEASE
- 5/29/23: NO SCHOOL - MEMORIAL DAY
- 5/31/23: 5:00PM HDMS BOARD MEETING



A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE

It's hard to believe that we are already planning for the 23-24 school year. Information has been posted in recent newsletters regarding filling out the letters of intent and changes to our bell schedule for next school year. In addition, the 23-24 school calendar is posted on our website along with other important community information. If you have not filled out your letter of intent, please do so ASAP. As always, thank you for choosing to be part of our school community.

Miss Tammie
tammie@hdmsreno.com

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 the 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>



BAKE SALE! HELP OUR ARCHERY TEAM GET TO NATIONALS!

The archery team is hosting a bake sale next Wednesday, March 1st from 7:30-8:40 AM. Funds raised will help cover the costs of travel, food, & lodging on their trip to Nationals!

GoFundMe: <https://gofund.me/9a717dc8>



FREE LUNCH & BREAKFAST PROGRAM

Our full breakfast and lunch menu can always be found at www.hdmsreno.com/school-lunch-breakfast/

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
6 Bagel & Cream Cheese w/ Fruit & Milk	7 Waffle w/ Fruit & Milk	8 Quesadilla w/ Fruit & Milk	9 Scrambled eggs w/ Cheese, Toast, Fruit & Milk	10 French Toast Casserole w/ Fruit & Milk
Pesto Chicken Pasta (Veg. option is Pesto w/veggies) w/ Fruit and Milk	Bean & Cheese Burrito (Veg.) w/ Fruit & Milk	Veggie Pizza w/ Fruit & Milk	Taco Salad & Chips w/ Fruit & Milk	Chicken Sandwich (Veg. Option is Cheddar Sandwich) w/ Fruit & Milk

SURVEY FOR SCHOOL PHOTOS 2023-2024

HDMS is looking for feedback regarding school photos for next school year. Please fill out the following form if you would like to add your input.

<https://forms.gle/TMWM CZYVx5u2r9bj8>



A NOTE FROM OUR SCHOOL SOCIAL WORKER, MISS MARY

Family Counseling Services of Northern Nevada has an annual therapeutic camp for children who have been impacted by sexual and/or family violence. Held July 9th through the 15th. Camper and Volunteer registration is now open. Please contact Ms. Mary at mary@hdmsreno.com or visit http://www.fcsnv.org/summer_of_healing_camp for more information.

Family Counseling Service's Summer of Healing Therapeutic Camp!

Now accepting applications for
Campers
&
Volunteers!

Summer of Healing Camp from July 9th-July 15th is offered free of charge to children who have been impacted by sexual and/or family violence.

Accepting children in the age range of:

- 8-16 years old; Ages 17+ can apply for junior counselor positions
- Children and volunteers have the opportunity to have fun by swimming in the lake, playing lawn games, learning archery, riding bike, and creating art together.
- Children are given the chance to have role models and build positive experiences with healthy adults.
- The volunteers and therapists help the child heal from trauma in a nonjudgmental and safe space by spending the week alongside the children.

Applications and further information available on our website at: www.fcsnv.org under youth treatment camps at the bottom of the page or contact us at 775.329.0623 for more information

Email: kate@familycounselingservice.org or

tiffany@familycounselingservice.org



1475 Terminal Way, Ste D, Reno, Nevada 89502



Camp is made possible through the support from private donations, and a State of Nevada sub grant from VOCA, Division of Child and Family Services. Grant #: 16575-200-022

Question of the Week: "Why does Montessori have mixed age groups?"



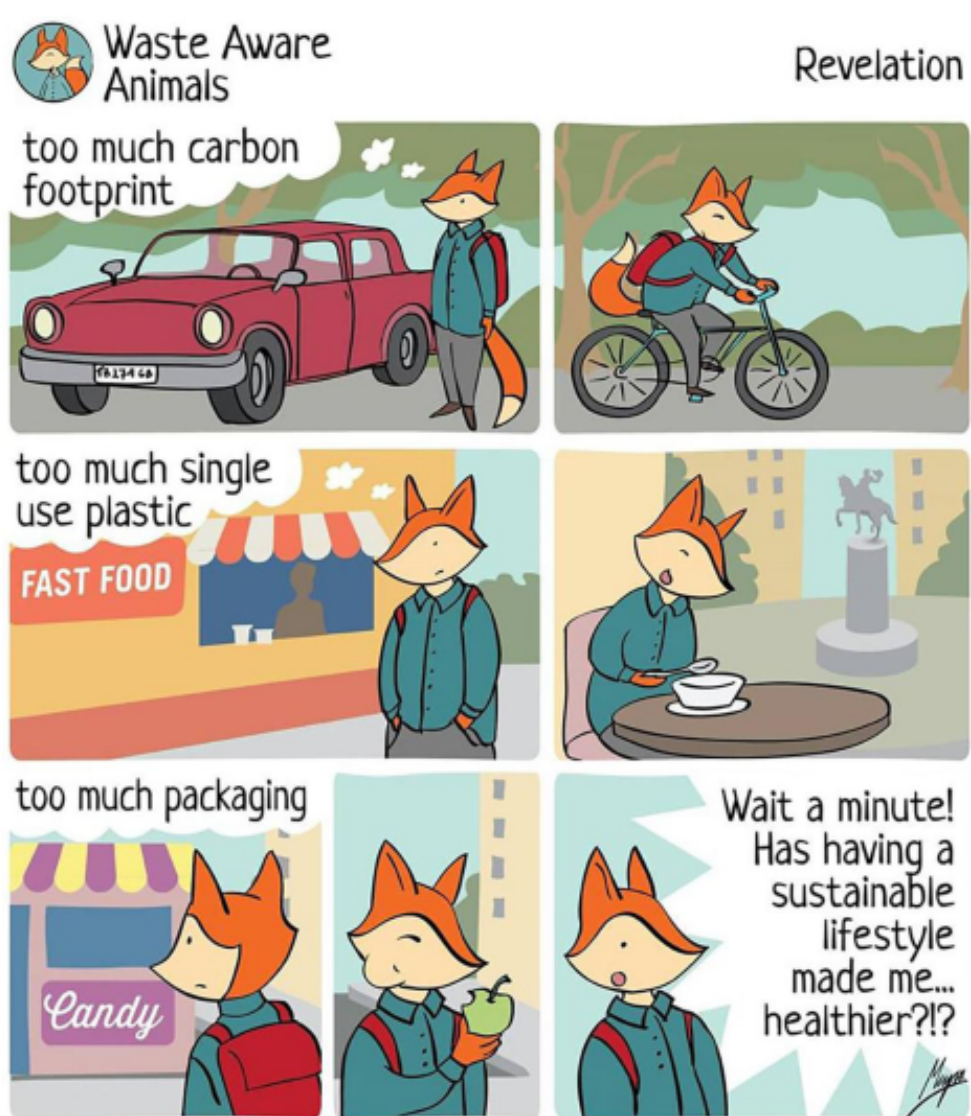
Mixed age groups free children to enjoy their own accomplishments rather than comparing themselves to others. Older children provide leadership and guidance, and benefit from helping others.. Younger children learn through observation of older children. Older children reinforce and clarify their knowledge by sharing it with younger ones. Children learn to respect others, and at the same time develop respect for their own individuality. This interaction of different age children offers many occasions for building community, as well as nurturing the development of self-esteem..

There are many things which no teacher can convey to a child of three, but a child of five can do it with ease.

Dr. Maria Montessori



A MESSAGE FROM OUR GREEN PARENTS GROUP



It still feels like winter, but spring is on the way and with it our urge for **SPRING CLEANING!** Shaking off the dust left by heating systems, and getting rid of muddy bootprints, can be done in various ways, some of which include single-use wipes and dusting cloths that harm our planet when they end up in the landfill, and HARMFUL FRAGRANCES that can cause an array of respiratory and dermatologic problems in humans and animals. To keep these issues at bay, simple solutions like white VINEGAR and rags from old clothes -which can be joyfully ripped by your kids- can work wonders. If you do not like the smell of vinegar, some lemon and orange peel steeped for a bit in warm water in a reusable glass jar is another alternative cleaner. To get even more fragrant, soak rosemary or lavender in warm water inside a reusable spray bottle, and fill your home with a summery scent.

Happy cleaning from the greenparents@hdmsreno.com

LIBRARY VOLUNTEERS NEEDED!

We need some recurring help in our beautiful new elementary library. Tasks include:

- shelving books
- dusting shelves
- cataloging books
- helping students find books



If you can help, please reach out to Sherrie Jordan at sherrie@hdmsreno.com

A MESSAGE FROM OUR PTO

Brews and Bites is this Saturday 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. Click [here](#) to buy your tickets!

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 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 and ask!

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 huge thank you to Ms Monica and the Adolescent community service class, and to the HDMS community. We collected & loaded just under 4000 pounds of donations this year, which brought in over \$700 for our PTO!

ANTELOPE CLASSROOM

Conferences are next month on March 13-17. Please use this [link](#) to sign up for a time to meet!



RUBY CLASSROOM

It has been a crazy few days at Jamie's house. I am feeling better and things are settling back down. Before spring break in 17 days, we have a number of things planned:

-Now-March 1st finalize class book stories and collect orders. Students will be coming home with an envelope on Thursday or Friday. Inside you will find an order form. **YOU DON'T HAVE TO PURCHASE**; however, we need forms back from every parent to get our free class copy of the book.

-March 2nd-15th Parent, Teacher, Student Conferences Appointments are made on a first received, first scheduled basis. This is still a new tool, so if you want to just send 3 times to me in an email. I will put you in the appointment slot. If you have several children in the school; please email names of children, teachers and rooms, I will do my best to schedule them. Please let me know if you need a ZOOM meeting. My appointments differ because I will be in Boston for the Montessori conference March 16th and 17th.

-Wednesday, March 8th from 3:30-5:30 Montessori Through My Eyes- Please do your best to schedule a time for each child so you can connect and see how each individual child is learning. Please put your child's last name in one of the slot times. Appointment slot shows 4 minutes, but I am planning on a thirty minute session. Students will be showing you approximately 3 lessons. Their familiarity or understanding will differ depending on when it was presented and the amount of practice they have done. Please observe, be silent and direct all questions to me either in the form of email, written or ask during the event.

-Monday, March 13th @ 10:30 Ribbon Cutting for Community Center
◦ Ruby students will be signing a song

-Tuesday, March 14th from 9-12 Pi Day Celebration
◦ Looking for volunteers, ideas, and materials. Please reach out if interested.

For Your Information and Consideration

- Friendships are blooming in the Ruby classroom. Please remind your children that friendships don't require gifts. If we don't want to share with everyone, we need to find times outside of school to share those special gestures/treats.
- As Mr. Eric said last week, we need to be diligent in following our food policy. We are talking about healthy choices and where Doritos, Takis, Tajin seasoning, Lunchables fall. This may need more conversations at home.
- Recently, a number of students were talking about various religious beliefs. This is a very nuanced conversation, so I asked them to talk to their families. Please help them find the words to be advocates for themselves and their beliefs while being respectful of other faiths. I am not an expert in any specific practice; so, I will do my best, too.
- Thank you to the families who:
 - attended the Bocce ball event
 - have or will purchase Brews and Bites tickets
 - attended the board meeting
 - are part of the green parent group
- Thanks to the students for doing their best on MAPS.

TOIYABE CLASSROOM

Thank you to Dr. Brian Gilmer, an HDMS parent, and his UNR med students who came this week to dissect frogs with us. Dr. Brian donated all the materials for this and our students were very excited and engaged in learning about frog anatomy.



I would like to invite you to Montessori Through My Eyes on March 8 after school. This is an opportunity for your child to teach you a Montessori lesson in our classroom.

Please sign up here:

[Montessori Through My Eyes 2023](#)

It is also time for family conferences. This is a time to hear about all the progress your child is making this year. Please choose a time when both you and your child can attend. If you have any issues with the link, please let me know.

[Toiyabe Family Conferences Spring 2023](#)

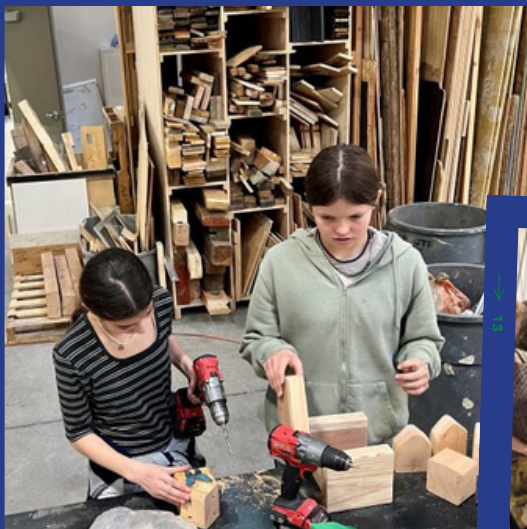
Reading pen pal letters
Diggory, Finnley, Paulina,
Zelleon, and Anakaia



Elaia and Anakaia preparing a song for Toiyabe Gathering while cross stitching.

NOTES FROM THE ADOLESCENT TEAM

ADOLESCENT WOODWORKING CLASS @ THE GENERATOR



ADOLESCENT ROCKCLIMBING CLASS @ NORTH PEAK



SOCCER SHOTS FOR AGES 3-6

Visit reno.soccershots.com/hdms for more info!

HIGH DESERT MONTESSORI SCHOOL: SPRING '23 SEASON

Dates: 4/4/23 – 5/30/23 (Tuesdays, 8 sessions)

Ages: 3 - 6

Time: First class starts at 3:30pm

Cost: \$128 (plus \$25 registration fee if child did not play in Fall '22)(split payment available)

Enroll Here: <https://reno.soccershots.com/hdms>



CHESS WIZARDS SPRING SESSION

Visit www.chesswizards.com for more info!



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: **4/6, 4/13, 4/20, 4/27, 5/4,**

5/11, 5/18, 5/25, 6/1

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: **9**

Grades: **K-5**

Price: **\$144**

Register Today At 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

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

Register at:
www.chesswizards.com

Call Us at:
+1 866-949-4386

YOGA

Children's Yoga

Tuesdays or Thursdays

3:50-4:40 pm



Adult Vinyasa

Fridays ~ 3:45-4:45 pm

[CLICK
HERE](#)

The Children's Yoga Classes are planned for 4-10-year-olds. Children strengthen their bodies, increase flexibility & balance, & explore themes like mindfulness & friendship through music, stories, & games learning new words in 3 languages: English, Spanish, & Sanskrit.

In the Adult All-Level Vinyasa class, we move through foundational poses at a moderate pace pausing to focus on breath and alignment. We build strength, increase flexibility, and improve balance. Class ends with a satisfying final relaxation that will relax the mind and body and allow the integration of the practice.

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



HDMS Library ~ Yoga Mats Provided
Bilingual (English/Spanish) + a little Sanscrit

Alegria.A.Day@gmail.com ~ 775.312.3645

SPRING BREAK CAMP WITH CHALLENGE ISLAND

Visit 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

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