



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL, MR. ERIC

March 5th through March 11 is National School Social Worker week. This is a great time to give a shout-out to our amazing school social worker, Miss Mary. Mary is a long-time member of our community, having worked as an assistant in the classroom, before leaving to pursue a career in social work. Mary has three daughters who all attended High Desert Montessori, Star, Graci, and Baylie. We are so lucky to have such a compassionate, skillful, and caring person to work with children.

Mary's presence has made a real difference in the lives of many of our children. If you happen to see Miss Mary around, please let her know how much you appreciate her for all she does for our children, families, and our community, every single day.

Thank you for your support of our children, our staff, and our amazing school



Mr. Eric
eric@hdmsreno.com

UPCOMING EVENTS



- 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
- 4/20/23: 5:30 PTO MEETING
- 4/26/23: 5:00PM HDMS BOARD MEETING
- 5/18/23: 5:30 PTO MEETING
- 5/23/23: 5:00 FAMILY READING NIGHT
- 5/29/23: NO SCHOOL - MEMORIAL DAY
- 5/31/23: 5:00PM HDMS BOARD MEETING

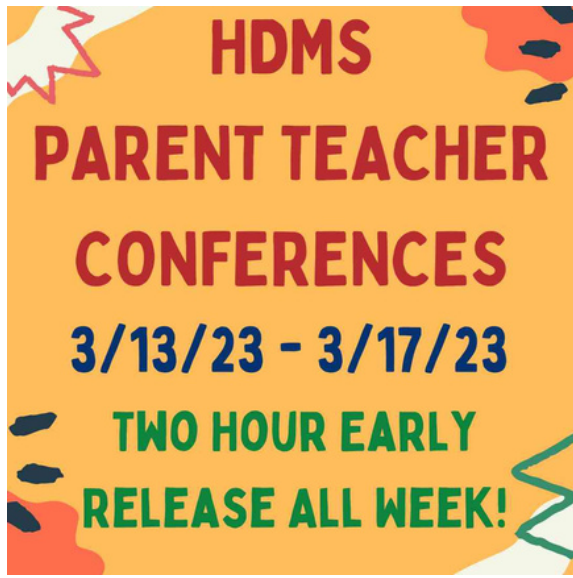
Keep reading! This is just page 1 of our Weekly Newsletter!

Depending on how you opened this document, there are different ways to navigate from page to page:

- hover over the bottom left corner to see clickable arrows
- hover over the right margin of the page to see clickable arrows
- simply scroll down from page to page!



A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE



Spring parent conferences are next week, March 13-17. We will be on an early release schedule throughout the week. Parental involvement not only enhances academic performance, but it also has a positive influence on student attitude and behavior. A parent's interest and encouragement in a child's education can affect the child's attitude toward school, classroom conduct, self-esteem, absenteeism, and motivation. If you have not scheduled a conference, please reach out to your child's teacher. Our goal is to always meet with 100% of our families.

Miss Tammie
tammie@hdmsreno.com

A MESSAGE FROM OUR MONTESSORI ADVISOR, MISS KALEIGH

Question of the Week: "How can Montessori teachers meet the needs of so many different children?"

Great teachers help learners get to the point where their minds and hearts are open, leaving them ready to learn. Dr. Montessori believed that teachers should focus on the child as a person, not on the daily lesson plan. Montessori teachers lead children to ask questions, think for themselves, explore, investigate, and discover. Montessori teachers usually present lessons to small groups of children at one time and limit lessons to brief and very clear presentations. Montessori teachers closely monitor their students' progress. Because they normally work with each child for two or three years, they get to know their students' strengths and weaknesses, interests, and personalities extremely well.



'The teacher has two tasks; to lead the children to concentration and to help them in their development afterwards.' Dr. Maria Montessori

ATTENDANCE REMINDER



If your child is going to be absent, you must call or email Miss Martha at the front desk!

martha@hdmsreno.com
775-624-2800 ext. 1

FREE LUNCH & BREAKFAST PROGRAM

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

<p>6 Bagel & Cream Cheese w/ Fruit & Milk</p> <p>Pesto Chicken Pasta (Veg. option is Pesto w/veggies) w/ Fruit and Milk</p>	<p>7 Waffle w/ Fruit & Milk</p> <p>Bean & Cheese Burrito (Veg.) w/ Fruit & Milk</p>	<p>8 Quesadilla w/ Fruit & Milk</p> <p>Veggie Pizza w/ Fruit & Milk</p>	<p>9 Scrambled eggs w/ Cheese, Toast, Fruit & Milk</p> <p>Taco Salad & Chips w/ Fruit & Milk</p>	<p>10 French Toast Casserole w/ Fruit & Milk</p> <p>Chicken Sandwich (Veg. Option is Cheddar Sandwich) w/ Fruit & Milk</p>
<p>13 Bagel & Cream Cheese w/ Fruit & Milk</p> <p>Alfredo Pasta w/ Roasted Veggies w/ Fruit & Milk</p>	<p>14 Waffle w/ Fruit & Milk</p> <p>Chicken Tacos (Veg. Option is Refried Bean Taco) w/ Fruit & Milk</p>	<p>15 Quesadilla w/ Fruit & Milk</p> <p>Pepperoni Pizza (Veg. option is cheese) w/ Fruit & Milk</p>	<p>16 Scrambled eggs w/ Cheese, Toast, Fruit & Milk</p> <p>Tomato Soup & Grilled Cheese w/ Fruit & Milk</p>	<p>17 French Toast Casserole w/ Fruit & Milk</p> <p>Beef Burger (Veg. Option is Vegan Chicken Patty) w/ Fruit & Milk</p>

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



INPUT WANTED ON SCHOOL PHOTOS

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.



WCSD FAMILY CLIMATE SURVEY



The Washoe County School District 2023 Family Climate Survey is now open!

Participating in this survey will allow you to enter a raffle ticket to win a prize from one of our sponsors. The survey will be open from February 13, 2023, through April 28, 2023. We appreciate your opinions about our school and will use the information to help improve the climate and safety of our school.



A MESSAGE FROM OUR BOARD OF DIRECTORS

The HDMS Board of Directors will be performing Mr. Eric's annual evaluation and we would like feedback from HDMS parents and guardians.



The HDMS Board of Directors is looking for a volunteer Board Treasurer for the 2023-2024 school year. A background in finance is required. If you are interested, please reach out to Tammie Stockton at Tammie@hdmsreno.com

A NOTE FROM OUR PTO

March Agenda:

- Principal/Director updates for rest of HDMS year
- Brews and Bites successes and improvements for next year
- Spring Picnic planning
- Fundraiser ideas (need new ideas for fun fundraisers)
- Other questions/ideas

You're Invited

- Meeting March 16th 5:30-6:30 PM
- Meet other parents/teachers/admin
- Bring any HDMS related questions to the meeting!
- Get involved

Zoom Link

March PTO meeting is next Thursday March 16th at 5:30 PM. You can access the meeting with this [Zoom link](#).

- ### Upcoming events
- PTO meeting Thursday March 16th at 5:30 PM on Zoom
 - Spring Picnic May 21st



Don't forget our swag store with sweatshirts, water bottles, etc... with the school logo is available all year. You can access the store by clicking [here](#). All proceeds from sales go directly back to the school for teacher training, classroom grants, and teacher appreciation days.

A NOTE FROM OUR GREEN PARENTS GROUP

We are grateful for all this beautiful snow which ensures we have a good supply of water for the dry Nevadan summer that will be with us before we know it. Driving with inclement weather however is a challenge and this has highlighted how dependent we are on transportation, and the ability to obtain fresh produce, much of which comes from across the Sierra. This dependency on importing fresh food stresses the importance of local alternatives - growing and buying local. Check out this awesome community right [here](#).

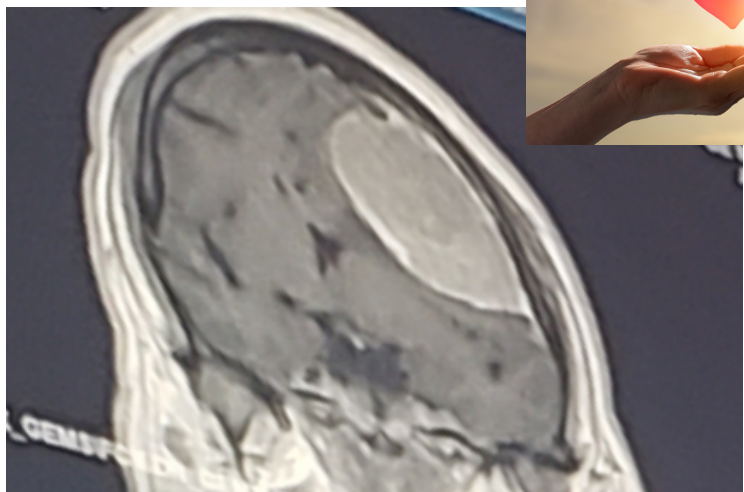


At HDMS we are very excited to be a part of the effort to grow our own food as the new playground develops to include vegetable gardens. Even though the weather is not yet ideal for vegetable growing, we can already start at home the germination and sprouting phase. Here are some fun and exciting [tips](#).

Spring is around the corner!
The greenparents@hdmsreno.com

PLEASE HELP THIS HDMS FAMILY IF YOU CAN

One of our HDMS Lower El parents, Diana Ballesteros, had a brain tumor removed in February. She went in this week for a second surgery because of an infection. She is a single mom with two children. When our teacher asked if she needed anything, she asked that we share her [GoFundMe](#).



NOTES FROM THE ELEMENTARY TEAM

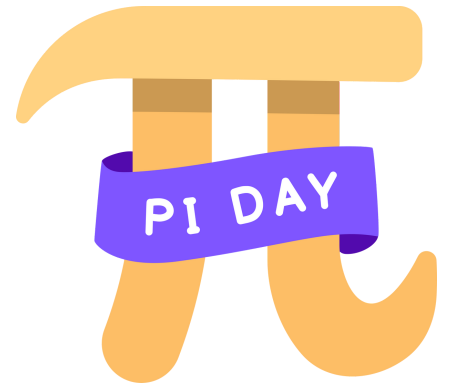
LOWER EL PIE DAY

Elementary Needs:

The following for Pi Day. Please send in by Friday, so we know what to purchase over the weekend.

Please be aware of nut allergies.

- 48 english muffins
- 4 - 29 oz cans of tomato sauce
- 5 - 2 lb bags of mozzarella
- 1 bag of vegan mozzarella
- 10 pre-made graham cracker pie crust (2 per class)
- 5 (8 ounces) boxes cream cheese, at room temperature
- 5 cans (14 ounces) sweetened condensed milk
- 5 - 1/2 cup lemon juice (fresh is best)
- 150 pencils
- 150 push pins
- Recycled cardstock/manilla folders
- 18 parents to help from 8:45 - 11:45 (4 parents that are willing to sing and play the Ukulele)



RUBY CLASSROOM

At conferences, we have been talking about FOMO (Feel of Missing Out). As promised, I have been looking for ways to help with it

1. Talk about social media and try a low-media diet. Check out this website: <http://www.digizen.org/parents/>
2. Nurture JOMO. The Joy of Missing Out, JOMO, is the opposite of FOMO. It's the feeling of freedom and even relief that we've unplugged and are fully present in the moment. To encourage more JOMO and less FOMO, parents can help guide kids toward personal contentment with more phone-free activities such as reading, journaling, face-to-face conversations, outdoor activities, and practicing mindfulness. Other ways to encourage JOMO: Remind kids they have choices and don't have to say "yes" to every invitation and to ask themselves, "Is this something I really want to do?" Also, consider challenging them to turn off their phone notifications, try a digital cleanse for a day or even a week, and read and discuss this great JOMO Manifesto together. A big perk of embracing JOMO is also "missing out" on some of the digital risks such as oversharing and risks to reputation and privacy.

JOMO Manifesto

LET US BE THE ONES:

- who build communities; who know each other's names.
- who spend our time well; who live every hour of every day.
- who love ourselves; who embrace our strengths and weaknesses alike.
- who live for today; that savor our experiences.
- who waste no thought on what we don't need.
- who embrace our humanity; who would rather feel pain than feel nothing.
- who know true riches; who value human connection, what is truly real, above all.
- who are courageous; who choose adventure over regret.
- who are generous; who give our loved ones our whole hearts and attention.
- who have joy; that choose love over fear.

Gratitudes:

- all who attended Montessori Through My Eyes
- Mimi from helping on Tuesday and next Friday
- Erin for volunteering for Pi Day
- Mercedes for volunteering for Pi Day
- Stephanie for donating tomato sauce
- Janine for donating english muffins
- Anyone who has helped with snow removal throughout the winter

VIRGINIA CLASSROOM

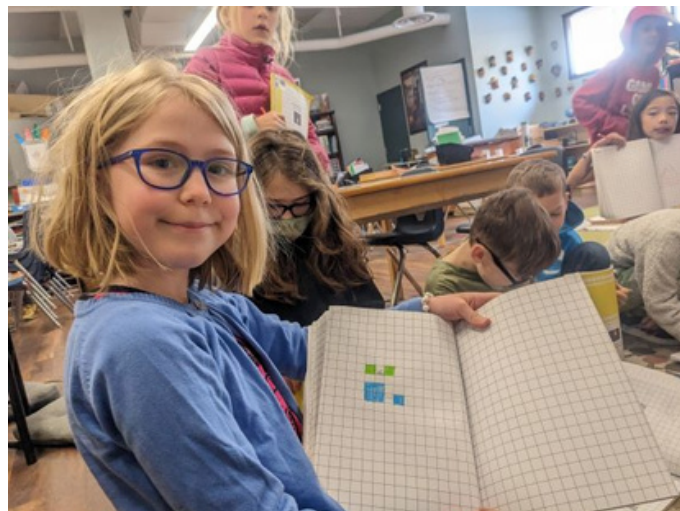
Thank you to everyone who was available for Montessori through My Eyes. It was fun, I will see you all soon for conferences. For my 3rd graders. We will start visits to upper elementary soon. :)

The children are learning about time zones. If you have some real life examples at home please reinforce this idea by talking about them or calling that friend who lives in Australia. But figure out what time it is so you don't wake them up!

Sign up for conferences [HERE!](#)

We need Volunteers for Pi Day. March 14. We will have a rotation of stations and I will need 5 adults to help from 9am -11:45. If you would like to help please let me know in an email.

There are still [snack sign ups](#) left. The children are eating a lot lately.



Maia shows off her geometry work.

EXCELSIOR CLASSROOM



Please click on this [link](#) to schedule a parent and teacher conference.

NOTES FROM THE ADOLESCENT TEAM

ADOLESCENT SPRING DANCE!

The Adolescent Program Spring Dance was a success. Students had a great time dancing, playing balloon volleyball and enjoying each others company. Students made \$90 to go towards our Middle School van. Thank you Bianca, Lamora, Monica, Ayllette and Ruby, for putting this fun event together!



ADOLESCENT ENVIROOLUTION COMMUNITY CONTRIBUTION

Adolescent students went to the Envirolution Center in Reno to support their efforts in building basic STEM kits (electric motor kits) for elementary and secondary school students. This was an awesome opportunity for our students to contribute to the greater learning community.

Envirolution's mission is to inspire and empower the next generation of leaders and workers who will drive the growth of a sustainable economy. They focus on hands-on service learning, their programs not only provide career development for students, but also enable our participants to give back to their communities.



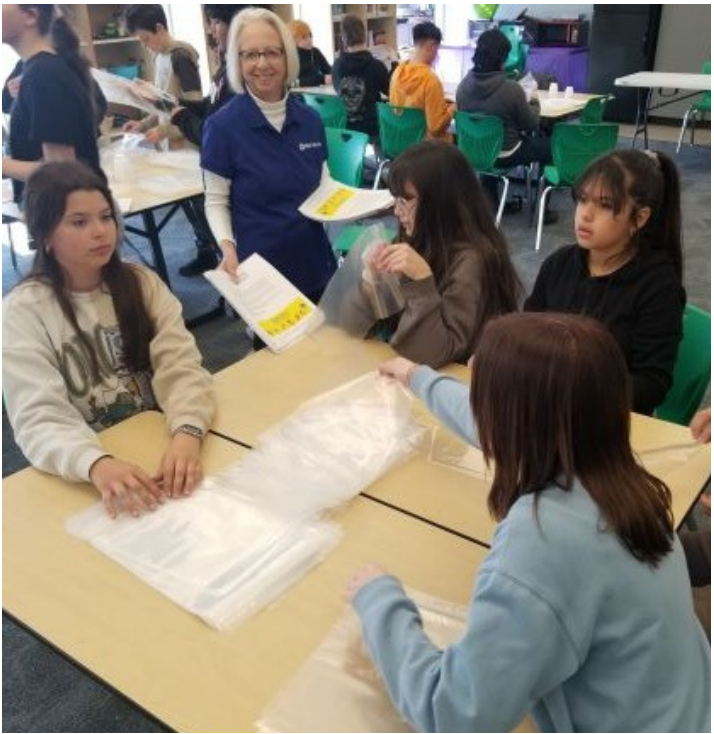
EXPLORING WASHOE COUNTY CREATIVE EXPRESSION

Exploring Washoe County students toured UNR and the Keck Museum at the School of Mines.



ADOLESCENT PUBLIC SERVICE PROJECTS

For public service projects, students assembled classroom supplies for PBS.



FREE COMMUNITY EVENTS

- For Kids Foundation: 4th Annual Warm Coat Event
 - Saturday, March 11th from 10 am to 1 pm.
 - Giving away 500 adult-sized coats, 1300 pairs of socks, backpacks, and more!
 - Free to families in need. No need to register or RSVP in advance.

FOR KIDS FOUNDATION
PARTNERED WITH RC WILLEY HOST THE

4TH ANNUAL WARM COAT EVENT

**SATURDAY, 3/11/2023
10 AM TO 1 PM
RC WILLEY STORE, RENO**

Free to families in need.
We will have 500 coats (some children, mostly adults—think Moms and Dads!) - 1300 pairs of Bombas Socks (XS-XL) - 100 Backpacks - Some Toys/Craft Supplies

Follow us on Facebook for live updates of remaining inventory the day of the event!



Funding the urgent, unmet needs of Northern Nevada children (birth to age 21) since 2003.



Your Home. Your Way.
The RC Willey Home Furnishings store in Reno, Nevada, has been serving the needs of Washoe County shoppers since 2005.

Thanks to a generous donation from Clothes4Souls.org Macys, and Bombas we have limited quantities of coats and socks for our community's families.
ForKidsFoundation.org - 775-741-5231




GIVE KIDS A SMILE





This event is for uninsured children 18 years of age and younger
Qualified children will be placed with local dentists for **no-to-low cost** dental care if additional treatment is needed.
Raffle prize drawings



TMCC Dental Clinic

Saturday
APRIL 29, 2023

8am-1pm

Free Dental Screenings

- ✓ Exam
- ✓ Fluoride Varnish
- ✓ X-rays
- ✓ Sealants

Where: Truckee Meadows Community College
7000 Dandini Blvd, Reno, NV 89512 Red Mtn Building, 4th floor, Room #415




Appointments are required

For more Information please contact Norma at (775)982-7989
norma.estrada@nndhp.org

- NNDHP: Give Kids A Smile Day
 - Saturday, April 29 from 8 am to 1 pm.
 - Free dental exams, fluoride varnish, and sealants for uninsured children ages 18 and younger.
 - Qualified children are then placed with a local dentist for no-to-low cost dental care.
 - Appointment required. Leave a voicemail for Norma at 775.982.7989 or email norma.estrada@nndhp.org.

- CASA: Biggest Little Easter Egg Hunt & Resource Fair
 - Saturday, April 1st from 9 am to 1 pm. Rain or shine!
 - Help Washoe CASA Foundation celebrate Recognizing Child Abuse Prevention Month. Free, open to the public, no registration required.
 - Free event will feature over 50,000 Easter eggs, music, good, games, face painting, art activities, the Easter Bunny, and more!
 - Event will feature an Adapted Egg Hunt for those with disabilities or sensory sensitivities and a Calming Room for those that need less sensory input.
 - Free dental screenings for anyone below 20 years of age (no insurance necessary).

BIGGEST LITTLE EASTER EGG HUNT & RESOURCE FAIR
RAIN OR SHINE!

RECOGNIZING CHILD ABUSE PREVENTION MONTH



APRIL 1, 2023

Boys and Girls Club of Truckee Meadows
2680 East Ninth Street

JOIN US FROM 9 AM TO 1 PM
CHILDREN 12 AND UNDER

Event schedule

Resource fair begins: 9 am
Adaptive egg hunt: 10 am
Age group egg hunts*: 11 am

*Specific timing coming soon

For questions and information:
Tiffanie Story,
TSVOCALSTUDIO@HOTMAIL.COM
or 775-225-2689



CASA
Court Appointed Special Advocates
FOR CHILDREN
WASHOE CASA FOUNDATION

YEARBOOKS FOR SALE

Visit www.buytheyearbook.com
and enter School ID 708241



Yearbooks for sale!

Early ordering starts now
for \$20

Orders after April 8th go up to \$25

Order Now!!

Visit www.buytheyearbook.com
and enter School ID 708241



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

Visit www.chesswizards.com for more info!

bilingual/trilingual
YOGA

Spring Yoga Session
Enrolling Now
April 4 - May 26

Reminder:
No Class March 10 - April 3



Links aren't clickable on some versions
of the HDMS newsletter:
<https://forms.gle/UtTb7eAoQBYr4pxg7>



Children's Yoga

Tuesdays or Thursdays
3:50-4:40 pm

Adult Vinyasa

Fridays ~ 3:45-4:45 pm

HDMS Library ~ Yoga Mats Provided
Bilingual-ish (English/Spanish) + some Sanscrit

Alegria.A.Day@gmail.com ~ 775.312.3645

KellyB@HDMSReno.com