



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL/DIRECTOR, MR. ERIC



This Friday, HDMS will be having our first professional development and training day of the school year. You may be wondering what could be so important that we are closing all programs. On regular school days, and even our Wednesday early release days, it is impossible to get the whole staff together to have important meetings and trainings to address programs we are implementing and to improve the safety of our school.

This Friday, the staff will be spending time working with school district trainers on social and emotional learning topics, as well as with school district safety officers on first aid and evacuation procedures, in the event of an emergency. These types of training are critical to maintaining the safety of our school, as well as addressing the needs of our students.

We will have four more professional development staff work days. They will happen on November 20th, December 22, February 16th, and May 10th. We understand that closing the school to students can be a bit of a hardship to families, but we feel the value of these training opportunities is priceless.

Thank you for your understanding and support of HDMS. Enjoy your four-day weekend.

Sincerely,
Mr. Eric
Eric@hdmsreno.com

UPCOMING EVENTS

9/1/23: TEACHER WORK DAY- NO SCHOOL FOR ALL PROGRAMS

9/4/23: LABOR DAY - NO SCHOOL

9/6/23: FALL PICTURE DAY

9/8/23: HEALTH SCREENINGS (1ST, 4TH & 7TH GRADES)

9/15/23: 2ND CUP OF COFFEE WITH ADMIN.

9/20/23: TWO-HOUR EARLY RELEASE

9/21/23: 5:30 PTO MEETING [ZOOM LINK](#)

9/27/23: 5:00 HDMS BOARD MEETING

9/28/23: NNLC LITERACY NIGHT

9/29/23: JOG-A-THON



A MESSAGE FROM OUR ASSISTANT PRINCIPAL, MISS KALEIGH

How do teachers become Montessori trained?



Did you know that it can take 2 years or more for teachers to complete their Montessori training? Teachers who commit to teaching at HDMS already have their Bachelors and or Masters degrees when they start working here. On top of their teaching degrees, teachers who teach at HDMS then agree to attend Montessori training.

The teachers commit to attending training during the summer- often spending the summers away from their home and families. They also work on completing assignments throughout the school year.

In the twenty years HDMS has been a school, we have had a handful of teachers come to us already Montessori trained. The majority of our teachers commit to going to training after their first year of teaching at our school. This is a major commitment! We truly appreciate the commitment our teachers give to the school, the students and our community.

FALL PICTURE DAY!

Fall Picture Day is right around the corner on Wednesday, September 6, 2023. Check your email for information directly from Lifetouch on how to order, or visit www.mylifetouch.com and enter code EVTH98SHN to locate the High Desert Montessori School event.



FREE BREAKFAST & LUNCH MENU

Our full breakfast and lunch menu can always be found on our website at <https://www.hdmsreno.com/free-school-lunch-breakfast/>

28 Bagel & Cream Cheese or Jam w/ Fruit & Milk	29 English Muffin w/ Turkey Sausage & Cheese (veg cheese) w/ Fruit & Milk	30 Belgian Waffle w/ Organic Agave Syrup, Fruit & Milk	31 Quesadilla w/ Fruit & Milk	1
Pesto Chicken Pasta (Veg. option is Pesto w/veggies) w/ Fruit and Milk	Bean & Cheese Burrito (Veg.) w/ Fruit & Milk	Pepperoni (Vegetarian) w/ Fruit & Milk	Chili w/ Chips (vegetarian) w/ Fruit & Milk	
4	5 English Muffin w/ Turkey Sausage & Cheese (veg cheese) w/ Fruit & Milk	6 Belgian Waffle w/ Organic Agave Syrup, Fruit & Milk	7 Quesadilla w/ Fruit & Milk	8 French Toast Casserole w/ Fruit & Milk
	Beef Tacos (Veg. Option is Refried Bean Taco) w/ Fruit & Milk	Cheese Pizza w/ Fruit & Milk	Chicken Drumsticks & Veggie Rice w/ Fruit & Milk (veg. option Chickpeas Stew)	Tuna Salad Sandwich (veg option is Cheese Sandwich) w/ Fruit & Milk

SUPPLY FEES

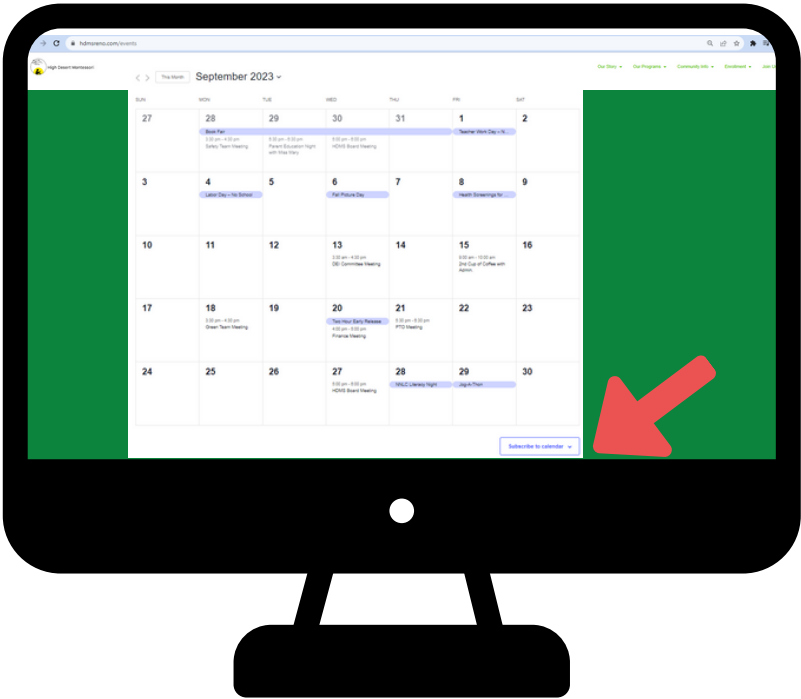
65% of supply fees have been paid.

If you have not made a payment by the end of September, you will receive an invoice from the school for a supply fee. Your payment can be run via credit card, can be mailed in, or dropped off at the front desk.

We understand that times are tough for many families but know that the price of a Montessori Education is well worth the investment! If you need to work with the school to make payments towards the supply fee, please contact our Business Office at 624-2800 extension 3 or email Sherrie at sherrie@hdmsreno.com. We are happy to work with families needing this assistance.



EVENTS CALENDAR

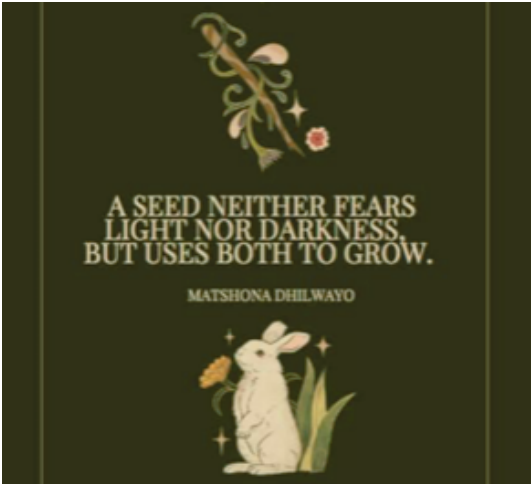


Looking for a simple way to keep track of days off, early releases and events at HDMS? Simply upload the HDMS website Events Calendar into your online calendar! Visit the HDMS website for easy access to all of these events.

<https://www.hdmsreno.com/events>
Click on "Subscribe to calendar" at the bottom of the calendar to add the HDMS calendar to your online calendar on your phone or computer.

NOTES FROM MISS MARY, OUR SCHOOL SOCIAL WORKER

Thank you so much to those who attended Parent Education Night this week. We discussed supporting the Montessori learning environment by guiding your children in practical life skills and work at home (see article [here](#)). We discussed topics such as making sure your child has access to materials that support independence (a stool near the sink for dishwashing, Math skills when shopping, cooking, measuring, access to outdoors and social connections etc.).



We also reviewed and discussed the Four Planes of Development within the Montessori Pedagogy (see article [here](#)). What Plane of Development is your child in? How does their development impact their learning?

Please review the articles and implement what you can. Please reach out to your Montessori Guides (Teachers), Miss Kaleigh, or myself if you have questions, would like to schedule an observation or have specific topics you would like to discuss at our next meeting.

Watch for an Invitation in the second quarter for Parent Ed Night #2!

NOTES FROM OUR PTO

- Thank you to everyone who came to the book fair! Paper Pie did such an amazing job putting this together and the turnout has been fantastic.



- Our school calendars are still available for sale! Each calendar features artwork from our very own HDMS students and comes complete with all school important dates built in (never miss an early release day again!). [Click here to order](#) \$35 each.
- Keep in touch with all PTO events/activities by visiting us on [Facebook](#), on [our website](#) or by joining our [GroupMe chat](#).

Notes from the PTO Meeting:

Treasurer's Report

- Funds getting too low, and we need new fundraising ideas.
- Funds are used to support teachers, back-to-school breakfasts, PTO events, a portion of fees for teachers to attend Spring Montessori conferences, and grants requested by students.
- Hoping the 50/50 raffle and Brews and Bites can help

Upcoming Events

Bocce Night

- Changed time to 3:00 PM

Brews and Bites

- Currently our biggest fundraiser
- February 24th
- Need committee members to help organize

50/50 Raffle

- \$50 per ticket hoping to raise \$10,000 (\$5,000 would go to the winner, \$5,000 to PTO)
- Hopefully, this will get us enough to help pay for Montessori conferences for teachers
- Working on how to do this digitally
- Hoping to draw winners in November

BooHoo Kits

- Fun and successful
- Thinking of better, more inclusive ways of doing these kits

Spring Picnic

- Reserved Pavilion at Rancho San Rafael for May
- Family-friendly, potluck style
- Free

Adolescent transition event

- We've been working on an event to help adolescents transitioning to high school since the adolescents are responsible for research on their own, thinking of hosting an event and resources for parents of adolescents
- Resources would include information about local high schools, deadlines, paperwork, etc.
- Needs to happen in October before deadlines start
- Need committee members to help organize

NOTES FROM THE GREEN PARENTS GROUP

Now with the new school year rolling, we are yet again asking ourselves and our kids how to fill their tummies in a healthful way. The HDMS handbook has some great suggestions ([page 48](#)) that also work at home. Whenever able to, avoid single-serving items, like uncrustables, string cheese, packaged cracker sandwiches, etc. These items are usually more processed -so less healthful- and always create unnecessary waste. Moreover, any plastic packaging may release harmful chemicals into the food it touches ([consumer reports](#)). The alternative is to buy food in larger quantities and with as little packaging as possible. Fresh fruit and vegetables are great! Prepare sandwiches and snacks at home, and pack everything in plastic-free reusable containers, such as stainless steel boxes, glass jars, beeswax wraps, etc.

Questions or comments?

greenparents@hdmsreno.com



PRIMARY PROGRAM

PRIMARY FUNDRAISER



SUPPORT OUR FUNDRAISER!

HDMS Primary Program

Buy Mabel's Labels waterproof, durable labels to help reduce classroom mix-ups and keep your items coming home!



The Primary Program is excited to announce our first fundraiser of the year! We are partnering with Mabel's Labels this year. The company makes high quality, personalized labels to help you keep track of all of your child's belongings! These are perfect for any school-aged child.

Please consider supporting this fundraiser and using the link here to shop: campaigns.mabelslabels.com
Type in "HDMS Primary Program" to find and support our school.

Go to campaigns.mabelslabels.com and search for

HDMS Primary Program

PINE NUT CLASSROOM

The returning Pine Nut children have loved being mentors to our new students and our oldest children have been getting lessons on how to give lessons. Our kindergarten children love to help our younger friends by reading to them, helping them count, and helping them get ready for recess and walk in line.



ELEMENTARY PROGRAM

EXCELSIOR CLASSROOM

Thank you to our families for purchasing books for our class from the book fair.

Wishlist:

- rags/hand towels to clean our tables

Reminders:

- children need to bring water bottles, silverware, a cup for milk, & 2 napkins.
- If possible, please bring indoor shoes.
- Scholastic book orders can be placed online. The class code for online orders is Z6DDY and orders are due September 15, 2023.



RUBY CLASSROOM

- [Back To School Night](#)-click link to view the slideshow from the event.
- Communication
 - [Transparent Classroom](#) a program that updates you on lessons and practice. It takes the place of worksheets sent home. The parent portal looks different than the teacher portal, so if you need help accessing the information, please set up a meeting with me.
 - [HDMS Newsletter](#) is where I try to put most updates, information, and class information. Please reach out to me if you can't view it.
 - Email is the media you can use for absent notes, concerns, and questions about the school.class. I try to limit the emails I send to you.
 - Text please let me know if this works better than email
- School-age friendships: how to support them
 - Your child's world gets bigger when they start school. Relationships with other people — like the children in your child's class at school — become more important.
 - Friendships are good for your school-age child's self-esteem. When your child has close friends, your child feels like they belong. Your child's friends care about your child, and this helps your child feel good about themselves.
 - Friendships also help children develop important life skills like getting along with other people and sorting out conflicts and problems. Children with these skills are less likely to have social and emotional difficulties later in life.
- Meet Our Student Teacher

Hello Everyone,

I am so excited to have the opportunity to be in the classroom with the Ruby class for my student teaching internship toward my degree in Early Childhood Education. My name is Elena De La Paz and I use they/them pronouns. I grew up jumping around Central California and moved to Las Vegas at the end of middle school. I decided to move to Reno for school as a first generation student, and the learning curve was a lot but I managed to go this far with the help of friends! Initially, my degree path was in Pre-Veterinary science, but with a lot of thinking time throughout the pandemic I switched over to early education. Before this internship I worked at the Child Family Research Center on campus in the Sarah Fleishman building for almost 2 years with a class starting in the 2s room and was able to work with them until they were 4! It was an awesome experience to bring my knowledge of child development with me into a classroom everyday and bring my own background into my interactions with them. I am proud to be a first generation Chicano student coming from a low income family, and I love sharing my perspective of the world with children and learning more about theirs.

The CFRC allowed me to learn more about different styles of being an educator, specifically the Reggio Emilia philosophy. I enjoy the idea of allowing more autonomy in children's learning, and this brings me to my intentions for this internship. I would love to continue studying other styles of teaching within the Montessori school and continue to imagine ways that we can implement these practices in a district classroom. I hope to broaden the conversations within how we imagine a classroom's day- to-day, and would also like to dismantle many injustices that I have noticed within the education system. I have learned something new every day working with your children even in these 2 weeks, and I hope to continue this and learn more about their interests. So far I have seen their appreciation for nature, their efforts in exploring the idea of leadership, and the emotions that come along with taking that next step in their learning journey. Jamie is such a gem to be with in the classroom, and I appreciate the guidance she is providing me throughout the experience.

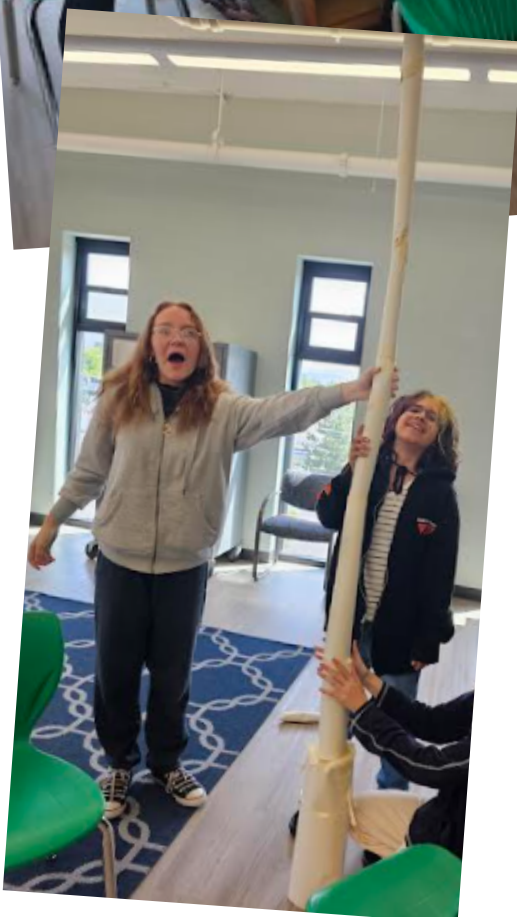
Volunteers and Gratitude

- [Ruby Wish](#) use this link to purchase items for our class. Ship to 101 Fantastic Dr Reno, Nevada 89512.
- Thank you
 - Debbie for volunteering on Tuesday afternoons
 - Gonzalez family for purchasing vinegar
 - Families who participated in the Book Fair
 - Families that attended the PTO, Board Meeting, Education Night, and/or Back to School Night

ADOLESCENT LEVEL

ADOLESCENT SCIENCE: PAPER TOWER CHALLENGE

Our adolescent students began the year by performing the "Paper Tower Challenge" with their new table groups in science class. This was a great team building activity that promotes creative thinking, problem solving and effective communication. In addition, it was an opportunity to introduce NGSS Science and Engineering practices (NGSS - Next Generation Science Standards). Students were given certain criteria and constraints when building their towers, such as a 30 minutes time limit and finite materials. It was fantastic to see the amount of student teamwork and enthusiasm that went into this project.



ADOLESCENT COMMUNITY SERVICE PROJECTS

Adolescent students learning how to care for our school van.



ADOLESCENT PUBLIC SERVICE PROJECTS

Students collaborating on how to give back to the community.



DONATIONS WANTED FOR PUBLIC SERVICE PROJECT

Have an old bike you no longer need? For my school public service project, I will be cleaning and restoring old bikes (even those that have grown rust) and then donating them to the Reno Bike Project.

I will be glad to accept any bikes that you want to donate.

My email is w.powell@hdmsreno.com

If you would like to donate a bike, it can be dropped off at the front door of the school. Please let the front desk know so that they can store it safely until I can get it.



ADOLESCENT COMMUNITY SERVICE PROJECTS

Cleaning our schools common spaces and assembling a TV stand for the Toiyabe classroom. Do you need anything organized? Built? Repaired? Please contact Miss Monica monica@hdmsreno.com



ADOLESCENT HIKING CREATIVE EXPRESSION CLASS

1st Quarter Hiking stopped to check the Truckee River water level.



YOGA

Sept. – Oct.
Yoga Session
Sept. 7 – Oct. 26

HDMS Library
Yoga Mats Provided
"Trilingual" Classes:
English/Spanish/Sanskrit



[https://forms.gle/16
sn7BvRWAUxtrm58](https://forms.gle/16sn7BvRWAUxtrm58)

Children's Yoga
(5- to 8--year-olds)
Thursdays 3:30–4:20 pm
Stretch & Flow
(Adult-paced class)
Fridays 3:30–4:30 pm



Alegria.A.Day@gmail.com

KellyB@HDMSReno.com

CHALLENGE ISLAND FALL BREAK CAMP

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



Because you can never have enough slime! Introducing a brand new ooey, gooeey, squishy, squashy slime-drenched camp extravaganza! Learn the science behind the slime while you make tons of different kinds of the addictively playful polymer - we've got you and your tribe covered (in slime, that is!). Don't miss out on this Challenge Island Bestselling Camp!



SLIMETOPIA CAMP

FALL BREAK CAMP

When: October 2-6

Time: 9am-4pm (8:30 early drop-off and 4:30 late pick-up available)

Location: High Desert Montessori School

More Info/Register:

<https://login.challenge-island.com/eventDetail.php?record=21655>

Questions: Contact Megan Cargile at 775-813-2411 or mcargile@challenge-island.com

