

THURSDAY 9/7/2023



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL/DIRECTOR, MR. ERIC

High Desert has always prided itself on being a community of partners whose goal is to nurture our children to become the best that they can be as future citizens of the world. This includes our amazing teachers and staff, volunteers, as well as the children themselves.



Today I would like to say something about the amazing groups of parents who are so important to what we do here at HDMS. Our green parents group is ramping up their activities for this school year in hopes of helping our community become more environmentally responsible. Our diversity and inclusion group is looking at ways to increase awareness around equity in our community. As always, our PTO is an amazing group of energetic parents who help us in so many ways. If you are interested in participating in any of these groups or just want to help out in your child's classroom in a small, independent way, please reach out to me or to your child's teachers.

Thank you for your continued support of HDMS. I know it's a bit cliché, but it really does take a village.

Sincerely,
Mr. Eric
Eric@hdmsreno.com

UPCOMING EVENTS

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
10/2/23-10/6/23: FALL BREAK - NO SCHOOL
10/11/23: 3:30 DEI COMMITTEE MEETING
10/12/23: ADOLESCENT HIGH SCHOOL CHOICE NIGHT
10/16/23-10/20/23: CONFERENCE WEEK- 2-HOUR EARLY RELEASE ALL WEEK
10/18/23: FALL PICTURE RETAKES
10/18/23: 4:00 FINANCE MEETING
10/19/23: 5:30 PTO MEETING
10/21/23: FANTASTIC FAIR
10/25/23: 5:00 HDMS BOARD MEETING
10/26/23: NNLC LITERACY NIGHT
10/27/23: NEVADA DAY - NO SCHOOL
10/30/23: 3:30 SAFETY TEAM MEETING



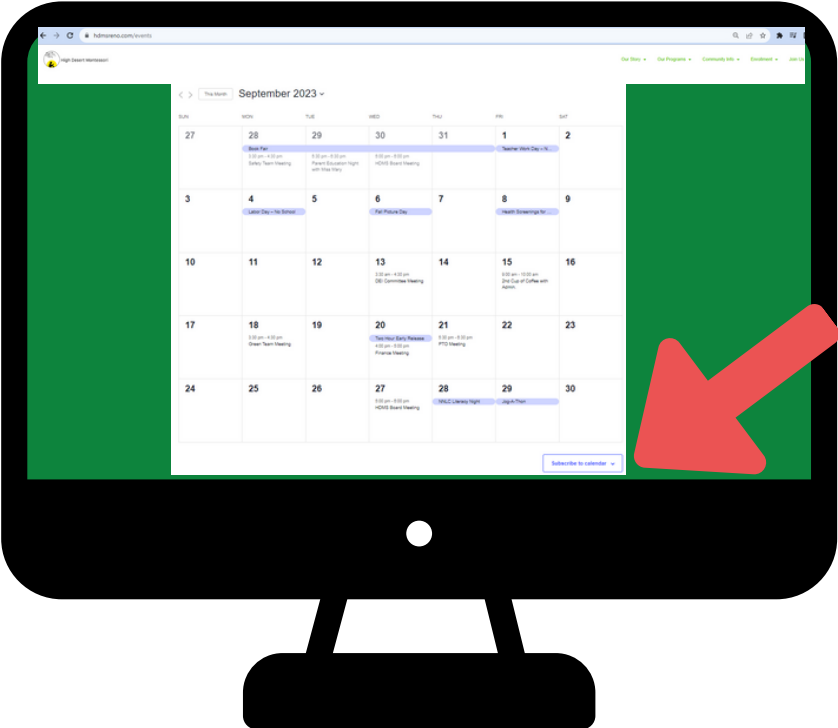
A MESSAGE FROM OUR ASSISTANT PRINCIPAL, MISS KALEIGH

A little HDMS history

HDMS moved into our former building on Orovada Street in 2003. During recent renovations by the building's new owners, this time capsule, dated 2005, was found in the bathroom walls!



FREE 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.

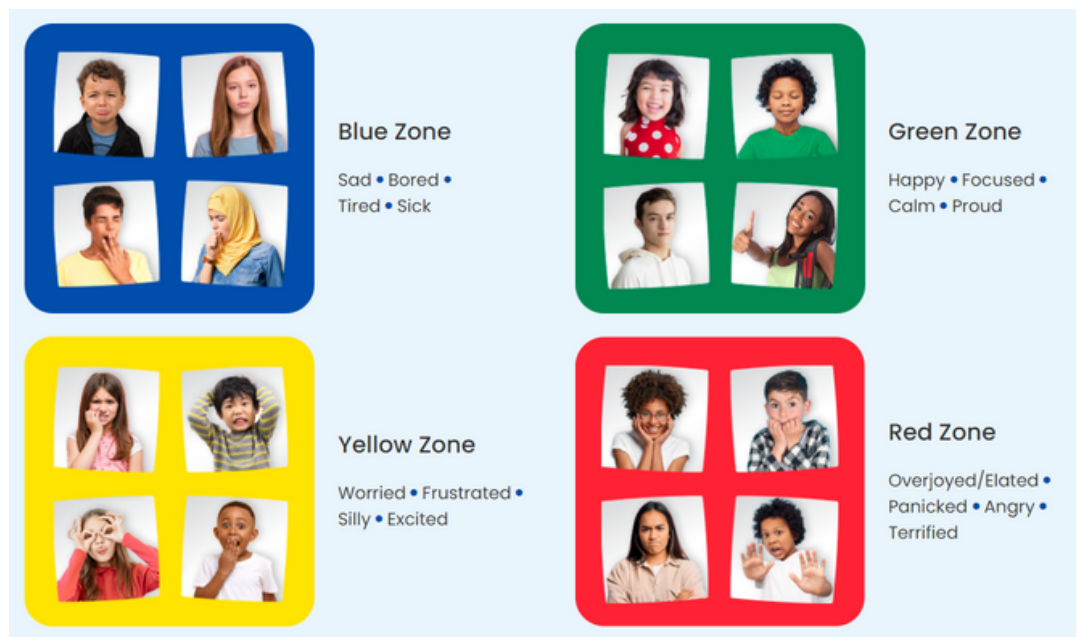
FREE BREAKFAST & LUNCH MENU

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

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
11 Bagel & Cream Cheese or Jam w/ Fruit & Milk	12 English Muffin w/ Turkey Sausage & Cheese (veg option w/ cheese only) w/ Fruit & Milk	13 Belgian Waffle w/ Organic Agave Syrup, Fruit & Milk	14 Quesadilla w/ Fruit & Milk	15 French Toast Casserole w/ Fruit & Milk
Spaghetti w/ meat sauce (veg. option Marinara) w/ Fruit & Milk	Chicken Quesadilla (Veg. Option is Cheese Quesadilla) w/ Fruit & Milk	Veggie Pizza (Vegetarian) w/ Fruit & Milk	Chicken Rice Bowl (veg option Veggie Rice Bowl) w/ Fruit & Mild	Toasted Turkey & Cheese Sandwich (Veg. Option is Cheese Sandwich) w/ Fruit & Milk

NOTES FROM MISS MARY, OUR SCHOOL SOCIAL WORKER

This week, I have been presenting the Zones of Regulation to student groups (<https://zonesofregulation.com/> pioneered by Dan Siegel <https://drdansiegel.com>). You can utilize the resources and materials at home to enhance emotional awareness and regulation. I hope you find these resources helpful and I'd love to hear feedback from some of you at the next Parent Education Night (watch for an announcement after Fall Break).



If you would like to donate any materials or curriculum to HDMS from Zones of Regulation that would be much appreciated!!

NEW AFTER SCHOOL CLUBS WITH MISS MARY



At the students' request, I will be facilitating new "After School Club(s)". There will be an informational meeting at 3:30 p.m. on September 14th in the Jarbidge Classroom. The purpose of the meeting is to: find out what clubs students want, set up club guidelines, and schedule the next meeting.

The intent of the "After School Club(s)" will be to increase social and interpersonal skills, and build community connections and positive self-expression for any interested 1st-8th grade students. I believe this is essential to their social and emotional development as many of our students do not have many opportunities to interact outside of the structure of their academic day. Please encourage your child to come to the information meeting, I want to hear our students' voices!

If students plan "Going-Outs" or Club topics that may be considered controversial, a permission slip will be sent home. There will be no cost for the club and if the students plan anything with a cost associated, they will fundraise. Adult volunteers and community helpers are always welcome! Hope to see you all there!

WE'RE HIRING

HDMS is hiring substitutes at all levels. A sub licence is required to sub for teachers, a background check is required to sub for assistants. Please fill out the substitute application packet on our website and email it to Miss Sherrie at sherrie@hdmsreno.com for more information.



NOTES FROM THE PTO



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.](#)

Upcoming PTO Events

- PTO Meeting via Zoom ([click here to join Zoom meeting](#)) 5:30 PM - 6:30 PM Thursday September 21st
- Third annual PTO Bocce tournament Saturday September 23rd

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 GREEN PARENTS GROUP

Surely most of you have noticed the yellow "No Idling - Children Breathing" signs all around the HDMS parking lot. Many of you may have asked yourselves whether it is actually worth it to turn off the car engine for a short amount of time. IT IS!

Whether you need to wait outside or in the parking lot, like when you arrive early or your kids' dismissal is a bit delayed, please rethink the idling. Idling for the sake of music inside the car or cool air in your face is a choice that has detrimental impacts on the air quality outside of the car, which can be harmful to anyone around - think other kids or staff.

Idling for more than 10 seconds uses more fuel and produces more emissions than stopping and restarting your car, and our modern cars do not even need to idle to warm up in the morning before we set off for school ([more info from the DOE, 2015](#)).

Please rethink your idling so our kids can breathe easy!
greenparents@hdmsreno.com



NOTES FROM THE PRIMARY PROGRAM

mabel's labels
FUNDRAISING

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!



→ Go to campaigns.mabelslabels.com and search for

HDMS Primary Program

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.

SNOWFLOWER CLASSROOM

Snowflowers hard at work growing their brains!



ELEMENTARY PROGRAM

EXCELSIOR CLASSROOM

Birthday celebration:

You are encouraged to send one picture of your child for each year of their life, starting at birth, encased in a sheet protector or Ziplock bag. Appropriate birthday snacks may include fresh fruit and veggies. Please do not send cake, ice cream, frosted items, or other types of sweet food.

Reminders:

- Water Bottle: please send a reusable water bottle with your child daily. Please make sure that it is leak-proof and labeled with your child's name. Children will take it back home at the end of each day to be sanitized and refilled for the next day.
- A cup: please send a reusable cup with your child daily for breakfast and lunch milk. Please label your child's cup with your child's name.
- Napkins: please send utensils and 2 fresh cloth napkins (labeled with your child's name) for your child to use each day. Your child will use one as a place mat and one as a napkin. This is part of our green initiative to reduce waste. There are no facilities for heating lunches.
- Indoor Shoes: to keep our Montessori classroom clean and to increase the children's comfort, we will be wearing indoor shoes inside the classroom. It is important that the shoes are very comfortable, please choose indoor shoes that are lightweight and have a very flexible sole. The shoes need to have waterproof protective soles that protect the children's feet in the bathroom. Ones that are not too warm and have room for socks would be best. Here are some examples:
 1. House shoes
 2. Water shoes with Velcro
 3. Moccasins (without fur)

Characters and sequins are not allowed on clothing or bags.

Please leave all toys at home. This includes school supplies that look like toys and fidgets. If you feel your child needs a fidget, we ask that you meet with your teacher to make special arrangements.

RUBY CLASSROOM

Children at the elementary level have the following tendencies;

- Activity/Work
- Self-Development
- Exploration
- Order
- Communication
- Abstraction and Imagination
- Concentration
- Repetition
- Precision



Observe how your child is experiencing these behaviors. Some students are reading entire novels, writing pages of research, placing the tone bars in order, etc.

Parent Information

Please let me know what is the best way to communicate with you and the times that work best for your busy schedule to hold events.

Volunteers/ Gratitudes

- [Ruby wishlist link](#)
- Thank you to Debbie and Josie for volunteering in our class
- Thank you to Preston for maintaining the grounds
- Thank you to Stacey for helping with our new student

ADOLESCENT LEVEL

PHOTOGRAPHY CREATIVE EXPRESSION CLASS

Photography class took the city bus to the Rib Cook Off to practice taking event photos!



PUBLIC SERVICE PROJECT

Students volunteered at the Humane Society for their public service project.



FUNDRAISER FOR ANIMALS

We are accepting dontations of....
Cat Food, Dog food, Pet Beds, Toys, Leashes,
blankets, and dog bowls

101 Fansastic dr at miss Martha
desk
Students Zoie and Charleigh



YOGA

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

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



<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



STEP INTO MUSIC CLASSES (PRIMARY)

Music class with Mr. Steven will be held on Mondays at 3:30 starting September 11th. \$60 a month
Email Steven.stepintomusic@gmail.com with the following information to sign up.



Step Into Music Registration/Current Information Form

Child’s Name: _____ Birthdate: _____

2nd Child’s Name: _____ Birthdate: _____

Parent’s Name(s): _____

Address: _____ City _____ Zip _____

Email Address: _____

Phone Number _____

SOCCER SHOTS (PRIMARY)

HIGH DESERT MONTESSORI: FALL '23
SEASON

Dates: 9/12/23 – 12/5/23 (Tuesdays, 10
SESSIONS)(No Class 10/3, 10/17, 11/21)
Ages: 3-6
Time: 3:30p (children not in afterschool
care); 4:05p (children in afterschool care)
Cost: \$160 (+\$30 registration fee covers
Fall '23 through Summer '24)(split
payment available)
Enroll Here:
<https://reno.soccershots.com/hdms>





Impactful science, inspiring solutions.

UPCOMING EVENT

BRING THE FAMILY!!!

DRIVE-IN FOR SCIENCE

SEPTEMBER 16
7 PM - 9 PM
CHILDREN \$5
ADULTS \$10

SCIENCE DISTILLED

DOUBLE FEATURE
"THE WHALE DETECTIVE" & "OCTOPUS: MAKING CONTACT"

GET YOUR TICKETS!

Made Possible with Support From

PBS Reno CORE



A NOVA Science Café presented
by **DRI** and **The Discovery**

DRIVE-IN FOR SCIENCE

September 16, 2023, 7:30 pm

Bring the family!