



# HDMS WEEKLY NEWSLETTER

## A MESSAGE FROM OUR PRINCIPAL/DIRECTOR, MR. ERIC

As a Montessori school, peaceful coexistence and embracing cultures are embedded in our values. Our JEDI Collaborative (Justice, Equity, Diversity, and Inclusion) is working hard to produce a statement that our school can use to acknowledge the generations of indigenous peoples who were stewards of the land HDMS currently calls home.

In the communing weeks, I will be asking the board to approve a draft statement recognizing the peoples who were here before us, the Numu (Northern Paiute), Wašiw (Washoe), Newe (Western Shoshone), and Nuwu (Southern Paiute). This statement will surely spark in the minds of our young people, the curiosity to recognize these peoples and to learn more about their cultures, and how they relate to them.

Thank you for supporting this proud heritage and for supporting the High Desert Montessori community.

Sincerely,  
Mr. Eric

## UPCOMING EVENTS

1/8/24-2/9/24: PTO CLOTHING DRIVE  
1/18/24: 5:30 PTO MEETING [LINK](#)  
1/19/24: 9:00-10:00 SECOND CUP OF COFFEE WITH ADMIN.  
1/22/24-1/24/24: TOIYABE & DESATOYA UPPER EL SCIENCE CAMP  
1/24/24-1/27/24: SIERRA & JUNIPER UPPER EL SCIENCE CAMP  
1/24/24: TWO-HOUR EARLY RELEASE  
1/25/24: 5:30 NNLC LITERACY NIGHT  
1/29/24: 3:30 SAFETY TEAM MEETING  
1/30/24: SIXTH GRADE PROJECT INFORMATION MEETING  
1/30/24: NEW PARENT SEMINARS  
1/31/24: 5:00 HDMS BOARD MEETING  
2/12/24: 3:30 GREEN TEAM MEETING  
2/15/24: 5:30 PTO MEETING [LINK](#)  
2/16/24: STAFF WORK DAY - NO SCHOOL  
2/19/24: PRESIDENT'S DAY - NO SCHOOL



# What is the Pink Tower?

Walk into any Primary classroom, and your eyes will be drawn to the Pink Tower. At over 5' in height, this pink material draws attention. Why is the Pink Tower pink? When Maria Montessori experimented with different colors, pink was chosen most frequently by the children she was working with. As a sensorial material, the Pink Tower helps young children with hand-eye coordination, fine motor skills, and visual discrimination of dimensionality-differences in each cube's height, width, length and weight. It is a well-loved, well-used material in the Primary classroom.



## 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/>

15	16 Croissant w/ Fruit & Milk	17 Pancakes w/ Fruit & Milk	18 Quesadilla w/ Fruit & Milk	19 Bagel w/ cream cheese w/ Fruit & Milk
	Beef Burrito(Veg. Option is Refried Bean Burrito) w/ Fruit & Milk	Cheese Pizza w/ Fruit & Milk	Crispy Chicken Sandwich on a Bun w/ Fruit & Milk	Toasted Ham & Cheese Sandwich (Veg. Option Cheese Sandwich) w/ Fruit & Milk
22 Belgian Waffle w/ Organic Agave Syrup, Fruit & Milk	23 Croissant w/ Fruit & Milk	24 Pancakes w/ Fruit & Milk	25 Quesadilla w/ Fruit & Milk	26 Bagel w/ cream cheese w/ Fruit & Milk
Spaghetti w/ meat sauce (veg. option Marinara) w/ Fruit & Milk	Chicken Quesadilla (Veg. Option is Cheese Quesadilla) w/ Fruit & Milk	Veggie or Cheese Pizza w/ Fruit & Milk	Chicken soup w/ Fruit & Milk	Beef Burger (Veg. Option is Vegan Patty) w/ Fruit & Milk





Gratitude Alert! A big THANK YOU to everyone who has generously donated used clothing to our PTO fundraiser! Your support means the world to us. We're still in need of more items, so if you have any gently used clothes, textiles, or shoes to spare (now's the time to clean out those closets!), please drop them off during before care or in the Linger Longer lane or the big white storage unit during drop off.

Also, we could use some helping hands to move the bags. If you're available any day after drop off please email us at [pto@hdmspto.com](mailto:pto@hdmspto.com) Let's make this fundraiser a success together!

Hurry, 50/50 Raffle tickets are flying off the shelves! This raffle is open to everyone, not just HDMS parents/staff, so share the excitement with your family and friends. Secure your chance to win a \$5,000 prize by purchasing your \$50 ticket today! [Click here to grab yours](#) before they're gone!

We're gearing up for an amazing silent auction, and we need YOUR support to make it a success! Join us in making a difference by donating items for our silent auction. Whether it's a unique item, a service, or a gift card, your contribution will help raise funds that directly benefit High Desert programs and initiatives.

## Upcoming PTO Events

- PTO Meeting via Zoom ([click here to join Zoom meeting](#)) 5:30 PM - 6:30 PM Thursday, January 18th
- Brews and Bites February 24th
- Bocce Ball February 3rd 6:00 PM
- Spring Picnic May 19th

# FUNDrive®

savers | value village

## What we accept

**All items must be in good, clean, and sellable condition.**



**CLOTHING** Men's, women's and children's



**SHOES** Men's, women's and children's



**TEXTILES** Towels, sheets, blankets, pillows, curtains, tablecloths



**ACCESSORIES** Hats, mittens, scarves, ties, socks, purses, wallets, backpacks, bags

*We cannot accept:*

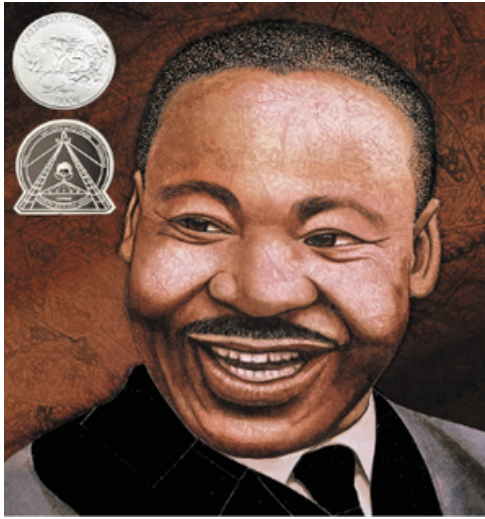
Mattresses, baby gear, appliances, large furniture, auto parts, building materials, cleaning products, tires, flammable materials

# NOTES FROM THE JEDI COLLABORATIVE



## ☀️DR. MARTIN LUTHER KING JR ☀️

"Civil Rights leader Dr. Martin Luther King, Jr., never backed down in his stand against racism. Learn more about the life of this courageous hero who inspired millions of people to right a historical wrong." Learn more 🖱️ [National Geographic Kids](#) 🖱️.



## ☀️GET INVOLVED ☀️

Please fill out 🖱️[this survey](#) 🖱️ or email [Martha@HDMSReno.com](mailto:Martha@HDMSReno.com) if you are interested in attending or getting involved.

# NOTES FROM THE ELEMENTARY TEAM

# NOTES FROM THE EXCELSIOR CLASSROOM



We will be attending a field trip to the discovery museum on Jan 26. Please find the information for the trip in the link below and fill out the permission form.

<https://forms.gle/Ap5oCoW5AjiZRqui7>

Scholastic book orders can be placed online. The class code for online orders is Z6DDY and orders are due January 31, 2023.

# SIXTH GRADE PROJECT INFORMATION

## Sixth Grade Project Family Information Meeting

The upper el team is holding a family information meeting for the sixth-grade projects Tuesday, January 30 from 4:15 - 4:50 in the second floor library just before the new parent seminar for middle school. We will give an overview of the expectations and process for the project as well as leave time for you to ask questions. The middle school teachers will be presenting information about what you can expect next year in middle school. We hope to see you there!

## Volunteers for Sixth Grade Project Proposal Committee Needed

The upper elementary team is seeking volunteers to come in for 2-3 hours on the mornings of Feb 6, 7, 8, or 9. The sixth grade project is the culmination of the academic and creative experience of elementary at HDMS. The proposal is an important part of their process in order to organize their ideas, make a plan, and receive advice and encouragement from adults in our community. This is a great way to get directly involved with students at our school and an insider view into the sixth grade projects. If you are interested, please email Elyse at [elyse@hdmsreno.com](mailto:elyse@hdmsreno.com). Thank you!!



**Feb. 6-9**

**Volunteers Needed!**

**We are looking for volunteers for the 6th Grade Project Proposal Committee!**

**Interested? email [elyse@hdmsreno.com](mailto:elyse@hdmsreno.com)**



# NOTES FROM THE ADOLESCENT TEAM

## ADOLESCENT BOWLING CREATIVE EXPRESSION

Last Friday, we chose not to drive to the bowling alley due to road conditions, and instead, the students created their own bowling lanes!



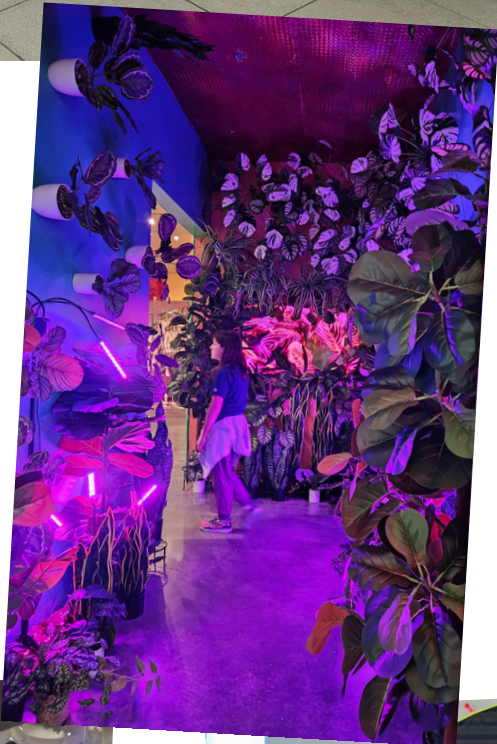
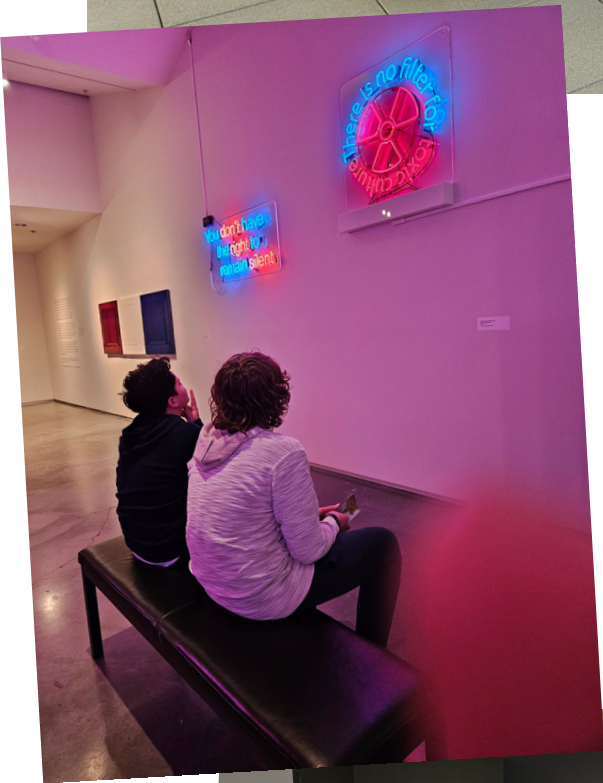
## ADOLESCENT ARTS & CRAFTS CREATIVE EXPRESSION





ADOLESCENT EXPLORING WASHOE COUNTY CREATIVE EXPRESSION

Students got to visit the Nevada Museum of Art this week!





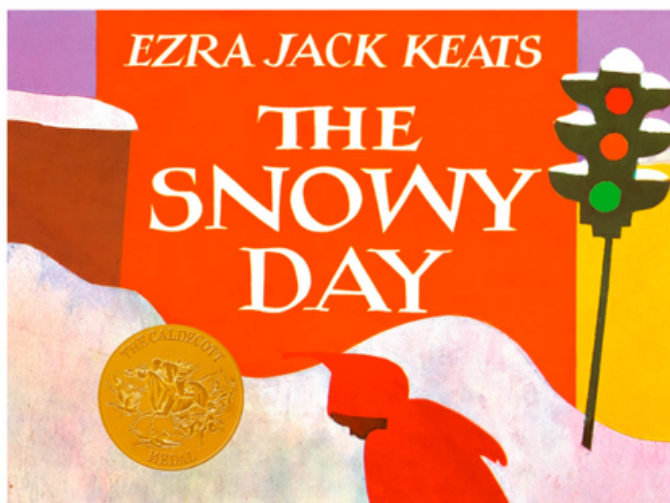


# FAMILY STORYTIME

**JANUARY 25, 2024**

**HIGH DESERT MONTESSORI SCHOOL**

Join your child as we read *The Snowy Day*. There will be fun activities and a goodie bag to take home!



**5:30 PM - 6:30 PM**

**High Desert Montessori  
School**

**101 Fantastic Drive  
Reno, NV 89512**

**Scan the QR Code to  
Sign Up Now!**



**For More Information, Contact:**

**Jamie Astor**

***Family Reading Coordinator***

**Email: [JamieA@nnlc.org](mailto:JamieA@nnlc.org)**

**Phone: (775) 356-1007**

Click [HERE](#) to sign up!

# AFTER SCHOOL YOGA

Children strengthen their bodies, increase flexibility and balance, and explore themes like mindfulness and friendship through music, stories, and games, learning new words in 3 languages: English, Spanish, & Sanskrit. This creative children's yoga class is taught by Kelly Bodtke, HDMS Montessori guide, yoga teacher, and former elementary school general music teacher.



# Yoga



## Children's Yoga

Paced for children ages 5 to 8  
Thursdays, 3:30-4:30  
January 18 - February 22



- "Trilingual" Classes:
  - English
  - Spanish
  - Sanskrit
- Mindfulness, Emotional Literacy, Music & Drama

*Welcome*

## Adult Yoga

Vinyasa flow paced for adults  
Fridays, 3:30-4:30  
Just RSVP to Drop In



Suggested Donation \$6-\$12

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

6-Week Yoga Session: \$60 (Financial assistance is available)

Dates: 1/18, 1/25, 2/1, 2/8, 2/15, & 2/22

First time children, please [CLICK HERE](#) TO ENROLL.

Returning students and adults, please email me [Alegria.a.day@gmail.com](mailto:Alegria.a.day@gmail.com) or [KellyB@HDMSReno.com](mailto:KellyB@HDMSReno.com).

Namaste

# THE COURAGE PROJECT



### Mindful Ski

with Achieve Tahoe

Jan 26  
Feb 16  
March 6

### Mindful Snowboard

with SkiDucks

Jan 28  
March 17

### Mindful Nordic Ski

with Nevada Nordic

Feb 11

### Mindful Snowshoe

with Tahoe Institute of Natural Science

April 14

The Courage Project is a 501(c)3 Non-Profit organization offering free, mindfulness-based coping skills training seamlessly integrated into fun, challenging outdoor adventures. Kids age 8 - 13 years old are welcome to join. Activities are thoughtfully designed to increase emotional intelligence, build confidence and promote resilience. Children who experience fear of failure, worry, perfectionism, difficulties with transitions, peer struggles, or could benefit from increased persistence and focus are best suited for our adventures.

Thanks to the incredible generosity of our volunteers, wonderful donors and generous sponsors, we are providing FREE Mindful Snowboarding and Skiing clinics at two world-class resorts: Palisades Tahoe and Alpine Meadows as well as Nordic Skiing and Snowshoeing!

If you are interested in signing up your children, please visit [www.courageproject.org/schedule](http://www.courageproject.org/schedule) to register. Thank you!



# CHALLENGE ISLAND CAMPS



## Spring Break



**March 25–29 \*Kid's Choice\***



**April 1–5 \*Book Included\***

*NEW FOR 2024 CAMPS!*  
*HDMS Families enter code: HDMS*  
*for \$10 off registration!*

*Spring Break (March  
25-29 & April 1-5)  
Registration opens  
January 1, 2024.*

*Summer (Weekly, June 17  
- August 2)  
Registration opens  
February 1, 2024.*

Register here:

<https://challenge-island.com/reno-sparks-nv/program/camps/>



*EARLY BIRD REGISTRATION DISCOUNT*  
*(for Summer Camps only)*  
*Enter Code: EarlyBird2024*  
*\*valid 2/1/24 - 3/31/24*