

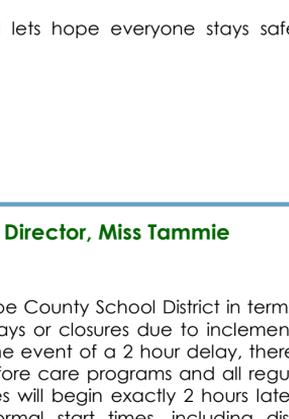
WEEKLY NEWSLETTER

A Message from our Principal, Mr. Eric

Dear High Desert Family,

What a crazy week we have had. The snow, while a bit of an inconvenience for school, will help our garden grow as we move into the spring.

The delays have created some issues for testing, so we ask for your patience. We have a limited window for completing our MAPS tests and teachers have had to readjust schedules. We ask again, please make sure your children are getting a good night's sleep, are getting a good breakfast, whether from home or at school, and please remind them that while these tests are important, they are only a tool to help us target areas to work on and to measure their academic growth.



Thank you for understanding and let's hope everyone stays safe, warm, and healthy.

Sincerely,

Mr. Eric Perez
Eric@hdmsreno.com
He 'Ohana Mākou

A Message from our Executive Director, Miss Tammie

Dear HDMS Community,

As a reminder, HDMS follows Washoe County School District in terms of school delays or closures due to inclement weather. In the event of a 2 hour delay, there will be no before care programs and all regular day classes will begin exactly 2 hours later than their normal start times, including distance learning. Please drop your child off at the Kiss & Drop on these days and NOT at the front entrance of the school. Free breakfast and lunch will be served. In the event of a school closure, there will be no school, including no distance learning or meals served. Please watch the local news for the most up-to-date information and please remain safe.



Warmly,
Miss Tammie Stockton
Tammie@hdmsreno.com

Upcoming Events

- 1/30/21: 2:00 PM **VIRTUAL** PTO Event Planning Retreat
- 2/11/21: 3:45 PM **VIRTUAL** PTO Meeting
- 2/12/21: Teacher Work Day—No School for ALL PROGRAMS
- 2/15/21: President's Day—No School
- 2/24/21: 1:00 Early Release
- 2/24/21: 5:00 PM **VIRTUAL** HDMS Board Meeting



January 2021							No School on Shaded Days
S	M	T	W	T	F	S	
24	25	26	27	28	29	30	
31							

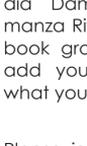
February 2021							No School on Shaded Days
S	M	T	W	T	F	S	# of School Days = 19
	1	2	3	4	5	6	February 12: NO SCHOOL- FOR ALL PROGRAMS
7	8	9	10	11	12	13	February 15: President's Day
14	15	16	17	18	19	20	Feb 24: 1:00 Early Release
21	22	23	24	25	26	27	
28							

Free School Breakfast & Lunch

Breakfast and Lunch are still free to EVERY student for the remainder of the school year!

The Rotating Breakfast Menu is as follows:

- Monday - English Muffin, fruit and milk
- Tuesday - Bagel w/ cream cheese or butter, fruit and milk
- Wednesday - Oatmeal w/ honey & fruit, milk
- Thursday - Waffle w/ fruit and milk
- Friday - Pancake w/ fruit and milk



HDMS School Lunch Schedule 2020-2021

	MON	TUES	WED	THURS	FRI
25	Penne Alfredo w/ Chicken	Beef Taco / Quesadilla	Ham & Cheese Sandwich / Cheese Sandwich	Creamy tomato Soup	Chicken Burrito / Bean & Cheese
1	Fusilli Pesto w/ Chicken	Pork Taco / Quesadilla	Chicken Pesto Sandwich / Cheese Sandwich	Chili w/ Chips	Beef Burrito // Bean & Cheese
8	Spaghetti Marinara w/ Meatballs	Chicken Taco / Quesadilla	Turkey Swiss Sandwich / Cheese Sandwich	Chicken and Rice Soup / Salad	NO SCHOOL
15	NO SCHOOL	Beef Taco / Quesadilla	Ham & Cheese Sandwich / Cheese Sandwich	Creamy tomato Soup	Chicken Burrito / Bean & Cheese
22	Fusilli Pesto w/ Chicken	Pork Taco / Quesadilla	Chicken Pesto Sandwich / Cheese Sandwich	Chili w/ Chips	Beef Burrito // Bean & Cheese

Notes from Enrollment

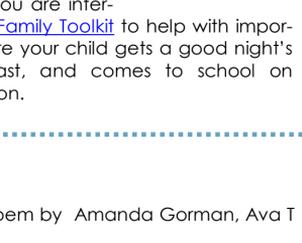
If your student has a sibling you would like to have attend HDMS, now is the time to let Ms. Stephanie know. Siblings do receive preferential enrollment, but only if we know by March 20th. Please email stephanie@hdmsreno.com



Notes from the PTO

Thank you to all those who helped with our 2nd annual Clothing Drive! Thanks to all of you, we exceeded last year's donations by about 1200 pounds!! With our rockstar team of parents, Ms. Monica, and 7 of our Adolescent students, we filled our U-Haul to the brim with around 4800 pounds of donations, and raised around \$657.

Beautiful HDMS wall calendars are still available! Beautify your wall AND stay organized with all major HDMS dates pre-printed for your convenience! Click [here](#) to purchase one.

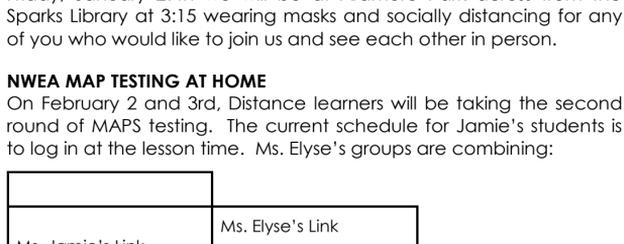
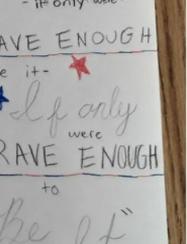


Notes from the Primary Team

Tonopah Primary Distance Learning

Here is the link to our newest [padlet](#).

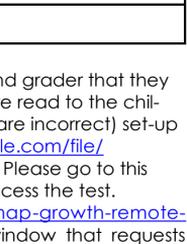
This padlet will be used for **two weeks** as we explore the polar regions. Be sure to check back often as new materials will be posted throughout the weeks.



Notes from the Elementary Team

Elementary Level

The elementary programs is MAP Testing these next few weeks. Remember that MAP (Measure of Academic Progress) will assess what the students know now. If you are interested, you may review the [NWEA Family Toolkit](#) to help with important preparation tips. Please ensure your child gets a good night's rest, eats a protein rich breakfast, and comes to school on time. Thank you for your cooperation.



Sierra Classroom

After reviewing the Inauguration poem by Amanda Gorman, Ava T & Kalli W designed this piece



Elementary Distance Learning

Friday, January 29th we will be at Ardmore Park across from the Sparks Library at 3:15 wearing masks and socially distancing for any of you who would like to join us and see each other in person.

NWEA MAP TESTING AT HOME

On February 2 and 3rd, Distance learners will be taking the second round of MAPS testing. The current schedule for Jamie's students is to log in at the lesson time. Ms. Elyse's groups are combining:

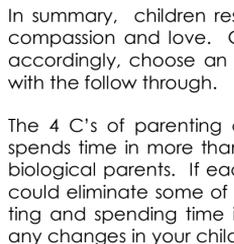
Ms. Jamie's Link	Ms. Elyse's Link	
9:00	Group A	Groups H and F
9:45	Group B	Groups E and G
10:30	Group C	

Please make sure that if you have a first or second grader that they have speakers on the device, some questions are read to the children. Please rewatch the [test directions](#) (dates are incorrect) set-up the computer ahead of time, <https://drive.google.com/file/d/1hQSSlqacTMN1nOZiSgflUxMlnpV6OvWk/view>. Please go to this NWEA website to make sure your device can access the test. <https://www.force.com/nweaconnection/s/map-growth-remote-testing?language=en-US>. If you get to the window that requests login information you are ready to go. You will receive the login information on the day of the test. If you are having issues, please send an email, and we will set up a time to troubleshoot. We have scheduled a parent meeting for Monday, February 1st at 3:00-3:30, to answer any questions about the test.

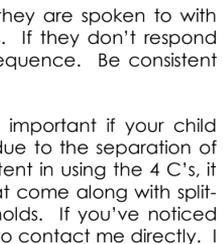
MORE IDEAS FOR MOVING FROM WORKSHEETS TO STUDENT GENERATED WORK

If you have a child who has a passion for intrapersonal (reflects on inner feelings: fears and motivations, personal goals for achievement, actively seeks self-knowledge):
Set goals in all areas of the curriculum
Assist with daily reflections and journaling
Complete big projects in all subject matters

Seek out complete times and places for work to be accomplished
Allow expression through art in various forms (sculpting, building, doodling)
Set routines for physical exercise
Explore a new handicraft (filming, woodworking, etc)



Kanin Z paints a Picasso like painting



Liv K sews an owl

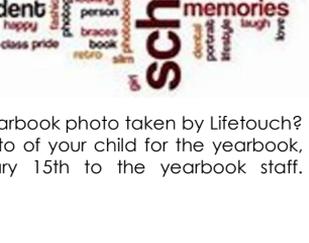


Carly IB sews with Grandma

A Note from our School Counselor

Parenting is hard work and not always easy! Here are some basic ideas that although simple, may be helpful reminders to support with parenting:

The 4 C's of Parenting: **Compassion, Consistency, Choice, and Consequence**



Compassion Of course parents have compassion for their children, but sometimes when we are tired, frustrated, angry, or hungry, our own emotions can be stimulated and we might not respond to our children with the amount of compassion we would like to have. Children respond better trying to please a loving parent rather than responding because they are afraid or don't want to get in trouble. An example of showing compassion while working out a conflict could be bending down on your knees or sitting in a chair so that when you speak to your child, you can look him or her in the eye. Compassion is separating the child from the behavior. It is easy to be angry with something a child did and focus on the behavior and not the child choosing the behavior. Compassion is about shifting from feeling angry at the child to realizing love is always there for the child, but the behavior needs to change.

Choice One way to express such compassion is to give choices during conflicts. Children are more likely to respond positively if we give them choices. Children feel loved despite the conflict or discomfort and can learn to associate the consequence created by the choice they made.

Consistency can be challenging. Children can sometimes be like a loud, squeaky wheel, making it easy to give in. Although giving in may end the squeak in the moment, the next time something comes up, the child will know if he or she pushes long enough, the parent will give in. If you remain firm the first time, your child will know specific guidelines that will not change.

Consequence is better responded to if it fits the situation. For example, if your child is not brushing his teeth, a consequence might be that he can't eat anything with sugar in it rather than taking away watching a show.

In summary, children respond well when they are spoken to with compassion and love. Give them choices. If they don't respond accordingly, choose an appropriate consequence. Be consistent with the follow through.

The 4 C's of parenting can be especially important if your child spends time in more than one household due to the separation of biological parents. If each parent is consistent in using the 4 C's, it could eliminate some of the challenges that come along with splitting and spending time in different households. If you've noticed any changes in your child, please feel free to contact me directly. I am here to support.

Kind regards,

Ms. Kristen

Counselor@hdmsreno.com

Can You Help?

Recently one of our HDMS Primary families received the devastating news that their son has a very rare form of brain cancer. A [GoFundMe](#) has been set up to help the family with the increased expenses and overhead that they will have during treatment. Anything helps.

Yearbook

Did your child miss having their yearbook photo taken by Lifetouch? If you would like to submit a photo of your child for the yearbook, please submit it before February 15th to the yearbook staff. Mike@hdmsreno.com