



HDMS WEEKLY NEWSLETTER

A MESSAGE FROM OUR PRINCIPAL, MR. ERIC



In the next few days, we will be sending home a permission slip for all 5th, 6th, 7th, and 8th grade students to participate in the school district's annual Climate and Safety Survey. This important information helps drive decisions made within our school and also within the school district in general. The survey will be done on computers in the classroom in the coming weeks, and takes about 30 minutes. For a preview of the survey questions, please go to this link.

For the week of November 7, our grace and courtesy focus is Communicating Peacefully. I love to walk into our Montessori classrooms and hear the way children and adults interact with each other. Most conversations are peaceful and compassionate, and pleases and thank-yous are very common. Let's keep this up with our interactions away from the school. I also believe that a majority of conflicts result in communication errors. Conflicts can usually be worked out if the communication is respectful and peaceful.

Thank you for all you do for our community.

Sincerely,
Mr. Eric
Eric@hdmsreno.com

REMINDER!

REMINDER!
DAYLIGHT SAVINGS TIME ENDS
THIS SUNDAY, NOVEMBER 6TH
AT 2:00 AM. MAKE SURE TO SET
YOUR CLOCKS BACK BEFORE
GOING TO BED!



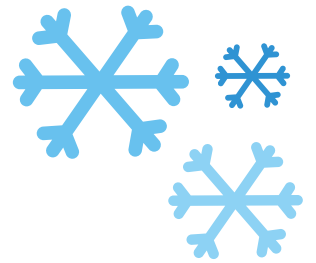
UPCOMING EVENTS

- 11/6/22: DAYLIGHT SAVINGS TIME ENDS- SET CLOCKS BACK ONE HOUR
- 11/9/22: PRIMARY PROGRAM MONTESSORI THROUGH MY EYES: LITERACY FOCUS (BY APPOINTMENT)
- 11/9/22: 3:00PM-4:00PM ADOLESCENT PROGRAM MONTESSORI THROUGH MY EYES
- 11/11/22: NO SCHOOL - VETERAN'S DAY
- 11/16/22: TWO HOUR EARLY RELEASE
- 11/16/22: MONTESSORI THROUGH MY EYES: LITERACY FOCUS (ELEMENTARY PROGRAM)
- 11/17/22: 5:30 PTO MEETING
- 11/18/22: 9:00AM 2ND CUP OF COFFEE WITH MR. ERIC
- 11/21/22-11/25/22: NO SCHOOL - THANKSGIVING BREAK
- 11/30/22: 5:00 HDMS BOARD MEETING
- 12/7/22: TWO HOUR EARLY RELEASE
- 12/15/22: 5:30 PTO MEETING
- 12/20/22: A CELEBRATION OF DIVERSITY (PRIMARY & ADOLESCENT)
- 12/21/22: A CELEBRATION OF DIVERSITY (ELEMENTARY)
- 12/22/22: PAJAMA DAY
- 12/23/22-1/6/23: NO SCHOOL - WINTER BREAK



A MESSAGE FROM OUR EXECUTIVE DIRECTOR, MISS TAMMIE

As the weather begins to change, just a friendly reminder that HDMS follows WCSD in terms of delayed starts or school closures due to inclement weather. HDMS will send out texts and phone messages to families, as well as posting on social media as soon as we are able, but the most up-to-date source of information is the local news or [WCSD website](#).





It's that time of year again...get ready to turn your clocks back, prepare your coffee ahead of time, and be ready for a darker commute home! If you have not already, please join the Reno + Sparks Leadership class in pledging to drive distraction free at www.drivesafereno.com #safestlittledrivers

Thank you for continuing to do your part in keeping our commutes safe.

Ms. Tammie

Tammie@hdmsreno.com



TIPS FOR DRIVING WHEN DAYLIGHT SAVINGS TIME ENDS

1

PLAN AHEAD

This includes preparing your vehicle for the new temperatures and lighting, giving yourself time to get to your destination, and getting enough sleep.

FOCUS ON THE ROAD

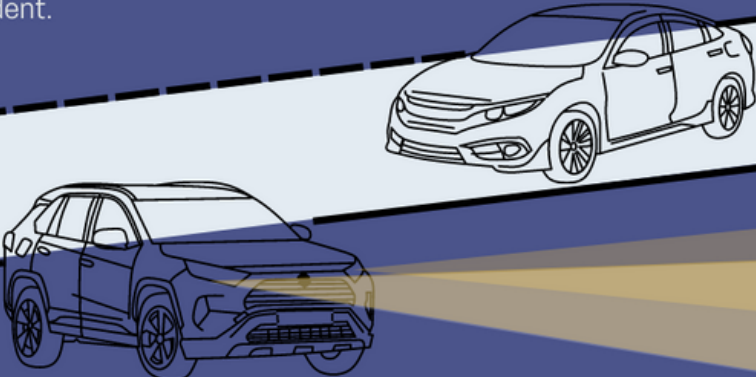
2

While this is important during any trip, it's critical to increase your "buffer" space and avoid distractions when you know other drivers on the road might be suffering the effects of the clock change, which may result in delayed reactions.

3

SLOW DOWN

Giving yourself an increased amount of time to react to changing conditions will decrease your risk of getting into an accident.



VOTING DAY



HDMS will be open normal hours on November 8th, Voting Day.

FREE LUNCH & BREAKFAST PROGRAM

Our menu can always be found on our website [HERE](#). Please make sure your child has their own utensils, cloth napkins & washable cup

7 Bagel & Cream Cheese w/ Fruit & Milk	8 Waffle w/ Fruit & Milk	9 Quesadilla w/ Fruit & Milk	10 Egg, Bacon & Toast w/ Fruit & Milk	11
Alfredo Pasta w/ Roasted Veggies w/ Fruit & Milk	Chicken Tacos (Veg. Option is Refried Bean Taco) w/ Fruit & Milk	Pepperoni Pizza (Veg. option is cheese) w/ Fruit & Milk	Tomato Soup & Grilled Cheese w/ Fruit & Milk	Veteran's Day
14 Bagel & Cream Cheese w/ Fruit & Milk	15 Waffle w/ Fruit & Milk	16 Quesadilla w/ Fruit & Milk	17 Egg, Bacon & Toast w/ Fruit & Milk	18 Yogurt w/ Blended Fruit & Granola w/ Fruit & Milk
Spaghetti w/ Meat Sauce (Veg. Option is Marinara Sauce), w/ Fruit and Milk	Chicken Quesadilla (Veg. Option is Cheese Quesadilla) w/ Fruit & Milk	Cheese Pizza (Vegetarian) w/ Fruit & Milk	BBQ Drumsticks & Potatoes (Veg. option Stewed Chickpeas) w/ Fruit & Milk	Ham Sub (Veg. Option is Cheese Sub) w/ Fruit & Milk

A MESSAGE FROM OUR MONTESSORI ADVISOR, MISS KALEIGH



Each week, I would like to answer questions that arise about Montessori, our school philosophy and so on. If you have a question, you would like answered please email kaleigh@hdmsreno.com with "Question of the Week" in the subject line.

Question of the Week: What is the Fourth Plane of Development?

The Fourth Plane of Development- "What Will I Do?"

Young Adulthood and Maturity (18-24)

This is the time when your child transitions from adolescence to young adulthood.

Characteristics of the Young Adult:

- spiritual, emotional and moral independence
- strong desire for financial independence and decision-making
- exploring career paths
- creating life goals

“Culture and education have no bounds or limits; now man is in a phase in which he must decide for himself how far he can proceed in the culture that belongs to the whole of humanity.” - Dr. Maria Montessori

MONTESSORI THROUGH MY EYES

Montessori through My Eyes will be held this November. Please look for communication from your child's teacher for more detail about how to sign up.

- 11/9/22: 3:00-4:00 Adolescent Program
11/9/22: Primary Program (by appointment)
11/16/22: Elementary Program (by appointment)



A MESSAGE FROM OUR PTO

Please save the date for upcoming PTO events!

- Our next PTO meeting is November 17th @ 5:30 PM on Zoom.
- We will begin collecting for the Savers Fun Drive on January 9th after Winter Break
- Parents night out Bocce night February 4th
- Brews and Bites at the Generator February 25th
- Spring Picnic May 21st

Our Savers Fun Drive event kicks off after Winter break on January 9th. This is our annual fundraiser where you get to get rid of your old unwanted items (e.g., clothing, hats, scarves, mittens, purses, blankets, shoes) and all proceeds will go directly back into our school and PTO events. Feel free to start collecting now, just throw any unwanted items into a trash bag and bring them to the school starting January 9th.

Join our PTO meeting this month and learn more about each of these events, help plan some, or just ask questions.

Don't forget to stay in touch and up-to-date on our Website, the HDMS Facebook Group, and GroupMe to stay connected and ask questions about the school or PTO.

UPCOMING PTO EVENTS
SAVE THE DATES!

Event	Date	Time	Notes
PTO Meeting	NOV 17	5:30 PM	
Savers Fun Drive collection begins	JAN 09		FUNDrive
Bocce Night	FEB 4		PARENTS ONLY!
Brews & Bites	FEB 25	7 PM	
Spring Picnic	MAY 21		FAMILY EVENT

For more info visit <https://www.hdmsreno.com/pto/>

A MESSAGE FROM THE HDMS GREEN PARENTS GROUP

LEAVES ARE NOT LITTER

THEY'RE FOOD AND SHELTER FOR BUTTERFLIES, BEETLES, BEES, MOTHS, AND MORE. TELL FRIENDS AND NEIGHBORS TO JUST

#LEAVETHELEAVES

xerces.org

Now that we're full of energy thanks to all those Halloween treats, let's go have fun with these beautiful leaves that have fallen to the ground! Remember that fallen leaves are healthy nutrition for the ground and necessary shelter for so much wildlife, including essential pollinators. And for our kids they provide the best games ever, from great hideouts to leaf-fights! After some good fun, just put the leaves in your compost and save yourself the trouble and expense of throwing them in the trash!



NOTES FROM THE PRIMARY TEAM

TOQUIMA CLASSROOM

I love the fall season in our classrooms as the children begin to really settle in and develop greater concentration, enabling them to do some “bigger works”. The kiddos pictured are all different ages but worked on these activities with enthusiasm and perseverance. We feel grateful to be able to guide them and watch as these life skills start to take hold



NOTES FROM THE ELEMENTARY TEAM

EXCELSIOR CLASSROOM

Excelsior students enjoyed the Andelin Family Farms Field Trip!



I hope everyone had a wonderful 3 day weekend and a fun Halloween!

In class we used pumpkins to work through the scientific process looking to answer the question: What attributes of the pumpkin, if any, affect the number of seeds inside. The students took the weight, height, and circumference of their pumpkin, then counted the seeds. Our data was inconclusive, we could not find any strong correlations.

We saved the pumpkin seeds and used Sugar Pumpkins to explore making Pumpkin pie and roasting pumpkin seeds to enjoy the snacks of fall.



NOTES FROM THE ADOLESCENT TEAM

SCHOOL COMMUNITY PROJECTS



ADOLESCENT HIKING

Hiking Students-Exploring at Oxbow Nature Study



WINTER BREAK CAMP WITH CHALLENGE ISLAND

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

Winter Break Camps



CHALLENGE ISLAND RENO-SPARKS

@ High Desert Montessori
101 Fantastic Dr
Reno, NV 89512
Ages 6-12

December 26-30
9am-4pm
\$255

January 2-6
9am-4pm
\$255

Register Now:
Call 775-813-2411 Email: mcargile@challenge-island.com
Website: <https://challenge-island.com/reno-sparks-nv/program/camps/>



Wag on over to the most PAWSOME camp in town! Your STEAM Team will open your own pet world - from playgrounds to spas to food trucks to houses to veterinarian offices. This STEAMtastic camp is a must for every pet-loving kid!

PETS PALOOZA CAMP

WWW.CHALLENGE-ISLAND.COM



Glide on over to the coolest camp in town where you'll take a STEAMtastic journey through Challenge Island's Winter Wonderland! Your icy adventure will include designing and decking out your very own ice palace (where you and your STEAM Team can chillax) and using cool science to make frosty slime and frozen treats! This super cool camp is a not-to-be-missed adventure for every frostbitten fan!

Frostbitten CAMP

WWW.CHALLENGE-ISLAND.COM

FREE COMMUNITY EVENT

www.nevadahumanities.org/events/2022/11/6/gathering-natural-materials-to-create-autumn-art

NEVADA HUMANITIES PRESENTS

WONDERS OF NATURE

A FREE CREATIVE WORKSHOP SERIES

Gathering Natural Materials to Create Autumn Art with Zoe Bray

Join Nevada Humanities and artist Zoe Bray as we meet outdoors to enjoy the beauty of autumn in northern Nevada. In this workshop, participants will learn how to work with natural and upcycled materials to create their own framed pictures. We will make organically homemade glue to paste our gathered materials on upcycled cardboard frames.



Saturday, November 5 | 12-1:30 pm
Sunday, November 6 | 12-1:30 pm
Crissie Caughlin Park

Supplies provided
Limited capacity, registration required
No prior art experience needed

For more information and to register, visit nevadahumanities.org/nevada-reads



YOGA

Elementary (6-12) ~ Tuesdays ~ 3:50-4:40 pm

Adult & Teen ~ Wednesdays ~ 3:50-4:50 pm

Primary (4-6) ~ Thursdays ~ 3:50-4:40 pm



\$12 per session

(please contact me if you'd like to
request financial assistance)

Yoga Mats Provided

HDMS Library

CHILDREN'S YOGA: Children will strengthen their bodies, increase flexibility & balance, & explore themes like mindfulness & friendship through music, stories, & games learning new words in 3 languages: English, Spanish, & Sanskrit.

ADULT & TEEN YOGA: In this all-level vinyasa class, each student is encouraged to listen carefully to their body and pick the healthiest variation for themselves each day. We will build strength, increase flexibility, improve balance, & promote mindfulness, gratitude & contentment (alegría).

Classes taught by Kelly Bodtke, yoga teacher, HDMS Primary Montessori guide, & former elementary school general music teacher.

Alegria.A.Day@gmail.com ~ 775.312.3645