

November 2017

# The Leaflette

Tree of Life Charter School

Public Montessori Education



## Coping and Healing

by Celeste Beck, Principal

Natural disasters can be especially traumatic to children, and the devastation to a familiar environment can be long lasting and distressing. Schools can play an important role in coping and healing by providing a stable, familiar environment with supportive and caring adults.

In addition to the fundraising effort that contributed money to The Com-

munity Foundation and The Beginning Project to support families, many school families have offered their services and help. Many families were grateful for our staff who volunteered to come in and do child care during the week we were not in school session due to the fire. The school has also contracted for some extra time from the MFT therapist who already works

with students at our school to have a discussion with each classroom, and to provide sessions for some individuals.

Ways to help children cope include listening non-judgmentally to them talk and encouraging them to express their feelings, being patient with their questions, and sharing your feelings. Keeping regular routines and structure provides a sense of security. Remember to take care of yourself too!

## Parent Council News

By Kristi Binderup, Parent Representative

Whew!! This was a crazy month, to say the least. As a community we came together to support people who had lost everything in the fire; thank you to those who stayed the course and in the midst of disaster helped to raise \$1500 dollars and teach our children the compassion of caring for our community. We had our first child-led parent conferences, giving our children a chance to share their learning. The parent meeting was well attended and we discussed making the meetings fun and informative and voted yes to some fundraising ideas. We also had a fabulous Halloween party.

I am Grateful for all the

parents that make our school such a rich experience. It would take the entire space I have to name each person and family individually but know that you are invaluable to our school!

Coming up this month, is the Progressive Feast on November 17th. Each class makes a course of the meal to serve to the whole school. Students are divided into 4 groups and eat one course of their meal in each classroom as they rotate through the schedule. Guides will need volunteers to help the children with cooking...some will be cooking on the day or days before, while other classes will be cooking the

day of the feast. Classes also make table decorations/centerpieces. Children may have a little ceremony of hanging their gratitude leaves on the fence in the afternoon.

Upcoming fundraisers: Original Works art products--students create art in their classroom, and it is sent home with forms to order objects created from the artwork, such as magnets, stationery, mugs, water bottles, etc.; Chipotle Night...Nov 15th. 3-9 PM...50% of proceeds donated to the school when you bring in flyer, show it on your smartphone, or tell the cashier you're supporting Tree of Life Charter School...Really hoping to see everyone there as this will also be our "parent meeting" for November!

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## Brief Reminders:

- Nov 1: NO SCHOOL, staff in-service day
- Nov 9: Art Day in PM
- Nov 10: Veterans Day Holiday, NO SCHOOL
- Nov 14: Board Cabinet Meeting, 5:30 PM
- Nov 15: Chipotle Night Fundraiser, come between 3-9 PM to eat dinner at Chipotle; 50% goes to our school
- Nov 17: Progressive Feast
- Nov 18-26: Thanksgiving Break, NO SCHOOL
- Dec 14: Winter Party Talent Show, 6-8:30 (start practicing your talent show act now!)
- Dec 16-Jan 7: Winter Break, NO SCHOOL

# Primary Class Fire Cats News

By Molly Johnson, Guide

Fire Cats had a great fieldtrip to Redwood Valley before the fires began. Thanks to all of our drivers!

I also want to thank all families that have helped with efforts to make things better during and after the fires! We feel so grateful that all of you are safe!

We need more drivers for our next outing to the Children's Museum in Santa Rosa on November 2nd. Please help us get our whole class there by signing up to drive.

Welcome to Sierra and Zack. Our students are giving lessons and inviting our newest class members to their activities to make everyone feel included.

Many families made a donation of \$35 for supplies at the beginning of the year; many other families did not do this yet. Please send in a donation for school supplies if you haven't and if you are able, because we are doing a lot of special projects that require high-quality materials. Thanks! (If you can't remember if you donated, Danza has a list of donors in the office.)

Friendly reminder about our adopt-a-shelf program, where we each take 1 shelf to clean. If it is easier for your family to come in on the weekend to clean, that too is much appreciated. THANK YOU to Jessica and Eric for doing a DEEP CLEANING.



Placemats, napkins, lunchboxes, indoor shoes are required in our class. Please put messy foods in sealed containers because often our children do not finish complete yogurts and other messy items. Put a 6oz yogurt in a 4 oz container and save 2 oz for a parent/guardian tax for all those



great things you do.

We are in charge of dessert for the Progressive Feast on November 17. We will make small pumpkin pies for the entire school, so please, sign up to volunteer with the preparation. So many of you help in so many fun ways. Did you know we have had volunteers to talk about their travels, others who make jewelry, paint and read with your children? Many parents help keep our environment nice by picking up a broom, sitting with a child, asking children to show them the projects they are working on etc.

Go TEAM FIRE CATS...interesting name you chose this year! Remember to book your vacations after the Winter Party please! We need all of you at that fun filled event!



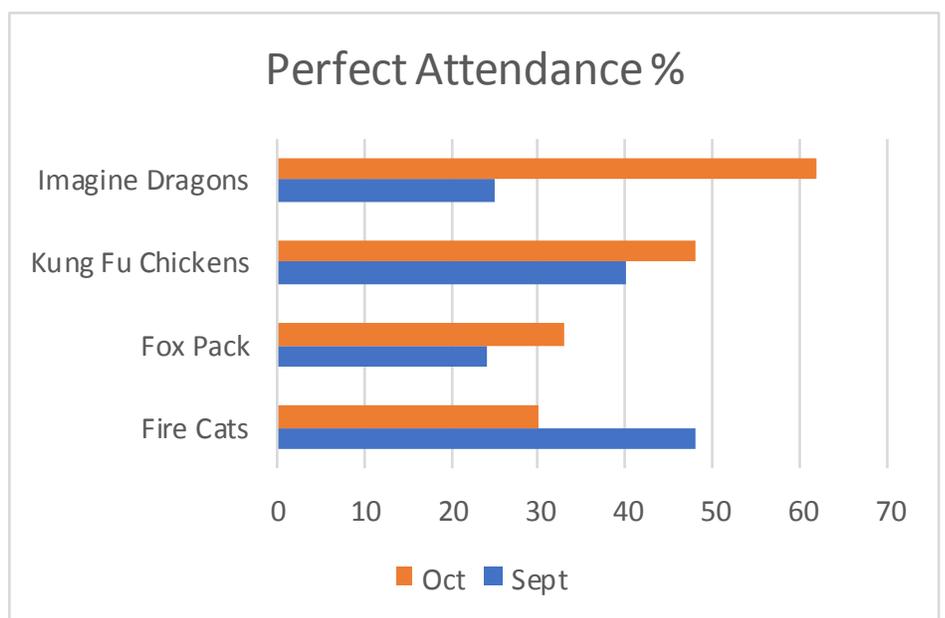
# Progressive Feast

Tree of Life's annual Progressive Feast luncheon will take place on Friday, November 17. Each class will prepare one course of the luncheon to serve to the whole school. Students will travel in four multi-aged groups to each classroom to eat lunch. One group will eat dessert first, while others will be eating their soup or main dish. Staff will greatly appreciate family help with donating ingredients or money to buy ingredients and time to come in and help the students do the cooking.

Afterwards, there will be sharing about things we are grateful for and the traditional hanging of gratitude leaves on the fence.

# Attendance Matters

Overall perfect attendance for the month has increased since last month's report. This month the Imagine Dragons class has zoomed ahead to claim 62% perfect attendance! This means that most of their class was present in school every day or did independent study on days they could not attend, and turned in their work packets! Thank you to those students and their parents for following through.



# Jr. Elementary 1 Fox Pack News

By Anthony Esserman Melville, Guide

This month has been a roller coaster for us all. For some it hasn't stopped. For those reading this who don't live here, I will explain. On Sunday, October 8<sup>th</sup> late in the evening, high winds, dry conditions, and "fast fuels" (tremendous growth of brush due to the largest amount of rainfall on record last winter) created a deadly fire storm when powerlines came down all over the state. Six of our students from Tree of Life lost their homes in the Redwood Valley Complex Fire that started overnight. Three of those students are members of our Fox Pack Class. As you know, that first week we had no school though we opened our classroom to care for students who needed socialization and respite for their parents for a few days. We altered our school event "Taste of the World" to feed evacuees and raise funds for those that lost their homes. We returned to school the following week to heavy smoke and a fairground jam-packed with evacuated animals. There is a great deal of healing, clean up, and rebuilding yet to do. I know that many are still looking for semi-permanent places to settle during the aftermath of this strike at the heart of so many. But, among all the fear and loss of those days of fire, smoke, and destruction, I also witnessed an amazing amount of compassion and caring from our class, our school, and our community. Everyone was asking how they could help, what

they could do, and reaching out in any way they could. As heart-wrenching as it has been, I have never been so proud to be a member of my school and to stand with the staff and families together in the wake of this crisis. Thank you again for sharing your time and your children with me in this environment as we grow and learn from what life brings us. "Together we shall overcome and not simply survive but thrive and become stronger than before," one mother who lost her home confided in me. This reminded me of a poem one of our students wrote last week:

## *Poem About Fire - by Ida Marshall*

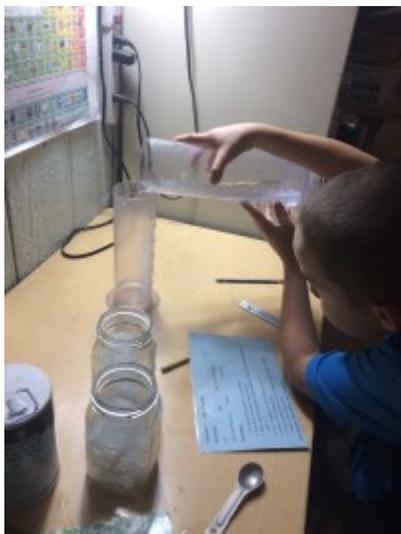
Fires can be dangerous,  
Fires can be hot,  
But what matters to me is we're  
with people,  
That we love a lot.

Even among all the changes, our community came together to get back to school and even made sure that our International Day festivities were phenomenal. The Fox Pack Class is studying Africa this semester, so for International Day we performed our song "Wav'n Flag" by the Somali artist Ka'nnan and learned how to play the game Morabaraba. We enjoyed a great deal of food from around the world and shared our country presentations. And by the time you read this, we will have had our Halloween Party at the school, and, judging by the community involvement so far, I am sure it was a blast.

For upcoming events in November, you should by now be aware if we have rescheduled our fieldtrip to Boonville to visit the Apple Farm and the Old School Museum. This was originally scheduled for October 10<sup>th</sup> but is likely now on Thursday, November 2nd. The following week we will likely be headed to the Luther Burbank Center (if indeed they are ready with renovations after the fire) to see the Scientific Circus on Tuesday, November 7<sup>th</sup>. We may still need drivers for these events,

so please contact me if you can participate. Also in November we will have interim CAASPP testing for students in the 3<sup>rd</sup> grade level. Some students may be spending time in another classroom to accommodate the days this is happening. For the Progressive Feast on November 17<sup>th</sup> we will be making Garlic Mashed Potatoes and a side of Quinoa as the side dish course. Any adults that want to come in to assist with this are encouraged to contact me ASAP. There will be no fieldtrips in December, but please make note that Stacy and I have decided to do the Monterey Bay Aquarium Trip as suggested. Tentatively it is scheduled for March 14<sup>th</sup>. This will be a 2 night and 3 day trip. All adults participating will need to pay \$50 to cover the 2 night stay at the Monterey International Hostel. Please contact me directly if you would like to drive or come with your child to the fieldtrip (see note in Purple Folder).

Lastly, thank you to Megan for donating her time to make the Pasta Lunch Fundraiser with the kids every Friday. If you want to come in and help out, I'm sure Megan wouldn't mind the company. Also, thank you to all of you for being the amazing community we are. We have a long road with a lot of road bumps and tough spots ahead I'm sure. But together, if we remember who we are, who we showed what we can be when horror struck, we will indeed thrive.



## Jr. Elementary 2 Kung Fu Chickens News by Stacy Strauss Guide

October went by fast, but yet seemed so long. It was eventful and scary for many of you and the children who experienced displacement because of the fires. It is going to take a long time to rebuild the houses and buildings that have been destroyed by fire, but our community is stronger for it. It is going to take a lot of hard work and dedication to bring it back, so perseverance is going to be our social focus in November. So often, when things get hard, we tend to give up, even adults. We are going to practice figuring things out when there is a dilemma. We are going to practice trying again when we fail. It is okay to fail because that is an opportunity to learn from it. Jenn taught us a Japanese phrase that



she learned when teaching in Japan, Ga-n-ba-t-te, which they say to encourage each other to persevere. In response, they say Ga-n-ba-ri-ma-su, meaning "I will succeed!" We will also use interactive modeling, stories, and role playing to practice during class time. Tell your child stories about when you persevered, or when you gave up. What happened when you persevered? What happened when you gave up? This will be a lifelong skill that will benefit your child. They will love to hear sto-

ries about when you were a child!

Academically in November, the students are going to continue to persevere and learn to work story problems, graph, count money, write persuasive essays, learn to draw 3-dimensional shapes, several physics experiments, and many other things!



Thank you to Consuela (Jahsiah's mom) for donating money for our pancake Friday snack so far this year! Is there anyone else who is able to donate ingredients or money? Thank you to Ashley (Colten's mom) for keeping our eggs stocked! We will soon need maple syrup, vegetable oil, and baking powder. Let me know if you can donate any of these items.

**Field trips:**  
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So far, we do not have anyone who has planned a fundraiser for our field trips. I had an idea of having a pancake breakfast once a month before school (7:30-8:30) that I suggested in the last newsletter. I am willing to help with it, but I cannot do it by myself. Unless someone volunteers or has a different idea, I will have to collect money for the field trips that aren't free. If anyone has a financial hardship, please let me know.

### Field trips:

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**Thursday, November 2: Boonville farm tour:** This will be free, but children can bring money to buy produce or cheese.

**Tuesday, November 7, meet at 8:00am Luther Burbank, Scientific Circus:** This field trip, as of right now, is NOT can-



celled. Luther Burbank Center for the Arts is planning on reopening on November 5th. I will let you know, if I hear otherwise. **The cost for this trip is \$8 for adults and \$6 for students. Please let me know if you can drive.**

**Monday, December 11, 12pm-2pm:** Ice Skating at Ukiah on Ice! Cost: \$8

**March:** Tony and I are in the process of scheduling our overnight field trip to the Monterey Bay Aquarium and stay at the HI Monterey Hostel. We are waiting to hear back on definite dates during this month. This will be a 2 night, 3 day trip. The cost for the hostel will be around \$50 per person. The Monterey Bay Aquarium is free.



## Volunteers Needed

Please see the sign up sheets in the office or respond to the phone calls and emails for help that have been sent out.

**Shade over Play Structure:** We need some people to erect the new poles, use a rented auger, help with a crane. Mark and Ian need more people to help. The plan is to work on this over the Thanksgiving Break. Please call the office to let us know if you can help.

**Children's Gardens, Labyrinth Area:** A few of us got a lot of work done clearing the labyrinth area, but there is still a little more to go. Before we install our new drip irrigation donated by Drip Works, we will need our garden boxes completely cleaned out, double lined with weedcloth, and filled with new soil. Can you help us with the first step of weeding and cleaning out the boxes? Please contact Celeste ASAP. Some people have offered to help, but I don't think anyone has actually come in to work. You can do it during school or after school, any day. A lot of us working on it a little at a time will eventually get it done!

# Sr. Elementary Imagine Dragons News

by Angela Reglin, Guide

The Imagine Dragons have had engaging explorations, enthusiastic learners, and plenty of paint this month. We worked diligently and quickly on our scarecrow for Scarecrow City, danced the Virginia Reel, and practiced perspective and shading in art.



This upcoming month we are looking forward to our jog-a-thon, one of our major fundraisers for our overnight field trip! It is November 3<sup>rd</sup>. Please turn in the sponsorship money no later than November 9. This month we have two holidays, Veterans Day and Thanksgiving. We will be having our progressive feast on November 17<sup>th</sup>, the day before we break for the Thanksgiving holiday.

Our classroom will be continuing exposure to and learning of Spanish. We have played silly games in which students were given oral commands as a whole group. Students on their own accord have studied our Spanish conversation book, and we will continue reading our read-aloud stories from Latin America in both

English and Spanish.

In November all of the students will learn about cells. The youngest students will be focusing on the difference between plant and animal cells, the middle students will study how cells join to perform specialized functions. Lastly, the eldest students have already analyzed prokaryotic and eukaryotic cells. They will continue their learning through studying about mitosis and meiosis. Along with this particular study, we will be doing research to understand how different forms of cancer affect particular cells in the body. We are hoping to bring in a few guest speakers to help us and hold a question and answer session about cancer in general.

Maria Montessori said the child has the mind to absorb knowledge. He has the power to teach himself. A child is capable of so much more than even adults can imagine. It is our duty for their sense of self, to show them how to use their wings, but not to carry them as they fly. They must learn how to figure out on their own, from their own successes and failures. This is our purpose...to show students that they can teach themselves, and learning has a purpose in their world, and learning about the world brings about peace.



# Student Council News and Events

By Jade and Jamison

Airplane Day was a really fun spirit day. We had fun making airplanes, jets, and balloon jets. It was like having two recesses.



At International Day the food was very tasty and we loved all the food. We learned about different places around the

world. Stacy's room had a game, Tony's room had a song, Molly's class had poi, and Angela's class had dancing. We all got to try everything.

Our next spirit day is Art Day on Thursday, November 9th. In the afternoon there will be a different art project in each classroom for us to do.

There will also be a Progressive Feast on November 17th when we eat food made in each classroom.

If you did Trick or Treat for UNICEF, please remember to turn in your box by November 6 so we can count the money and send it in.



## International Day



## Tree of Life Charter School

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PO Box 966  
Ukiah, CA 95482

Phone: 707-462-0913  
Fax: 707-462-0914  
E-mail: treeoflifeschool@pacific.net  
Website: www.treeoflifeschool.net

### ***Education for Life!***

Regular School Hours:  
M, T, Th, F—8:30 AM-3:15 PM  
W—8:30 AM-1:30 PM  
Before School Care 7:30-8:30 AM  
After School Care until 5:30 PM  
Student-Led Conference 2:30 PM Dismissal  
Guide-Led Conference 1:30 PM Dismissal

### **From our charter:**

“Like parents everywhere, we care about our children, want what’s best for them, and know that their experience in school can have a great impact on the quality of their life. We want them to have an education that is worthy of their beauty and potential. We want them in a place where they are known, not as faces in a crowd, but individually and personally. We want them in a school where they receive direct, high-quality attention, where their actual needs are met, where their potential is being realized.”

## Office News

by **Danza Davis, Business Manager**

Hello from the office. I know we have had trying times this month, and I want to thank you all for your patience as the office carries on with tasks that seem trivial in times of hardship. I too have found myself conflicted about and reflecting on the necessity of paperwork and protocol. My conclusion is that I can best serve our school community by doing my job well, and success in this position largely depends on office protocol and making sure documents are accurate and up to date. If you ever have concerns or are confused regarding requests from the office, please feel free to contact me and I will answer to the best of my ability.

There has been some confusion regarding childcare invoices. Please see me if you have any questions or concerns about your invoice or registration fee, or need to discuss payment options. I hope to have the September/October invoices available shortly. Please remit payments to the office upon receipt so we can continue to fund this service.

Please call the office each day your student is going to be absent. I do my best to call parents to account for absences, but it is immensely helpful if I receive a call or message promptly in the morning. It is also

helpful to note in your message whether or not I can prepare independent study packets for days missed. Packets are typically available in the office by pickup time. When you opt to do Independent Study, your student does not accrue absences, the school receives funding for those days, and your child gets the skills practice they otherwise may have missed. There is a lot of independent study that needs to be turned in; Wednesday tutoring with Sara is a good opportunity to work on incomplete packets.

The office hours are 8 am - 4:30 pm, phone 462-0913, fax 462-0914. As always, should you have any questions or need assistance please do not hesitate to contact me.

**CHIPOTLE FUNDRAISER:** Make dinner a selfless act by joining us for a fundraiser to support Tree of Life. Come in to **Chipotle at 596 E Perkins St** in Ukiah on **Wednesday, November 15th between 3 and 9 PM.** Tell the cashier you're supporting Tree of Life Charter School.



## Healthy Eating Habits

by **Dr. Fuhrman**

Children in our society become addicted to junk food at a young age, and will repeatedly demand these foods. It takes a great deal of effort to derail these bad habits once they are established. Parents are the ones primarily responsible for what their children are eating. Our goal should be to instill healthy habits in our children early on so that they grow up at a healthy weight, appreciate healthy food and exercise, and hold on to those habits as adults. Here are some tips:

- Keep only healthy foods in the house. Every person in the household should have the same food choices available
- Discuss food choices and make collective dietary goals as a family
- Eat dinner together as a family
- Involve children with food preparation
- Once a week, discuss a health topic as a family
- Don't reward good behavior with junk food
- Plan fun family activities that involve physical activity and/or age-appropriate exercise
- Pack healthy lunches for your children that include fresh and dried fruits, nuts, and raw vegetables
- Offer and feed a wholesome diversity of natural foods so that each child has as much freedom as possible to eat what healthy food they prefer

When parents live a healthful lifestyle, their children follow.

2017

November

# Tree of Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01 NO SCHOOL, Staff In-Service Day	02	03 Pasta Lunch \$4	04
05	06	07	08	09 Art Day in PM	10 NO SCHOOL, Veterans Day	11
12	13	14 Board Cabinet Meeting 5:30 PM	15 Chipotle Fundraiser 3-9 PM @ Chipotle, Ikiah	16	17 Progressive Feast	18
19	20 NO SCHOOL, Thanksgiving Break	21 NO SCHOOL, Thanksgiving Break	22 NO SCHOOL, Thanksgiving Break	23 NO SCHOOL, Thanksgiving Break	24 NO SCHOOL, Thanksgiving Break	25
26	27	28	29	30	01	02
03	04	Notes: PASTA LUNCH made by Fox Pack Class FUNDRAISER on Fridays, \$4 Winter Party and Talent Show on Thursday, December 14th--start your talent practice early! Winter Break starts early this year on December 16th				



# 16 WAYS TO HELP KIDS DEVELOP GRATITUDE



- 1) Role play saying thank you and using manners with stuffed animals.
  - 2) Make snack bags for people who are homeless.
  - 3) Create a gratitude tree, with something you're thankful for on each leaf.
  - 4) Read books that have themes of generosity.
  - 5) Ask a local nursing home if you can visit patients who don't get many visits.
  - 6) Make new toys and treats special occasions, instead of regular occurrences.
  - 7) Have your child help you shop for food to donate to a food pantry.
  - 8) Sit down as a family to write notes to (or draw pictures) to send to someone you are thankful for.
  - 9) Limit screen time and other exposure to advertisements.
  - 10) When talking about holidays with your child, emphasize celebrations over gift-giving.
  - 11) Tell your children why you are thankful for them.
  - 12) Have your child write thank you notes for gifts (or dictate the note to you.)
  - 13) Model treating everyone with respect, including service workers.
  - 14) Make time at dinner for each family member to share something in their day they're grateful for.
  - 15) Put away distractions like your phone to spend quality time with your child.
  - 16) Have your child help with chores around the house (even if you can do it better.)
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# SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Tree Of Life Charter School. Come in to the Chipotle at **596 E Perkins Street** in Ukiah on **Wednesday, November 15th** between **3:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Tree Of Life Charter School.



MEXICAN GRILL

If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.