

A publication of Sedona Charter School  
K-8 Tuition-free Montessori School

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Teambuilding

Authors, Authors Everywhere

How Much is Too Much?

Free, Unlimited Electricity

Team Work and Character

academic excellence ...

personal growth ...

small school environment

# Roadrunner report

music notes >>>

## Winter Strings Concert

**Our Winter Strings Concert is  
scheduled for Wednesday evening,  
December 6, 2017**

We are excited to announce our Winter Strings concert at the SRRHS Performing Arts Center! Students look forward to plenty of room to shine on stage as well as lots of family and friends seated comfortably enjoying them perform. Please note that this is a change from our normal Tuesday evening routine, so we want everyone to take note and mark your calendars.

Using the SRRHS Performing Arts Center comes at a cost of \$1500. Therefore, we will be selling tickets unless someone graciously donates to cover the full cost of the venue. Watch your e-mail and the newsletter more information about the price and availability of tickets.

In order to prepare for our winter concert, the orchestra must be working together as a well-oiled machine. That takes work; it takes commitment; and it requires all the parts to be present. Just like you wouldn't play baseball without a pitcher, we cannot prepare unless every member is present at every Monday orchestra rehearsal. Please make orchestra rehearsal a priority in your schedules.



Photo Credit: Jenni Goldman

## Why Attendance Matters

What is the most important thing you can do to support your child's success at school? Make sure he or she gets to school every day – and on time! There is no doubt that when students improve their attendance, they improve their chances for success not only in school but also in the work force and life in general.

Remember, when a child is at home or on vacation ... back in the classroom, they're losing ground. The further behind they get, the unhappier they become at school as their sense of confidence erodes.

Research shows that missing an average of 2 days a month lowers a student's performance on standardized tests and negatively affects overall academic performance—which can then lead to a related loss in confidence, making it even harder to get back on track. Perhaps that is why the Arizona Department of Education defines chronic absenteeism as missing just 2 days a month. Whether it's two full days or a combination of arriving late and leaving early, the negative impact on a child's life can be long-lasting.

The effects of absenteeism start early. Poor attendance can influence whether children read proficiently by the end of third grade or must be held back. By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school. And it doesn't matter why a child is absent. Low-income students are four times more likely to be chronically absent often for reasons beyond their control. However, new research shows that middle to high-income students are chronically absent because their families knowingly schedule vacations and overseas trips while school is in session, or they start and end their vacations two days before and after every school break.

As parents, you can prepare your child for a lifetime of success by making regular school attendance a priority. Set your child on the path to success by scheduling medical appointments on non-school days, celebrating birthdays in the evening, scheduling family vacations when school is NOT in session, and getting your child to school early. Be proud to know that your commitment to consistent attendance and early arrival is helping your child get ahead in life!



# Teamwork and Character

Hello Roadrunner fans! It has been Bill Baker's dream for years to have an active, vibrant sports program at SCS. With retirement comes time. Time to organize, time to coach, time to meet colleagues in area schools offering sports. He has learned many things so far this year, including the importance of starting early! Bill's love for children, our school and retirement has led him to work hard to improve our sports program and set up a firm foundation on which we can build into the future.

We began the year with Cross Country and Volleyball and both sports are currently underway. Obviously, the object of any sport is to score the most points, run the fastest, and be better than your opponents. However, while this is the nature of the game, ours is not a dog eat dog program. Our goal at SCS is to foster a community of team members known for their good character and having fun!

We provide a relaxed competitive environment while coaching athletics as an extension of the classroom and culture of

our school. Fundamentals of each sport are taught along with the opportunity to develop strong, healthy and disciplined minds and bodies. We stress good sportsmanship, fair play and team spirit as essential parts of our program.

On Wednesday, September 13th our Cross Country Team competed in an exciting meet with over 300 participants from across Northern Arizona. There were teams from as far away as North Phoenix, Chino Valley and the Payson area. Our runners did very well, gained valuable experience, ran hard, and enjoyed making friends with fellow competitors. "The Sedona Charter School Invitational" was hosted on September 28th and was another huge success. Thanks to everyone who helped make this meet possible!

Our Volleyball Team continues to work hard under the direction of Coach Kira Sapach and coach Bill. We have had a respectful showing in our games so far and are looking ahead to participating in the Verde Valley Tournament on October 20th at American Heritage Academy in Cottonwood.

Our Basketball season runs from early

November through February 2nd. The team will begin practicing on Tuesdays and Thursday afternoons, November 2nd. Games are scheduled to begin the week of November 21st. The courts have been reserved with Sedona Parks and Rec and Coaches Jeff McGrath and Niel Pableo are ready to go.

Soccer (Fútbol) season runs from early February through the end of April. Practice begins on February 6th and competitive matches start the week of February 20th. We are currently looking for some committed, enthusiastic, kid-friendly coaches for soccer.

New this year is Ultimate Frisbee, led by coach Bill. Practice will begin in February and run through April. Watch for more details on Ultimate Frisbee in the coming months!



## around campus>>>

### Did You Know?



### Girls on the Run meets twice a week after school?

Girls on the Run is dedicated to teaching every girl how to activate her limitless potential and boldly pursue her dreams.

Meeting Tuesdays and Thursdays from 3:30 - 5:00 pm, girls are taught life skills through dynamic, interactive lessons and running games. The program is led by certified coaches and focuses on:

- understanding yourself
- valuing relationships and teamwork
- understanding how you connect with and shape your world

Running is used to inspire and motivate while also encouraging lifelong health and fitness. Completion of each new fitness goal builds confidence through accomplishment. Important social, psychological, and physical abilities are developed and reinforced.

At the conclusion of the program (end of November), the girls and their running buddies complete a 5K running event giving them a tangible sense of achievement as well as a framework for setting and achieving life goals. The results are significant! Girls realize the seemingly impossible is possible, and learn that they can.

We currently have 11 girls in our program and encourage more to sign up.

## upper elementary >>>

# Authors, Authors Everywhere!

We are so thrilled by the writing our students are sharing with us this year. It is only one month into the school year and these authors are creating some amazing stories. UE students started out the year writing their own version of a creation story tied to the first Great Lesson. The Great Lessons are an important and unique part of the Montessori curriculum. Our instructors start each new school year teaching all five Great Lessons to the students during the first two months school. The first Great Lesson focuses on the creation of our universe.

Our first Creation Story writing assignment allowed for imagination and creativity; and boy, we were not disappointed! We heard everything from "How the Monkey Got its Tail" to "How Wolves Came to Howl." The artistry, imagery, inventiveness and originality of their writing was inspiring. The teaching team was so ecstatic to hear student comments like, "I've learned more about writing in the first month of 4th grade than I have my whole life!" and "Oh no, is writing time over already?" Just hearing those words makes our hearts soar and fills us with an exhilarating desire to make sure each of our students are motivated and excited about writing.

We have implemented a "Sacred Writing Time" where students are able to write freely. This is a time that is silent and soothing so each member of our community can enjoy a quiet and respectful work environment. During Sacred Writing, students are encouraged to write about anything without teacher interference. We have seen many styles of writing; including journals, autobiographies and fiction. Free writing gives students the chance to write without fear of judgment or grade, simply for the pure joy of personal expression.

After their writing is drafted, edited and published, the students are encouraged to share their compositions with others. This is always met with positive, enthusiastic feedback from the class and we hear so many comments afterward that start with, "I loved the part when...."

Ask your child to share his/her writing process with you, especially the finished product. We are sure you will be as delighted as we are with the hard work, vision and diligence these students have shown.





# Teambuilding

*"There is a great sense of community within the Montessori classroom, where children of differing ages work together in an atmosphere of cooperation rather than competitiveness. There is respect for the environment and for the individuals within it, which comes through experience of freedom within the community." Dr Maria Montessori (as cited in Elizabeth Hainstock, 1986, p. 81 – The Essential Montessori)*

One of the exceptional things about our Middle School classroom is the emphasis on creating a healthy sense of community. In each aspect of our curriculum we have developed age-appropriate ways to instill compassion, courtesy and responsibility in our students. In addition, there are ample opportunities for making friends, interacting with and developing consideration for others, learning how to cooperate, and fostering a sense of interdependence.

The social life of students is a vital aspect of our Montessori classroom and curriculum. It is important that the complexities and ups and downs of relationships are supported and enhanced by adults sensitive to the needs and social development of adolescents. There is a strong focus on respect for peers, teachers, and even the classroom materials within the Montessori setting. This respect is intentionally manifested through first

preparing the environment and then taking time to create respect within daily lessons and experiences.



We recently ventured to Prescott where we navigated low and high ropes courses that challenged us both physically and mentally. Each one had his/her limits of comfort, yet we encouraged individual success by cheering each other on. We also inspired our whole community's success by working together as a team to solve unique and complex problems.

Looking in the rearview mirror on the drive back to school, shoulders were standing tall, heads were being held high, and faces were smiling with contentment. The air was filled with excited chatter regarding all the day's successful endeavors. Our trip was a victory! Our small Middle School community came together on that day, strengthening the bonds of community and friendship. Looking forward, it is our intention to continue to strengthen these bonds every day.

**DON'T MISS THE FIRST BOX TOPS FOR EDUCATION DEADLINE - 10/20/17**

## ask a teacher >>>

### Q: How Much Is Too Much?



**A:** Now that the school year is under way, you are probably busy managing your child's schedule, mixing sports, music lessons, homework and play dates. It can be a difficult balancing act for both students and parents. So, are the experts correct when they say scheduling every moment of your child's life is cruel, overbearing and destructive to his long-term well-being?

As a general principle, there is a fine line between an enriched, interesting, growth-promoting childhood and an overscheduled one; however, no one really knows where that line is. Expert Alvin Rosenfeld said "enrichment activities are perfect. They add a lot to kids' lives. The problem is, we've lost the ability to balance them with down time." Make sure kids have enough time with no activities, and parents have enough time with no work, for the two to come together to create activities of their own. Spend time together with no goal in mind so that you communicate to your child that you love them.

The number of activities is not always the problem. It's good for kids to be scheduled and have musical, sports or other organized opportunities that are just for fun. The key is balance. Know who is driving the activity, you or your child. Choose options together. Watch what you say and enjoy just spending time with your kids. They grow up too fast!

## Letter from the President



Hello Everyone,

As I was growing up, I can recall my mom constantly telling me "always eat your breakfast" and "breakfast is the most important meal of the day." We've all heard these clichés, but are they true?

Research shows that when it comes to the importance of breakfast, mother was right. Many studies from the 1950's through today consistently show that students who eat breakfast outperform those who don't. For example, a 2006 study by Duke University took 4000 elementary students and had them skip breakfast for a day while testing their reading comprehension and math problem solving skills. A few days later, those same students were asked to repeat similar tests after a healthy breakfast. A noticeable improvement was observed after kids ate breakfast.

Now that we know that breakfast is important the question becomes "does it matter what kind of breakfast a kid eats?" The answer is YES! Last year, Tufts University did a study comparing students who ate sweetened oatmeal to students who ate Cap'n Crunch for breakfast. Both groups were given academic tasks. The oatmeal eaters on average did 20% better than the Cap'n Crunch group. The interesting aspect to this study is that both the sweetened oatmeal and Cap'n Crunch have the same amount of carbohydrates. The big difference is the glycemic index. Cap'n crunch has a very high glycemic index which causes a quick peak in blood sugar followed by a steep drop about 2 hours later which results in a reduction in concentration and memory. Oatmeal on the other hand has more fiber and protein, therefore a lower glycemic index. Oatmeal is absorbed slower and does not cause a steep drop in blood sugar, allowing students to hold concentration levels until lunch time. Other lower glycemic index foods include yogurt, whole wheat toast or english muffin, and eggs. Fruits that are low in glycemic index such as strawberries, blueberries, apples, peaches and grapes can be added to the above or given as a snack. An ideal sweetener is raw honey, however, avoid foods high in glycemic index such as sugary cereals, corn muffins and concentrated juices.

When it comes to breakfast, mother is always right. It is the most important meal of the day.

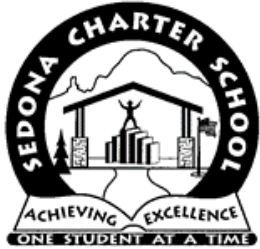
Respectfully yours,

Steven Paley, President  
Sedona Charter School  
Governing Council



## staff >>>

**Lower Elementary:** Bob and Terri Wentsch, Katarina Houser, Amy Tedrick, Dolores Biermann, Ana Hansen  
**Upper Elementary:** Suzi Ashley, Maija Alanen, Harry Buedel, Bethany Gray, Jacquie Randall  
**Middle School:** Lauren Rondeau, Niel Pableo, Bethany Gray  
**Orchestral Strings:** Kristina Beachell  
**Administration:** Alice Madar, Lauren Hendler, Jannette Villalobos-Gil  
**Title I:** Joe Falsetto and Ana Hansen  
**Special Education:** Lucy Schwill, Teri Lechowski



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**our mission...** *Our Montessori school challenges each child to achieve excellence through an individualized program, which includes a schoolwide musical strings program. We inspire a passion for learning, instill a sense of personal responsibility, and cultivate a respect for the environment and involvement in the community.*

## looking ahead >>>

### November 2017

*Classroom Happenings*

*Ask A Teacher*

*Winter Holidays Around the World*

*Field Trip Highlights*

## alumni news >>>

# Free, Unlimited Electricity!

Ben Davis has an ultimate goal of providing free electricity to the world and it all harkens back to his time at Sedona Charter School. After hearing his teacher, Mr. Anderson, give a presentation on Nikola Tesla, Ben knew what he wanted to do with his life and his role model was Tesla himself.

Ben attended SCS from second through eighth grade and graduated in 2011, moving on to Sedona Red Rock High School where he served in many officer positions as a member of the Thespian Club. In addition to his academic achievements as a member of the National Honor Society, Ben was a member of the varsity swim team and tennis team. Upon graduating from SSRHS in 2015, Ben received the Lumberjack Scholarship to NAU, which is a complete tuition waiver.

His favorite Sedona Charter School teacher was Bill Baker and he stays in touch with him to this day. Ben describes Bill as “a fantastic teacher and always fun to be around.” He vividly remembers classroom

lessons with Bill and many field trips. One of his most memorable experiences at Sedona Charter School was night kayaking on his eighth-grade trip to Catalina Island. Ben is thankful for the many opportunities for hands-on learning outside the classroom that SCS provided feels that he wouldn't have had similar opportunities in a traditional school setting.

SCS cultivated the right atmosphere for Ben to become very sociable and outgoing, and he attributes his ability to start conversations and meet new people to his days as a Montessori student. “Sedona Charter School also prepared me very well academically for high school. Quite frankly, high school was easy,” Ben says, “but college is an entirely different experience.”

Sedona Charter School provided a good foundation. “One of the most valuable lessons I learned at SCS was to problem solve on my own without going to others for help,” Ben recalled. That valuable life



**Ben Davis**

lesson has served him well throughout his academic pursuits and will continue to be crucial as he begins his career as an electrical engineer.

Ben is pursuing one of the hardest types of electrical engineering at Northern Arizona University (NAU) and is on track to graduate in 2020 or 2021 at the latest. He hopes to either start working on his Master's degree or land a job working for one of the Elon Musk companies in California ([SolarCity](#), [Tesla](#), or [SpaceX](#)).

Ben hopes to give the world free unlimited electricity one day, or at the very least provide a more renewable source of electricity for everyone.






**Sedona Charter School**

# OCTOBER 2017

*Keeping parents informed*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 4 pm Away Game 3:30 pm—Orchestra	3 4 pm Away Game 3:30 pm—Girls On the Run 3:30 pm—Cross Country	4 7:30 am Beginning Orchestra 7:30 am—MMUN Volleyball—3:30 pm	5 End of 1st Quarter 4 pm Home Game 3:30 pm—Girls On the Run 3:30 pm—Cross Country	6 Teacher Workday	7
8	9 Columbus Day	10 3:30 pm—Girls On the Run 3:30 pm—Cross Country	11 7:30 am Beginning Orchestra 7:30 am—MMUN Volleyball—3:30 pm	12 3:30 pm—Girls On the Run 3:30 pm—Cross Country	13 Report Cards Mailed	14
15	16 3:30 pm—Orchestra 3:30 pm—Volleyball	17 Governing Council Mtg. 3:45 pm 3:30 pm—Girls On the Run 3:30 pm—Cross Country	18 7:30 am Beginning Orchestra 7:30 am—MMUN 4 pm Away Game 6 pm—LE First Year's Math Meeting	19 3:30 pm—Girls On the Run 3:30 pm—Cross Country	20 Volleyball Tournament AHA—9 am	21
22 OLD FASHIONED FAMILY PICNIC 1-4 pm	23 3:30 pm—Orchestra 3:30 pm—Volleyball	24 United Nations Day 3:30 pm—Girls On the Run 3:30 pm—Cross Country	25 7:30 am Beginning Orchestra 7:30 am—MMUN Volleyball—3:30 pm	26 3:30 pm—Girls On the Run 3:30 pm—Cross Country	27	28
29	30 3:30 pm—Orchestra 3:30 pm—Volleyball	31 1:30 pm Halloween Event 3:30 pm—Girls On the Run 3:30 pm—Cross Country	<b>Looking Ahead:</b> November 1—Early Release Wednesday November 10—Veterans Day, No School November 17—Thanksgiving Meals in the classrooms November 20-24—Autumn Break			 <b>Earn Cash for Our School!</b>