



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

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The Art of Practice



As we have kicked off our “Practice-A-Thon” fundraiser in the SCS Strings Department, we think this would be an appropriate time to start a series of articles to help parents and students explore the *Art of Practice*.

Here are some things Kristina learned from her parents and teachers about practicing that she hopes we can instill in our children. She learned consistency and how to make decisions regarding available time. Support in the time of difficulty and struggle, dedication to the art, fearlessness, understanding that *ten times perfect in a row* is an important key to remember. She learned efficiency of practice, economy and speed of acquisition.

To master the *Art of Practice*, we also must understand the goals of practice; and there are many. Essentially, we want to learn how to play a piece beautifully while gaining technique, and we want to transfer these techniques to our other pieces. We want students to gain an understanding of the physics of the instrument. What are the properties that make the instrument and bow work together to make beautiful tone and great music? We want to increasingly gain control of our muscles and our energy, so we may easily discern the intended style and phrasing of a piece to fully connect to it emotionally.

Let’s work together to help our children master the *Art of Practice*!



Run, Jump, Climb, MOVE!

Our playground re-imagined



Any great play space provides motion, encouraging kids to run, jump, throw, hop, slide, swing, climb and MOVE! We are so proud to announce that Phase I of our new playground is now complete. Despite red-tape and delays, we now have our playground back, re-imagined in its new space and ready for children to enjoy every day. Parents may sit on the wall and watch their children after school while enjoying the view of Sedona’s red rocks.

We are so thankful for Governing Council member, John Griffin and parent, Jordan Rogers who worked tirelessly over the summer to get approval from the city to begin construction in early August. Cement trucks were lined up pouring footers the first day of school and Phase I of our playground beyond the bridge is now a reality.

As seen in these before and after photos, we have incorporated the natural world, with tree canopies, limited barriers, a lot of green space

and soft ground cover to foster safe play. We promised you a new home for the playground once the Performing Arts Classroom was completed and we have now delivered on that promise! Come experience the sounds, colors and textures that will ignite your child’s imagination every day.

This could not have happened without our amazing volunteers and Middle School students who helped spread wood chips in the heat.

Our two concrete horned toad benches in memory of Terri Wentsch have been ordered and should arrive this month. If you forgot to donate in her memory last year, there’s still time. Just go to our website and designate your gift in her name.

Phase II will be completed late next year and will include a shade canopy. Footers are in place and we are working with engineers to design and purchase the shade canopies for our new space.



lower elementary >>>

Warm Fuzzies

We are off to a wonderful start in Lower Elementary and have enjoyed getting to know all our students.

Children are normalizing well and adjusting to the classroom environment. Normalization is the period of time where our students acclimate to the classroom. These past weeks in Lower Elementary we have spent a lot of time going over expectations and guidelines so the students know what is expected of them.

We understand that most students have not experienced a class this large and we take time to talk about respecting each other and getting along with others, as well as respecting school materials and property. It is very important that students have this normalization period to help with peace in the classroom and to feel connected and responsible for the classroom environment. One way we help students feel responsible is by assigning them a Beautification Job. These jobs ensure our classroom is kept neat and inviting.



The crafts we have completed help in establishing good habits when using classroom materials. Each student created a mat marker to put on his/her rug when doing work. They also made a paper person to represent themselves and hang in our community area to show that we are all connected in our community. Students enjoyed our scavenger hunt, which helps them learn where materials are located in the classroom.

In addition to making origami animals, we read students a story teaching them that when they share kindness and love with others, then others share kindness and love with them. Students made "Warm Fuzzies" to symbolize the moral of the story. By treating others the way we want to be treated, we are sharing "Warm Fuzzies," spreading those feelings throughout the classroom.

We would like to remind families to label



water bottles with your student's name and help in sending a fresh, clean water bottle daily. All students need a placemat, napkin and reusable utensils in their lunch box or backpack.

It has been great to see that all children are wearing appropriate footwear, sneakers or sturdy sandals with a heel strap. This is especially important on the days your student has Physical Education. Our PE time is 1:15-2:00 pm. Monday - 1st grade, Tuesday - 2nd grade, Thursday - 3rd grade.

We are looking forward to an educational and adventurous year in Lower Elementary!
Onward!

montessori >>>

Did You Know?

Rose Ceremony

Montessori philosophy is all about older students mentoring younger students. So, we started a new tradition this year connecting our oldest students with our youngest.

On Thursday, August 15th, we held our first annual year opening Rose Ceremony in which eighth graders welcomed first graders by giving each one a rose.

During the rose presentation, all students in the school sang our school song, *Hey Friend*, written by Adahlia Tara Middleton and four of our middle school students in 2015 as part of a songwriting elective.

"You pick me up when I am down,

You make me happy when you're around

So don't you go too far away

You're my home that's here to stay.

Hey Hey, I'd like to say thank you for all the ways that You You, you helped me through.

You know I'd do anything for you."



upper elementary >>>

Visitors From Afar

Maria Montessori had the vision that as humans, we are all interconnected. She knew that in order to achieve global peace, we must teach our children grace and courtesy, fundamental needs of all mankind, and marinate them in cultural education.

On August 12th, we were thrilled to be visited by 61 students from Korea, aged 9-12 years. These children had been attending a summer camp in Mayer, AZ for one month and were flying back to Korea the day after their visit with us. Their English skills ranged from a few words, to none at all. Communication with our students included gestures, drawings and lots of



visual clues. They joined us for recess, lunch and reading.

Our students truly embraced the Montessori philosophy of welcoming a new and different culture from our own in order to understand and appreciate diversity.

Sedona Charter School students were asking questions, engaging the children in games, teaching them how to play tetherball and foursquare, reading aloud to buddies, and inviting the guests to join their tables for lunch. We even witnessed addresses being exchanged for pen pals!

We were so grateful to experience this cultural opportunity. For our UE teachers and students, this was a priceless experience we will all long remember.

Who Am I?

What a fantastic start in Middle School! Students came the first day and immediately tended to the hamster and turtles they had missed all summer. Some went to the garden and began harvesting the lush tomatoes and amaranth that awaited. After reacquainting with all friends and meeting new ones, we gathered in our community circle of chairs to begin our first morning meeting together.

Students spoke of their favorite summer memory while the rest listened intently. After a few games of "get to know you" interviews and introductions, the students' first task was given -- get in a line alphabetically by first name to attach your name label to your mailbox. This may seem like no great feat,



however, most of these students were new to each other, and had to talk, collaborate and problem solve to reach success. We gave them a time limit of 16 minutes, and in the end, they had 2 minutes to spare, which was added to their recess time. A fun start for sure!

These pictures show our two-day art project related to an essential question of Montessori education, "Who am I?" As we pondered what qualities we each possess and what we offer the community around us, we discussed in pairs and small groups until each person chose one element about themselves. Some examples were "free thinking," "patience" and "creativity." Students then researched



symbols from around the world that represented their quality and picked one to create on large paper using any medium in the room (paint, oil pastels, watercolors, colored pencils, et al). Students worked for two days on their art pieces and then wrote about the process. They shared their work with the group and are now using their laminated artifacts as decorations in their cubbies.

We have been extremely busy each day constructing a classroom constitution of agreements, establishing our routines of environment, tending to the animals and garden, and beginning our journeys in classwork learning about our individual ancestry, immigration, the United Nations, atomic structure, geometry, algebra and more. We have already grown close as a community and have a fun, supportive and easy vibe together. It is a lovely thing to watch young adults actively involved in their education and so interested in learning.



Letter from the President



Dear Students, Parents and Staff,

I hope everyone is having a comfortable transition returning back to school. While change can be a positive experience, it can also be very overwhelming, not just for adults but also for children of any age.

It's important to allow them to express their feelings and concerns, regardless of how insignificant they may seem, and in return express empathy. A simple, "I can't imagine what that must be like" or "I'm so sorry you feel this way" can make kids feel reassured. Sometimes we don't need to fix or say anything, we just need to listen and sit with them in their discomfort, even if it's uncomfortable for us!

Empathy creates connection, and that connection will encourage your child to trust you with their thoughts and feelings as they grow older. Not only will this make your relationship stronger, but it will help them know the importance of being empathetic towards others.

Dr. Brené Brown states that empathy can bring people together and make them feel included, whereas sympathy creates a disconnect. I encourage you to watch this short video on Empathy vs Sympathy.

<https://youtu.be/1Evwgu369Jw>

Empathy doesn't require that we have the exact same experiences as the person sharing their story with us.... Empathy is connecting with the emotion that someone is experiencing, not the event or the circumstance.

— Brené Brown

Yamile Daher, President
Sedona Charter School Governing Council.



ask a teacher >>>

Q: What are some benefits of playing sports?



A: I could write a book to answer this question, however, first and foremost, it all starts with teamwork. A sports team cannot be successful without joint effort to achieve a positive result. Good teamwork requires cooperation, coordination and accountability from everyone on the team. The implementation of strategies and goals implies active participation of all team members to continuously work on improving team performance through organization and planning.

The skills students develop by competing in sports serve them well in their future careers:

- ◆ Communication
- ◆ Organization
- ◆ Rules and Structure
- ◆ Goals and Expectations
- ◆ Stamina
- ◆ Attitude
- ◆ Problem-solving

Conflicts are also present in sports and must be resolved peacefully. When sporting conflicts are well managed, there can be many positive outcomes. Learning to solve problems and resolve conflict will prove essential in many aspects of life outside of sports, including work and family relationships.

— Tim Smith, Athletic Director



staff >>>

Governing Council: Yamile Daher, Meg Haesloop, Brenda Man-Fletcher, Steven Paley, John Griffin, Katarina Houser, Suzi Ashley, Jacki Rice, Alice Madar, Gail Olson

Lower Elementary: Katarina Houser, Amy Tedrick, Amy Alexander, Haley Seiber, Dolores Biermann, Stephanie Schmid

Upper Elementary: Suzi Ashley, Maija Alanen, Lucy Hill, Jacquie Randall, Mackenzie Pace, Heidi Nila

Middle School: Jacki Rice, Tim Smith, Alexandra Winter

Orchestral Strings: Kristina Beachell

Athletic Director: Tim Smith

Administration: Alice Madar, Jannette Villalobos-Gil, Stephanie Knight

Title I: Bob Wentsch

Special Education: Lucy Schwill, Cynthia Tyler



looking ahead >>>

October 2019

Classroom News

Ask A Teacher

Special Events

Around Campus



contact us at 928-204-6464
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165 Kachina Drive
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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.*

around campus and beyond >>>

International Day of Peace

Each year the International Day of Peace is observed around the world on September 21st. We will be celebrating on Friday, September 20th with an afternoon assembly and activities throughout the

school year devoted to strengthening the ideals of peace within our school community and among the residents and visitors of Sedona.

This year's theme is "Climate Action for Peace," encouraging everyone to do their part in lowering greenhouse emissions and improving education on climate change. Our students are part of the team working toward solutions such as conserving energy and recycling to make Sedona a greener and more beautiful place to live.

The theme draws attention to the importance of doing our part in protecting and promoting peace throughout the world. In the lead up to the International Day of Peace, the United Nations is calling upon us all to protect and strengthen our environment. Every human is part of the solution - from turning off lights, to taking public transportation, to organizing awareness in our community, and recycling to create a cleaner, more sustainable environment for our children.

Young people are stepping up to the challenge all around the world by taking steps to protect their homes, schools and communities. We are teaching our students to be aware by promoting sustainable lifestyles, conserving nature, supporting renewable energy and adopting environmentally-friendly practices in our everyday lives.



The International Day of Peace Student Observance takes place on September 20th at United Nations Headquarters, and will provide a platform for young people to showcase the projects that they have undertaken to fight climate change and promote peace. Our students will meet together on the lawn at 2 pm for our school-wide Peace Day Observance in addition to each classroom focusing on peace and environmental awareness throughout the day.

Our Lower Elementary students will be making peace crafts while the Upper Elementary students will be constructing a Peace Pole on campus. Our Middle School students are currently working on their peace plan.





Sedona Charter School

SEPTEMBER 2019



Keeping parents informed

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----|--------|--|-----------------------|-----|---|-----|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 8 | 9 | 10 | 11 PATRIOT DAY | 12 | 13 | 14 | |
| 15 | 16 | 17 3:45 pm— Governing Council Meeting | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 9 am— UE Field Trip OLD FASHIONED FAMILY PICNIC 3 pm | 28 | |
| 29 | 30 | | | | | | <p>Looking Ahead: October 5—MMUN Fundraiser October 11-14 — No School [Staff Day 10/11] and Columbus Day Holiday October 21-23 — Parent Conferences, Report Cards October 31 — Halloween Carnival —1:30 pm</p> |
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