

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

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Normal vs. Normalization

An Attitude of Gratitude

Encouraging Gratitude

Did You Know?

Ask a Teacher

Spooktacular Fun

academic excellence ...

personal growth ...

small school environment

Roadrunner report



music notes >>>

The Power of Gratitude (Part 1)

How Being Thankful Can Change Your Life

One inevitable fact for creative types... there comes a time when we feel a little stuck in our art. Whether it's writing, painting, dancing, or music, it can occasionally feel like our efforts are not propelling us forward and we, therefore, feel less than inspired.

Many of our more seasoned young musicians here at SCS are feeling this internal struggle more than ever in COVID-19 times. After all, creating music on Zoom is just not the same as the thrill of filling a room with beautiful music together. Even as we implement our hybrid learning plan, prospects of performing a *live* concert are slim to none as it stands now. This can be deflating for students who are accustomed to experiencing the euphoria of pulling off spectacular performances after months of hard work.

In the case of our young musicians, creating and performing music is easily "perceived" as an outward facing activity. We practice and rehearse so that we're ready to play out *to audiences*. Particularly in schools, where there is always pressure to perform, this can feel like a one-sided situation.

While performance is indeed an important part of being a musician, and an



excellent motivator for students...it is not the end all and be all. In fact, our current situation lends itself to allowing students some time to reflect on the intrinsic reasons we play music. A friend once said, "Playing music should follow an 80/20 rule...80% for yourself, 20% for others."

When we focus too much on external validation and justification on why we commit to our musicianship, the formula can become unbalanced. That is when the internal struggle can begin.

The 80/20 rule provides a guideline we use to check ourselves when the passion for our art wanes and we feel like giving up. The first step we need to take as creative people if we want to regain our music mojo, is to practice gratitude.



November is the perfect time for giving thanks and practicing gratitude, thus, strings students will be asked to reflect on a few questions this month:

"How grateful are you for what you've already accomplished in music? What are the opportunities that have presented themselves because of your dedication to music? How thankful are you for the people who support you in your musical endeavors? How happy are you for others when musical success happens for them? Are you thankful to attend a school that believes in the importance of music education? Are you thankful to be healthy and strong so that you can practice your instrument just a few more minutes each day?"

Understanding our level of gratitude will be the first step in bolstering our passion for music and helping to re-ignite our drive to press on, despite the circumstances we face. Next month we will explore the benefits of being grateful.

Normal vs. Normalization

Lower Elementary is thrilled to be back in the classroom with some of our students. Our first month back in person has been quite eventful and we are adjusting well to our new “normal.”

We have spent time ‘normalizing’ our students to being together and following classroom procedures. ‘**Normalization**’ in the Montessori classroom refers to the focus, concentration, and independence of the children, by their own choice. It means they have acquired the internal freedom to initiate



work, be independent, and adhere (by choice) to the rules of the environment.

We have figured out how to teach students in person while also attending to students joining us online. We have enjoyed teaching our Specials live to students in the classroom. In Music, students have been studying different composers throughout history and learning songs in Sign Language. In Art, we have studied famous artists, perspective, elements of color, and the changing colors of Autumn. In Physical Education, students will participate in themed yoga sequences including storytelling, singing, mindfulness and poses. In addition to participating in organized sports and interactive games, students are learning to hop, skip, jump, run, do stretching exercises, and care for their own health and fitness. In S.T.E.M., students have studied pulley systems, team building, unorthodox structures, windmills and parachutes and are looking forward to exploring solar ovens in the next few weeks!



Each month we are asking one of our 3rd year students to write a bit about what their life is like at home or at school. This month we have a short piece written by Sydney.

“Homeschool is kind of nice sometimes because I can get my work done faster. I like to do our Continent Study at home because it is fun to watch the videos and draw the pictures. One thing that I miss about normal school is my friends. I also miss my teachers. In the classroom I like to learn about the Biomes because we learn the facts, write them down and draw the pictures. It was pretty fun sewing our books. These are the things I like about homeschool and normal school.” — *Sydney (3rd year)*

Onward!

montessori >>>

Did You Know?

We had a bountiful harvest!

The garden is in its final phase of producing summer crops. It's been an amazing season of blessings as we've seen your hard work reap a bountiful harvest. Tomatoes for everyone!

Once again we want to thank Michael Spielman from Verde Valley School for the seed and seedlings, as well as the composted soil and Builders First Choice for the weed control fabric that now lines our pathways under the gravel donated by Sedona Rock and Materials. We are grateful to Village Ace Hardware for the drip system supplies and Home Depot for the boarder stones.

Our garden has been transformed and is thriving! Students are in the early stages of configuring their classroom garden areas for winter. It is exciting to consider what they will grow, and we look forward to future updates in the coming months.

There are still many volunteer opportunities in the garden. If

you are able to help, please contact Amy Tedrick or Vicki Blessing and join our gardening team. We would LOVE to have you!



upper elementary >>>

An Attitude of Gratitude

This year has been very odd so far... but we were all so ready to get back to school. On October 13th, we returned to the classroom in a hybrid model. Hybrid means that one group attends school in person on Mondays and Tuesdays, and the next group comes on Thursdays and Fridays. Each group will have two days at school and the rest online. Some fun things we now get to do in person are: yoga with Miss Jess on the field, strings with Miss Kristina, gardening with Miss Jess, and last but not least, art with Miss Lucy.

Now, there has been some debate whether we were going to be able to do the Halloween trail or not. Sixth graders were asking if we were still going to be able to decorate the haunted trail for the school. We were so excited when we found out that we were allowed to do it, just with some minor alterations! We had small

groups go through, with masks of course! We were able to do it for two days so each group could enjoy the terror! The Halloween trail is a fun activity that the 6th graders have been doing at Sedona Charter School for over 10 years. We are really

glad that we didn't miss this important rite of passage before we leave the Upper Elementary classroom at the end of the school year.

Along with all that we are now able to do in person, we are still doing some things online: for now, the teachers are taking turns presenting the great lessons, daily Math Zooms, reading aloud, science, history, ELA, foreign language, book clubs, strings and arts and crafts. On top of doing all of that online, we also had some new things we had to learn when we returned to the classroom: proper mask wearing, hand washing procedures, and

practicing staying six feet apart. We are quite good at it now! We are all looking forward to coming back to school for good, but for now we are just happy to be back with our friends and teachers for two days every week. I hope you all have a great month, and stay safe and protected!

— *Lelu Hill (6th year)*



Encouraging Gratitude

We've been able to see each other and have a new place to spend our days. We've already learned how to batik paint on white masks, which is a process of masking areas you want left white with wax or gel glue then painting around and over the whole design. After it dries and the wax is removed, you are left with a cool design of colors and white patterns. We are also having Socratic discussions and reaching out to our elderly friends in quarantine by making them cards and writing letters. Some of us even painted masks for them. We are spending lots of time outside, which is really fun. And most excitingly, we are playing Four Square again.

It's a modified, distanced, sanitized version, but, hey, we're not complaining!

Along with all of the new and fun things happening, humanities are teaching us a lot I

didn't know about the presidential election and so, so, much more. We have recently studied core values and explored what is

important to us. We looked at issues in our country, chose one to research, then created a presentation for our small class.

I chose "Plastics in our Oceans" and made a slideshow with pictures, facts and evidence. Now we are studying the candidates running for president. We will match our core values to what each candidate believes and cast our vote in our mock classroom election. I even made a video playing two characters (a news reporter and a presidential candidate) telling my views on many of the country's issues.

I was basically clueless when it came to "adult stuff" like voting. Now I am getting closer to the voting age (only five years away), so I think it is pretty important to learn about this in school. We'll be holding our own mock Presidential

election in the Middle School.

-Kyla (7th Year)



ask the teachers >>>

Q: For what are you most thankful this season?

- A:
- "I am thankful for laughter! The happy laughter of friends, family, and colleagues brings positivity and much needed levity into each day." — *Jess Sweeney, UE Facilitating Teacher*
 - "I am most grateful for the resilient spirit in the students during this time. It shows that they have learned the skills to bounce back and keep moving forward despite the obstacles. Yay, students!" — *Alex Winter, MS Facilitating Teacher*
 - "I am thankful for all the support we have received from our Lower Elementary community. Our parents have gone above and beyond to ensure their student succeed with distance and hybrid learning. We are thankful for your hard work and dedication. We could not have done this without your positivity and willingness to try something new!" — *Katarina Houser, LE Principal Educator*
 - "I am most thankful for my family, friends and fur baby! They are my tribe and I enjoy life with them!" — *Victoria Blessing, Special Education Director*
 - "I'm thankful for the opportunity to live and work in Sedona because it is truly a magical place. I love the beauty and energy of our natural surroundings. I am also very thankful to work with two amazing teachers at the middle school. It is such a blessing to collaborate with positive people that share a common vision of Montessori education. Every day is a new adventure, and I am very excited to have most of our students back in the classroom." — *Olof Ehrenstrom, MS Facilitating Teacher*

COVID-19 Update

Our first several weeks of hybrid learning have gone well. Hybrid Cohort Group A attends in person Monday-Tuesday and Hybrid Cohort Group B attends in person Thursday-Friday. Both groups distance learn the remainder of the week and are invited to use the safe space computer lab as they have need.

The Safe Space Computer Lab for grades 1-3 is free of charge at Precious Stones or Creative Childcare Club Monday-Friday from 8:30am to 12pm. Our Safe Space on campus is open Monday-Friday from 8:30am to 12pm and supervised by Kim Pace. Kim comes to us with a background in Montessori education and has classroom management skills. Bob Wentsch is available for Title 1 students and Vicki Blessing is available for Special Ed. On Wednesdays, our teachers are also helping. If you will be utilizing either safe space, please let your PE know by noon the Friday before the Monday you need it. Students will need a fully charged laptop, headphones, and the charger/plug in cord (in case their computer power runs low) each day as well as their cubbies holding all their school notebooks, class homework sheets and supplies. Please be sure to send a snack, water, and a clean cloth mask.

Per our Distance Learning Plan, we remind you not to send your child if they have a fever of 100° or more, a runny nose, cough, or flu like symptoms. We are required to take and record each child's temperature with a noncontact infrared thermometer. The thermometer hovers in front of the forehead and measures the thermal radiation of the forehead. If you do not want your child's temperature taken this way, a parent may bring their own thermometer and take the temperature in front of a teacher. Students may not refuse to have their temperature taken. Masks are mandatory for any student, parent, or staff member when physical distancing of 6 feet is not possible in accordance with Sedona's executive order by the Mayor.

We realize this has been a difficult season and we are striving to help in whatever ways we can. We hope that you will utilize our Safe Spaces as you have the need. Thank you for partnering with us and your students as we strive to provide the greatest education possible despite the many challenges brought by COVID-19.



staff >>>

Governing Council: Yamile Daher, Meg Haesloop, Michael Iskowitz
Steven Paley, John Griffin, Julie James, Katarina Houser, Suzi
Ashley, Jacki Rice, Crystal Hoyle, Gail Olson

Secretary Clerks: Diana Munger and Vivien Mann

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

Upper Elementary: Suzi Ashley, Maija Alanen, Lucy Hill, Jacquie Randall, Jess Sweeney

Middle School: Jacki Rice, Alexandra Winter, Olof Ehrenstrom

Orchestral Strings: Kristina Beachell

Administration: Crystal Hoyle, Jannette Villalobos-Gil, Stephanie Knight

Title I: Bob Wentsch

Special Education: Vicki Blessing

Facilities Manager: Octavio Gil

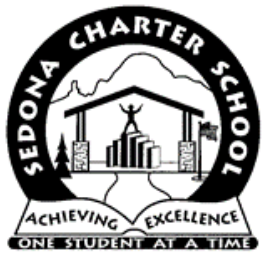
Safe Space: Kim Pace



looking ahead >>>

December 2020

Classroom News
Ask A Teacher
Music Notes
Around Campus



contact us at 928-204-6464
www.sedonacharterschool.com

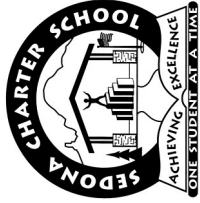
165 Kachina Drive
Sedona, AZ 86336

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>>>

Spooktacular Fun on the Halloween Trail





Sedona Charter School

NOVEMBER 2020

Keeping parents
informed



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 In-person Learning for Cohort A Distance Learning for Cohort B	3 Election Day  In-person Learning for Cohort A Distance Learning for Cohort B	4 Distance Learning for Cohort A & B	5 In-person Learning for Cohort B Distance Learning for Cohort A	6 In-person Learning for Cohort B Distance Learning for Cohort A	7
8	9 In-person Learning for Cohort A Distance Learning for Cohort B	10 In-person Learning for Cohort A Distance Learning for Cohort B	11  VETERANS DAY NO SCHOOL	12 In-person Learning for Cohort B Distance Learning for Cohort A	13 In-person Learning for Cohort B Distance Learning for Cohort A	14
15	16 In-person Learning for Cohort A Distance Learning for Cohort B	17  Governing Council 3:45 pm In-person Learning for Cohort A Distance Learning for Cohort B	18 Distance Learning for Cohort A & B	19 In-person Learning for Cohort B Distance Learning for Cohort A	20 In-person Learning for Cohort B Distance Learning for Cohort A	21
22	23 In-person Learning for Cohort A Distance Learning for Cohort B	24 In-person Learning for Cohort A Distance Learning for Cohort B	25 Distance Learning for Cohort A & B	26  Happy Thanksgiving In-person Learning for Cohort B Distance Learning for Cohort A	27 In-person Learning for Cohort B Distance Learning for Cohort A	28
A U T U M N B R E A K						
29	30 In-person Learning for Cohort A Distance Learning for Cohort B	Looking Ahead: December 7, 11 — Picture Day December 20-Jan 4 — Winter Break—Enjoy the Holidays!				