

June 20, 2023

Dear Students and Families,

Hello from Park Road Montessori!

Welcome back to school! I hope your summer is going well, but when you DO return, expect to start right up on the first morning of the first day, and to not let up until it's summer again. Expect to write every day, expect to be tested on multiplication facts starting on the first Friday, and expect to start with STEMS tests on the second Friday.

Students please don't worry if you don't remember every little thing from last year. You'll remember quickly, as long as you come to work. If you've been reading this summer, you're as ready as you need to be. If you haven't read a good book this summer, you need to start one, NOW!

Parents, while I don't want to cause undue stress to your children, I do want to start strong this year, and keep up a strong pace. Summer bedtime hours in our house tend to relax a bit, but once school starts, students need plenty of sleep and a consistent routine. Good nutrition, especially breakfast and lunch, is important, and it's almost as important that children who bring a lunch pack it themselves. Upper elementary students need to take responsibility for their own lives as much as possible; packing lunch (even if it has to be done the night before) is an excellent first step. It's sad to hear a child complaining about what's in his or her lunch, but not sad for the reasons THEY think it's sad! Related to that, we strongly recommend AGAINST candy, sugary drinks or treats, or other high sugar/low value treats in lunches. Check with us about birthday treats. You may also want to take a second look at the ingredients of those granola or other "healthy" snacks, as many of them are loaded with sugar, in its various forms. Chips are tasty, but they're empty calories that only trigger more hunger. Snack guidelines are the same as at the end of this year:

[\(https://foodandhealth.com/usda-school-snack-guide/\)](https://foodandhealth.com/usda-school-snack-guide/)

Related to good habits, it's time to start talking about severe limitation of screen time, and how important it is that you monitor what they see on those screens. Many upper elementary students are entranced by YouTube, TikTok, and video game cultures, or by group texting, all of which takes place exclusively outside of school hours. Be sure you know what your children are doing online, and with whom they are interacting. Upper elementary is a time of transition during which adults are assigned decreasing credence, and peers are given more. Healthy peer, and by extension, online relationships, are crucial. At the very least, please make sure they don't go to bed at night with access to their devices.

Communication is important, and to that end, I should be available via video conference most school days between 4:15 and 5:30. The most certain way to reach me is by email. – c.frueh@cms.k12.nc.us – I've found this a most reliable and informative way to communicate. By all means email me if you have questions or concerns. I like to hear from you, and I will respond.

As for supplies, use the supply list that the school store is coordinating. It is a common supply list for all upper el classrooms, and it will be extremely time and cost efficient to purchase them through the school store – they'll be here at the open house, and any proceeds go back to the school. You will be sent a link for ordering via the PTO email or classroom email, or you can visit the PTO website to check for when ordering is possible. In addition to that list, students need to bring a stackable plastic bin that can fit on a student desk and can hold all these supplies. An example of an appropriate bin is on the reverse of this note. Finally, mechanical pencils will continue to be discouraged this year; they're far more trouble than they're worth.

I'm looking forward to working with this class. See you soon!

Best regards,

Curt Frueh

Upper elementary supply list:

- 2x12-packs Ticonderoga pencils
- 1 box of tissues
- 1 box of band aids
- 2 pink erasers
- 7 composition books (wide ruled)
- 1 quad ruled composition book
- 1 12-pack colored pencils
- 2 plastic 2-pocket, 3-pronged folders
- 2 packages of index cards (4x6)
- 2 glue sticks
- sticky notes- 2 pack of 3"x3"
- 2 packs of clorox wipes
- highlighter

Only for 6th years

- 1 composition notebook (wide rule)

Only for 4th years:

- 1 three ring 1.5 inch binder for art

It is highly recommended that you purchase through the school store. If you do, all of the above will be delivered to your child's classroom before the first day of school.

It would be wise for your student to have a pencil sharpener, and the promised bin photo is here:



Your bin doesn't have to look like this, and it can be a little smaller, but this is the general idea. It can be personalized before it is brought to school.