

June 20, 2019

Dear Students and Families,

Hello from Park Road Montessori! I hope your summer is going well.

When you arrive on the first day you can expect much to be the same, but you can expect some changes, as well – even if you're returning to my classroom. Regardless, 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. Another important thing to note immediately: our Mountain Trail Outdoor School trip this year is the week of September 30-October 4 (which 3 days are TBD). Mark it down.

Students please don't worry if you can't quite remember the difference between a eukaryote and a prokaryote or the application of the Pythagorean Theorem. We'll get to all of that. If you've been reading this summer, you're already as ready as you need to be. If you haven't read a good, solid novel 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, and 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 will this year enforce a ban on candy, frosting of any kind, donuts and cupcakes, including for 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 to be loaded with sugar and fat. Snack guidelines are the same as at the end of this year:

(<https://foodandhealth.com/usda-school-snack-guide/>)

Related to good habits, it's time to start talking about severe limitation of television and video game time, and how important it is that you monitor what they see on those screens. Many upper elementary students are entranced by Youtube and video game culture, 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 given decreasing credence, and peers are given more. Healthy peer, and by extension, online relationships, are crucial.

Communication is important, and to that end, I should be available in person or by phone most school days between 4:15 and 5:30. The most certain way to reach me on a given evening is by email – curtfrueh@gmail.com – 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 have been 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 plastic bin that can fit on a student desk and can hold all these supplies. It shouldn't be more than 8 inches tall. A note – mechanical pencils will be banned this year; they're far more trouble than they're worth.

4th graders should bring a three ring 1.5 inch binder for art.

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

Best regards,

Curt Frueh

Upper El Supply List

- 3 12-pack Ticonderoga pencils
- 2 .77 oz glue sticks
- 2 boxes of Kleenex
- 1 pack of 150 sheet wide ruled loose-leaf paper
- 1 hand held pencil eraser
- 5 composition books (wide ruled)
- 2 quad ruled 4 squares per inch book
- 1 12-pack colored pencils
- 1 plastic 2-pocket, 3-pronged folder
- 1 metal, hand-held pencil sharpener.