

## Upcoming Events

### RECYCLING EVERY FRIDAY

**TONIGHT** Music Recital 6:30pm

**1/23/12** CAC Meeting 5:30pm, Soul of the School Dialogue 6pm

**1/25** Middle School Information Meeting 6pm (all families encouraged to attend)

**1/27/12** **MINIMUM DAY**, Free Dress, Community Break fast, Recycling

**2/1/12** Kinder Watch Me Work 5:30-7:30pm

**2/3/12** 100th Day of School

**2/8/12** 6-9 Watch Me Work 5:30-7:30pm

**2/10/12**

**2/15/12** 9-12 & MS Watch Me Work 5:30-7:30pm

For classroom events, see class web pages

## Principal's Message

Dear Parents and Community Members,

As part of our Safety Program, we hold monthly fire drills to prepare us for the unexpected. Yesterday's drill was excellent, as we completed it in 2 minutes and 45 seconds! The students were quick in following directions and fully participated in the drill.

On another note, we would love to have you join us on Monday, January 23<sup>rd</sup> for the dialogue regarding the "Soul of the School" project that we will be embarking on. Your input is vital in helping us design the blacktop area. The dialogue will start at 6 p.m. following the CAC meeting from 5:30 to 6 p.m.

Another event you wouldn't want to miss is the "Middle School Informational Meeting" on Wednesday, January 25<sup>th</sup> at 6 p.m. This is for all parents who are interested in the program (K through 6<sup>th</sup> grade parents) and especially for our upper elementary parents. Teachers, students, parents and graduates of the program will be there to explain the program and answer any questions you may have. We hope to see many of you there.

Have a great weekend!

Sincerely,  
Bernie Evangelista  
Principal, Capitol Campus  
[bevangelista@cacmp.org](mailto:bevangelista@cacmp.org)

Don't forget to turn in your Love & Logic registration. You receive parent hours for your time!

*Have a Great Weekend!*

## Bathroom Monitoring

In Montessori, much emphasis is placed in “preparing the environment” and in “Grace and Courtesy.” This extends to our bathrooms and other areas of the school. During class community meetings, the teachers and students talk about how to properly use the bathroom facilities, and health and safety issues such as flushing the toilet, washing hands with soap and water, ways to keep the bathroom clean, etc...

As a means of being proactive and preventive, our staff check and monitor the bathrooms on a regular basis: stalls are checked, toilets flushed, trash picked up. It would be great if families can have a dialogue regarding proper bathroom use, especially with the younger children. A discussion on proper hygiene will also help the little ones to aid in preventing accidents.



## Got Pictures?

Have you been taking pictures on field trips or in the classroom? We are starting to put the yearbook together and need all the pictures we can get. Please send jpeg files to [hstanley@cacmp.org](mailto:hstanley@cacmp.org).



## Volunteer Opportunities!

Are you in need of parent hours? Looking for ways to volunteer? We are in need of lunch yard duty help on a daily basis. If you have your cleared livescan and TB, and are available from 11:00-1:00 any or all weekdays, please contact the school office at [cmppcoffice@cacmp.org](mailto:cmppcoffice@cacmp.org).



A big thanks to Mark P., a Valley Quail parent, for volunteering to do the marquee. Be sure to check the marquee

The other opportunity we have is in the kindergarten classrooms helping the students with the Rosetta Stone foreign language program. You need not be a kindergarten parent to volunteer. Please contact Ms. Sierra at [spodva@cacmp.org](mailto:spodva@cacmp.org) or Ms. Debbie at [dmmeritt@cacmp.org](mailto:dmmeritt@cacmp.org) for details.

## Staff Update

Hi. My name is Kathleen D'Addio and I teach Special Education here at the Capitol Campus. I wanted to let you know about a great website called Donorchoose.org. It is a website where teachers can put requests for materials or money for items such as field trips or guest speakers, etc. and community people go on the website and donate as much money as they would like to fund these teacher's projects. I decided to put a request on the website for some Hands-on and life skills math materials for my classroom and the project was fully funded on Christmas Day. These materials will help my students with money and arithmetic skills and fractions. These materials will be the property of the school so any teacher can borrow if needed for extra classroom support.



## Hot Lunch

If your child receives hot lunch everyday or occasionally, we need your help. To minimize food waste, we are taking a head count for hot lunch on a daily basis. Before school each day, please discuss with your child whether or not they are having hot lunch. We have regular and vegetarian options and your child should know which type they will have when the count is taken. Menus are posted online and distributed at the beginning of the month. Thank you for your cooperation.



## Campus Tours

Do you have a friend who is interested in attending CMP? If so, let them know that tour season has started. Have them call and reserve a spot on our tour schedule. Tours fill up fast, so they should call soon.



## Middle School Information Meeting

On Wednesday, January 25<sup>th</sup> at 6:00pm, the middle school team will be giving a presentation in the CMP Capitol campus multipurpose room. All families, especially 4th-6th grade families, are encouraged to attend to find out about our fabulous middle school program. It will be an opportunity to hear about the philosophy and vision that we have for this growing program, as well as hear from current parents.

## CMP Gear Sale!



We have extended the sale through the end of January!! Buy one, get one half off on apparel. Lunch bags for \$8 and backpacks for \$10. It's a deal you can't pass up! We have lots of polo shirts, both long and short sleeve. Items available while supplies last.

## KINDER Incoming GARTEN Kinder Siblings

Do you have a child who is ready for kindergarten in the fall? If your child is going to be five on or before November 1st, they are eligible for kindergarten in the 2012-2013 school year. Lottery applications are going to be available next week. We will be sending an email with the form attached as soon as they become available to us.

## Recycle!

The middle school class collects recycling every Friday at drop off time, from 8:00-8:15am by the flag in the Citadel carloop. Please remember that the recycling center only accepts CA Redemption Value items. Please bring only plastic, glass and aluminum cans that have the CRV label on them. Every little bit helps! Thank you for your support!



## CAC Parent and Teacher Group

Our next meeting will take place on January 23rd at 5:30—6:00pm, with Soul of the School Dialogue immediately following. See the Items of Interest page on the CMP Capitol website for minutes from past meetings.

## Yearbook Presale

We are doing a yearbook presale this year! The early bird price will be \$20 but don't send your money yet... Forms will be going home soon.



## Fundraising Update

Don't forget next week is our first Family Night of the year at Taqueria El Festival. Join us on Thursday, January 26, 2012 anytime between 4:30pm-9pm. Enjoy delicious Mexican food while helping the school raise funds. El Festival will donate a percentage of the sales made that night to anyone who mentions they are there to support CMP. Located at 8345 Folsom Blvd (just east of Notre Dame Dr, on the west side of the Raley's shopping center).



Do you possess artistic talent?? We are looking for parents willing to volunteer their time to help our classrooms prepare art for our Annual Art, Wine, & Cheese. We are looking to start the first Friday in February from 1pm-3pm and continue every Friday from 1pm-3pm thereafter as needed for the kids' projects. Please contact Susana Rodriguez at [rsustian@sbcglobal.net](mailto:rsustian@sbcglobal.net) or 916-873-2376 if interested or if looking for more information.

Thank You,  
Fundraising Committee

## Soul of the School Update

The votes are in! Come at 6:00pm on January 23rd to discuss ideas regarding the school project with the most votes—the Black Top. We are looking for ideas from parents and welcome your input! Hope to see you there!



# CMP Restaurant Night



8345 Folsom Blvd. Suite #119  
Sacramento, CA 95826  
(916) 383-0878

**January 26, 2012**

Enjoy a great dinner here between

**4:30PM -9PM**

And **25%** will go to  
**CMP**

# Movie Minimum Day

Friday, January 27

Club M will be open between 12:00 pm and 6:00 pm to all students already enrolled in Club Montessori.

Please call to reserve a spot for you child by Wednesday, January 25.

Students may sign up for a district Sack Lunch for that day, or bring lunch/snack.

Movie: Finding Nemo (G)

Other activities will be available on the opposite side of the Club M room.

# Parent & Community Day

Friday, March 16, 8:00 AM – 5:30 PM

San Francisco Marriott Marquis  
55 Fourth Street  
San Francisco, CA 94103

Fee: \$75

Register online at [amshq.org/2012conference](http://amshq.org/2012conference)



American Montessori Society  
2012 Annual Conference

March 15 – 18 • San Francisco, CA  
San Francisco Marriott Marquis



Begin your day with an overview of the Montessori Method.



Be inspired by Dr. Brené Brown's keynote address on curiosity.



Explore the current trends and topics of Montessori education in your choice of informative workshops.

Enhance your understanding of the Montessori approach in the classroom and home with this special line-up of events, targeted especially for current and potential Montessori parents and others interested in children and education.



The program will also provide a forum for thoughtful discussion and allow you to meet other passionate parents and professionals interested in the Montessori Method.



## See Montessori in Action

Demonstration Montessori  
Elementary Classroom  
12:00 PM – 3:00 PM

AMS and Valley Montessori School proudly collaborate to offer this demonstration Montessori classroom on-site at the Marriott Marquis. Inspired by the hugely popular "glass classroom" built for the 1915 Panama Pacific Exposition in San Francisco, it will give you a glimpse of an actual school day as elementary students ages 6 – 9 engage in their usual activities. This includes small group lessons and a long, uninterrupted block of time that allows them to become absorbed in work of their own choosing.

Docents will provide you with an overview and will be available to answer questions.



**AMERICAN MONTESSORI SOCIETY**

education that transforms lives

[www.amshq.org](http://www.amshq.org) 212-358-1250



## The California Montessori Project is *Making a World of Difference...*

So join us for a Parent Education Series:  
*"Becoming a Love and Logic Parent."*

Thursdays, beginning February 2, 2012 at the CMP Capitol Campus

**\*Seating is limited. Advance registration requested.  
Registration forms available on the school website: [www.cacmp.org](http://www.cacmp.org)**

### ***WHAT is LOVE and LOGIC PARENTING®?***

Some of you may be familiar with "Parenting with Love & Logic" and "Love & Logic in the Classroom". Others may have seen Jim Fay's parent program on PBS, "How to Discipline Kids without Losing Their Love and Respect" which is a winner of the 25th Annual Telly Award. This coveted award honors outstanding cable television programs and commercials, plus the finest video/film productions.

Because Love & Logic philosophy goes hand in hand with CMP's high academic and behavioral expectations for all students and our goal of working together to promote positive self-esteem, self-motivation, acceptance of differences, and a sense of responsibility in our students, we are excited to share that we have chosen, "9 Essential Skills for the Love & Logic Classroom" as a specialized professional development program for our staff.

We are also excited to extend this same wonderful learning opportunity to our parent community so that parents feel confident in extending the Love & Logic principals into their student's home life. Love & Logic parenting is not just about learning new and effective discipline techniques. It is also about enhancing relationships, improving communication skills, and supporting the development of respect, self-accountability and responsibility in our children. Love and Logic principles are effective with toddlers to teens and everyone in between. They can also positively impact relationships with adult children, co-workers, and significant others. Get ready to experience something life changing!! Love & Logic tools and strategies help parents take parenting and family life to a whole new level of interaction and enjoyment.

### ***ABOUT the PRESENTER:***

Lisa Coates is an independent speaker and trainer providing Parenting and Teacher Education based on the resources of the Love and Logic Institute in Golden, Colorado. Lisa provides in-service teacher training in many areas, to include classroom management. For over ten years, Lisa & her husband Howard have devoted countless hours to coaching and encouraging youth through community sports programs and school volunteerism.

Lisa enjoys watching the positive changes that occur over time with the teachers, students and families with whom she works. Lisa has designed custom parent and teacher training programs to encourage a greater understanding of the Love and Logic classroom and how to extend the Love and Logic experience into the home. During these events, she provides parents with an easy to understand overview of Love and Logic philosophies and tools for parents to experiment with in extending these basic classroom practices into the child's home life.

### ***LOOKING for MORE?***

Many of you have attended one or more of Lisa's parent education programs or teacher training workshops. If you have been looking for an opportunity to learn more, or just need a refresher, then it's time to register for the full Love & Logic Parenting series: A six week course designed to provide practical parenting techniques that can positively impact your relationships with your children, and take control of the home in loving ways. During the series, participants will discuss and practice tools and techniques which are easy to master and effective for children of all ages: From toddlers to adulthood.

Dr. Montessori's ultimate goal was to prepare children for the Real World. If you want to raise children who are self-confident, self-reliant, responsible, and ready for the real world, join us for this amazing workshop series to learn and practice win-win approaches to parenting. Your children will win because they'll learn responsibility and the logic of life by solving their own problems. And you'll win because you'll establish healthy control and put the fun back into parenting!!!

Teachers, coaches and others who work with children are also encouraged to attend. These strategies are easily adaptable to the classroom or other child centered facility!



# BECOMING A LOVE AND LOGIC PARENT®

America's Most Practical and Entertaining Parent Training!

A parent training program designed for families of children of all ages, by the Love and Logic® Institute, Inc. [WWW.LOVEANDLOGIC.COM](http://WWW.LOVEANDLOGIC.COM)

WONDERING HOW TO TEACH YOUR CHILD RESPONSIBILITY AND PREPARE HIM/HER FOR THE REAL WORLD?

WOULD YOU LIKE TO FEEL MORE RELAXED AT THE END OF THE DAY?

JOIN US FOR THIS FUN AND PRACTICAL SERIES AND TAKE HOME TOOLS YOU CAN USE RIGHT AWAY!

We'll be covering topics such as:

- ♥ "How do I end the arguments and whining?"
- ♥ "How can I get my children to practice responsibility and good choices?"
- ♥ "How do I get my children to finish their chores and homework without an argument?"
- ♥ "How do I improve family communication and take back control of my home (or classroom)?"
- ♥ From toddlers to teens, take home strategies for these daily challenges and more ...

**6 class series for parents, teachers and anyone who works with children:**

Thursdays, beginning February 2, 2012 at CMP Capitol Campus

2635 Chestnut Hill Dr. \* Sacramento, CA 95826 \* Phone: 916.325.0910

**6:00 pm to 8:00 pm (Please arrange for childcare. This is a "parents/teachers only" event)  
\$55 per person/\$75 per parenting couple; plus \$15 materials fee.**

**Early Bird Rate if paid by 1/19/2012: \$45 per person/\$65 per parenting couple; plus \$15 materials fee.**

*Please pre-register to assure availability of training materials.*

Previous attendees with this instructor can register for ½ price – or – *free* when bringing a guest paying full registration.

For more info or to schedule a seminar for your organization, contact Lisa Coates at [lisacoates@hotmail.com](mailto:lisacoates@hotmail.com)

YES!!! Please register me for your upcoming *Becoming a Love and Logic Parent®* seminar as follows:

\_\_\_\_\_ CMP Capitol Campus ~ February 2, 9, 16, 23, March 1, 8

*(Registration is payable to Lisa Coates and turned into your CMP school office)*

*Late registrations may be emailed to [LisaCoates@hotmail.com](mailto:LisaCoates@hotmail.com) and full payment brought to your first class*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Ages and grades of children: \_\_\_\_\_ School attending: \_\_\_\_\_

Enclosed is cash, check or money order for (# \_\_\_\_\_ person(s): \$ \_\_\_\_\_) + (\$15 x \_\_\_\_\_ materials) = Total: \_\_\_\_\_