



# COTTON TALES

**“After nourishment, shelter and companionship, stories are the thing we need most in the world.”**

**— Philip Pullman**

Cottonwood School News

September 2017

## The Cottonwood Advantage!

Our method supports brain learning and the development of executive functions such as...

- \* Inhibition
- \* Working
- \* Memory
- \* Emotional
- \* Control
- \* Planning and
- \* Organization
- \* Organizational
- \* Materials
- \* Self-Monitoring
- \* Initiation

**OUR GRADUATES EXCEL IN MIDDLE SCHOOL AND IN LIFE!**

## From the Director...

Everything is in full swing around here as we head into a lively fall semester. I can't believe how much we packed into the month of September with our first parent meeting, two campouts, a family dinner night, family picnic, Middle School Night, pottery project, and a staff workshop on Observational Assessment on September 30th. Each gathering designed to enrich and inform, and be more engaging than the last. If you are new to Cottonwood School you might try all of the new activities or just a few, to meet new friends and enjoy time in our wonderful community.

New this year are group guitar lessons with our music teacher, Holly Gilster and an extended elementary Discovery Hour. Ms. Daniela Keller, a former parent and staff member, who is now working as a middle school math teacher, has returned to

run the Chess Club on Wednesday afternoons from 4-5:30PM. See Ms. Kellie for details. There is not charge for classes, but regular daycare charges will apply.

This month we will also be launching our Annual Fund Campaign as a way of inviting our school community to give a tax-deductible donation directly back to the school in support of the general budget. Even though it is a common practice in private schools and non-profit organizations, an annual fund is new to many Cottonwood families. The annual fund is created to close the gap between tuition revenue and school expenses by allowing families to make a donation to the organization to help cover costs not covered by tuition, directly from their tuition discount. For example, if you receive a discount on your tuition for a sibling or single payment, you have the opportunity to donate that

amount back to the school. Tuition is not tax-deductible, but your gifts are, so we all benefit when funds are gifted back to the school. I thank you all for your consideration of Cottonwood as a worthy recipient of our hard earned dollars. Your donations help us to maintain our diverse programming, recruit talented teachers, maintain a safe campus and grow our school! Look for those materials in your box by the end of the month.

October will bring us the Fall Festival, a Pumpkin Carving Contest, classroom Halloween parties and Day of the Dead celebrations to look forward to.

If you would like to be involved as a volunteer, sponsor, advisor, projects designer or a programs developer, please see Ms. Trish or any member of our staff or Parent Association.

## Pizza Potluck on September 14 at 6pm

Our biggest and best Parent Night of the year will be held on Thursday, September 14th from 6:00-8:00 PM in the multipurpose room. Come out and meet the teachers, specialists, and support staff who work with your children each day. The Parent Association Executive Board will be on hand to welcome you and introduce

special projects for the year. The meeting is a PIZZA POTLUCK so if your last name begins with A-K you should bring drinks; L-S should bring pizza; T-Z should bring salad.

We will have some great ideas to bounce off of you along with a few interesting mixers and a fun raffle so be

sure to join us for a fun filled evening! Free childcare and supper will be available for children ages 2-12 in the daycare room of the main building.

You can RSVP on our Facebook page or at this link: <http://evite.me/eVI94UUvZE>

## Meet Our 2017-2018 Teaching Teams!

### Senior Ele 4th-6th

Julia Hayes/Amanda Herman

### Junior Ele 1st-3rd grade

Corinne Matthes & Joy Reese  
w/Taylor Black

### Early Childhood 3-6 years

Elizabeth Mckinley &

Erin Patrick

Estela Cross-Guillen &

Sabrina Hernandez

### Toddlers 1.5-3.5 years

Pam Gonzales w/

Angilece Ratliff

Amy Appel w/Tiffany Bravo

### Aftercool

Kellie Nickerson

Tricia Larese

### Aftercool

Cyndie Roy

Ollie Rojas Roy

### Specialists

**Art**-Tricia Larese

**Drama**-Kir Kipness and  
Lisa Fenstermacher

**Garden**- Becky Pierce

**Music**-Holly Gilster

**PE**-Kellie Nickerson

## Wish Lists

We always try to reuse, reduce and recycle everything we can! This is never more true than in challenging financial times. In an effort to keep our expenses down we are asking for donations of any items that you are through with but that may prove beneficial to the school. Please scout around your home and garage for discards and

keep us in mind when you are ready to purge. Your donations to the school, as always, are tax-deductible. Anything we can't use will be sold or donated to another charity so that nothing is ever wasted.

Some things we are in need of at this time are:

1. Old pots and pans
2. Games and toys
3. Outdoor toys for the playgrounds
4. Old costumes
5. Puppets
6. Sports equipment
7. Books
8. Digital cameras
9. Book cases
10. Legos, marbles, balls
11. Board games
12. Carpet sweepers
13. Planters or containers
14. Beads, gems, tidbits
15. Construction materials

## Elementary Discovery Hour on Fridays @2:00-3:30

**Discovery Hour** will be held on Friday afternoons from 2:00-3:30 across the campus. Elementary students will be afforded the opportunity to select an area of interest to explore in-depth for an 8 week period. Subjects include but are not limited to art, music, drama, carpentry, cooking, gardening, maker spaces, sewing, textiles, board games, dramatic reading time, etc. While many of these subjects are offered throughout the

school year in short blocks, the Discovery Hour allows students to spend more time in a small group, learning and practicing skills which are not always covered in their enrichment classes. We are always looking for volunteers to lead the groups and encourage you to get in touch with Ms. Trish or your child's teacher if you have a special hobby, talent or skill that you would be able to share with our students in an

eight week block. There is so much they want to know, do and learn and we would love to mine your expertise and bring it to our children. A staff member would be assisting you with 10 students, for an hour and a half, once a week. Each session will conclude with a final project demonstrating new skills such as an art show or installation, a performance, a cooked meal, a garment, or an invention.

## Cottonwood Student Council 2017

The Cottonwood School Student Council will be sponsored by Trish Nickerson this year. One elementary student from each grade level in each class will rotate through the council each month throughout this school year so that everyone has the opportunity to participate, gain leadership in the school and support our community service projects.

The mission of the Student Council is : to try to improve the school community by helping people to solve problems while having fun and showing that kids can make a difference.

If you would like to help us with service projects or activism or mentoring please contact Trish. She is eager to collaborate with you on any new and wonderful new activities for

our students. Most of our projects are generated by the students as they canvas the community and campus and student body to gain a better understanding of what their classmates want and need. It is a wonderful way to give the Administration a peek into stakeholder focus and big things usually come of this time together. In years past, the students repaired bikes for PBJ, bought trikes for the sand playground, expanded the basketball

court, bought the chess set for the field and ran clothing, book or gift drives for local shelters. Last year they donated over 80 stuffed animals to the Farmington Police Department for traumatized children, collected books for the Mott Hall Bridges Academy in New York, and raised funds to gift the Corrales Fire Department with a ping pong table.

## The Burrito Brigade sponsored by BUENO FOODS

The Burrito Brigade is a parent run fundraiser which gives 100% of its profits directly to the school to cover expenses not covered by tuition. In an effort to double their sales and increase their revenues this year, members of the Burrito Brigade will be calling on Cottonwood business owners to ask for their help in buying or selling fresh, homemade breakfast burritos at work, to their employees, colleagues, co-workers, customers or vendors.

If you would like to help the Burrito Brigade double its revenues this year you can:

1. DONATE EGGS, CHEESE OR BACON.
2. JOIN A BURRITO TEAM TO HELP ROLL BURRITOS THE NIGHT BEFORE SALES.
3. SELL BURRITOS IN THE LANE FROM 7:30-8:30 EA MONTH.
4. TAKE BURRITOS TO WORK AND SELL THEM

TO FRIENDS.

5. SUPPORT SALES BY PURCHASING OUR FRESH, HOT, HOMEMADE BREAKFAST BURRITOS ON THE DAY OF SALE TO EAT OR FREEZE!

If you would like to keep this wonderful tradition alive at Cottonwood by volunteering to cook, roll or sell hot, fresh, homemade breakfast burritos, email Ms. Trish to volunteer.



## Fundraising Goals 2016-2017

Our donors were most generous last year, helping us to raise over \$50,000 for teacher training, school improvements and the general fund. We rely on this income to make ends meet each year as tuition only covers 80% of our annual expenses. We hope to increase that amount this year by consolidating our efforts into a few short campaigns spread out over the school year. The first is

the Annual Fund which we will roll out in September at the parent meeting, asking for our families to help us close the gap between tuition revenue and actual costs by making a tax deductible monthly pledge.

The second of our campaigns will oversee all of our annual fundraising efforts such as Burritos, Square One Art, Fall Fest, Harry Potter Fun Run, Read-A-Thon, and the

Annual Kentucky Derby Auction. These fundraisers are designed to place funds into the general budget to make up tuition deficits.

The third campaign will be a 1000 for a 1000! Campaign in which we will ask 1000 people for a \$1000 to help us pay down the debt on the school. Since announcing this campaign via email two years ago, we have already had \$50,000 in gifts pledged!

If you would like to make a gift this year, or sponsor one of our events, please call the school Director, Trish Nickerson at 239-1765 or write to her at: [trish@cottonwoodschoo.org](mailto:trish@cottonwoodschoo.org) We thank you in advance of your consideration and support of our mission to provide high quality elementary programming, scholarships and childcare to the metro area.

## School Picture Day on October 2

School pictures will be taken on a Monday, October 2 this year by MJ Thomas. They offer an affordable picture package and follow up retakes if you are not happy with your photos. Regardless of whether or not you desire a set of school pictures, please fill out the envelope and turn it

into the front office so that we can photograph every student for their ID badges. You can look for those PICTURE DAY forms in your parent mailbox in the multi-purpose room starting next week. We will have extra ones at the front desk should you misplace your set. Photos will be taken

from 830AM until around noon. It will sneak up on you so please mark it on your calendar with a reminder. We will email out a reminder to you over the weekend as well so that you don't roll into school with bedhead. And if you do, we'll take care of that too!



## Empty Bowls Project on Sept. 15th

Our elementary students will be participating in the EMPTY BOWLS PROJECT again this year. We will throw pots on a potter's wheel from 9:00-12:00 behind the brick house. With the help of ceramicist, Gina Bobrowski and her art students from UNM, the children will make soup bowls out of clay and then

paint and glaze them. Once fired, the bowls will be filled with soup and sold at our Fall Festival on October 20th for \$10 each. The money we raise will be given to a the Roadrunner Foodbank. We are looking for volunteers to donate snacks, lunch for the artists, glazes, and volunteer to help our students make and paint

the bowls. Please email [tricia.larese@cottonwoodschoool.org](mailto:tricia.larese@cottonwoodschoool.org) if you can help. And, if you would like to help fill our empty bowls with homemade soup, please sign up on the class clipboards in October!



Gina Bobrowski helps Lexi Keller to throw a pot for the Empty Bowls Project to feed the hungry in NM.

## Parent Conferences Begin Sept. 18th

We will have four conferences on our school calendar this year. The first of these conferences is an interview between parent and teacher to assist the classroom teacher in learning more about your student's unique personality, family culture and academic needs, while establishing clear expectations of home and school. A parent form will

be sent out by email to be filled out and returned to the classroom teacher prior to the scheduled conference. Even if your child is returning to the same class and you are comfortable with his teacher's expectations, we highly recommend that you attend the conference and take the opportunity to spend time with your child's classroom teacher,

acquainting her with your child's changing interests and needs and family culture, while she shares with you her vision for her classroom and it's unique opportunities for your student. Look for sign up links by email or sign up sheets on the class clipboards this week.



## Bosque School Night Sept. 19 6:30 PM

All families are invited out to meet the Bosque Heads of School when they stop by Cottonwood on Tuesday, September 19th at 6:30 PM for an information session. They will make a full presentation about the Bosque Middle School's educational programs and the opportunities that Bosque can afford your

child. School personnel will be joined by staff, Trustees and former Cottonwood parents and students who will be on hand to answer questions about their personal experience with the school and their transition from Cottonwood to Bosque School. Doug Key, Assistant Head of School, will be

on hand to discuss the application process and advise everyone on how you might want to individualize your application. Financial aid will be discussed. It's a great opportunity for you to learn about one of the middle school options in our community, regardless of your child's grade, and to get some one on one time with the Bosque staff!



## Light a Candle For Peace on Sept. 21

Montessori children from across the planet will come together to sing for peace on Thursday, September 21st, 2017 in recognition of the International Day of Peace. The singing will commence on the shores of New Zealand and continue from country to country until it reaches the shores of the Hawaiian Islands 24 hours later. In 2016, "Sing Peace" involved over 150,000 children from some 65 different countries. Our school will be

joining thousands of others in singing for peace around the world at 10AM on Thursday, September 21 in front of the casita. As part of our preparation for this event, students will be painting personal PEACE ROCKS to add to a new art installation along the pathway to the elementary field called "Pathway to Peace." We will be inviting Cottonwood School family members to paint their own rocks with colorful images and messages of peace at

the annual family picnic. All rocks will be laid along a border leading into our playground. If you are available on Thursday, September 21 at 10AM we invite you to raise your voice with us in singing LIGHT A CANDLE FOR PEACE as it is heard continuously around the world over 24 hours. Classroom teachers will be looking for volunteers to help paint rocks leading up to the big day so please reach out to your child's teacher if you are interested in participating.



## Grandfriends' Day & Family Picnic Sept. 22

Join us on Friday, September 22 for a final farewell to summer at our annual family picnic. The picnic will take place on the elementary field from 11:30-1:00. This year, our Americana Picnic will include colonial arts and crafts, square dancing and rock painting for young and young at heart. We hope you will

bring your families out to enjoy the day with us as we welcome fall and enjoy one another's company. You will need blankets or chairs, food and water, umbrellas for shade, and a picnic lunch. The 5th grade class will be selling \$2 snow cones all afternoon to raise money for their class projects. The Student

Council will be selling water and lemonade for their charities. Prior to the picnic, we invite all of our grandfriends to join us at sing along at 8:30AM, and then for coffee with the Director at 9:00AM followed by a visit to the classrooms for personal lessons with your student from 10:00am-11:30am. RSVP to your child's teacher.



## The Toddler Class with Ms. Pam



I want to thank everyone for an amazing start to what is sure to be a fantastic school year. The children have begun to settle in as they get to know one another as well as getting acquainted with Ms. Angilece and me. As a matter of fact, every one was so settled that we were able to go on our daily nature walk on the second day of school. Outstanding! Ms.

Angilece and I are looking forward to a year of discovery, excitement and adventure with all of our toddler families. Our first adventure starts in the classroom where we learn to feel safe, comfy and cozy in our classroom environment. As the weeks go on we will explore our beautiful campus and learn about our surroundings. The garden, our playground

and the chickens await us. I'm sure we will also see a horse or two along the way. We can't wait to get started! Ready, Set...Go!



## The Transition Class with Ms. Amy



It has been a lovely start to the year in the Ponderosa Room! During our first few weeks of school, our primary focus is on establishing trusting and caring relationships with each child, as well as introducing and practicing the basic social skills needed to work and play together in our little community. The children

have been busily exploring the carefully prepared indoor and outdoor environments and are delighting in the many experiences available to them. We have also begun to venture out on nature walks to explore our beautiful campus and meet the rest of our wonderful staff. In September, we will be exploring the

change of seasons and focusing on an apple theme. We will sample different varieties of apples, introduce an apple slicing work in the classroom, and make homemade applesauce. Ms. Tiffany and I are looking forward to a fantastic year of learning with you and your children!

## The Early Childhood Classes w/ Ms. Estela & Ms. Elizabeth



The beginning of a new school year is always a time of excitement, yet with that comes anxiety and nervousness for some children. We are doing our best to help make your child feel safe and loved as they transition into a new routine. As one can imagine, there have been numerous grace and courtesy lessons as we review procedures, and begin forming a distinct classroom culture. As with all 'good' things, this will take time as the children begin adjusting to their environment, while building trust with each other and adults. During this early stage of the

school year, it always amazes me how clearly the returning students rise to the occasion of being the oldest members of the group. Their memories of lessons and of general routines are so helpful as we begin anew. Not only does this help to build their own confidence, but it also brings such valuable learning experiences for our newest class members. Respect and courtesy in our Montessori school is the foundation for everything we do and each child will soon learn the following important skills: how to put their work away

where they found it, how to tidy up after themselves, the importance of helping a friend in need, the importance of respecting the materials, the teachers and each other, how to tuck in their chair when they leave the table, how to walk in the classroom, how to be self directed and find their own 'work', and most importantly, how to be independent! Of course there will be so many more new things to learn and explore as the year progresses. It's a wonder-filled journey and we are so glad you are joining us in making small steps to their big future!

## The Junior Elementary Classes with Ms. Joy & Ms. Corinne

This year, stories will be woven throughout our year. We begin in September with the presentation of the five Great Lessons, which will lead to many other stories in language, math, science, geography and history. Many of the lessons across the curriculum will be introduced with a

story. We will also encourage the children to express themselves through

storytelling via art, writing, drama, and music.



Students using recycled art materials to represent parts of an Eskimo creation story.

## The Senior Elementary Class with Ms. Julia and Ms. Amanda

James Humes once said, "The art of communication is the language of leadership." Following this important idea of learning how to express oneself and learn how to take responsible risks, we started our year with our annual overnight trip, which is an integral part of the Senior Elementary curriculum. Team building and learning how to work together in community while in nature is a crucial skill that we explore and teach at

this plane of development. The opportunity to have this experience with their teachers, classmates and parents is one that the students treasure each year. The students have the opportunity to learn how to problem solve, make decisions and come to consensus while maintaining respect and care for one another. This year, we visited Glorieta Camps and Retreat in Glorieta, NM for two days of group

development games, campfire songs, swimming, zip line swings and more!



## The AFTERCOOL Program (6-12 years) w/Ms. Kellie & Ms. Tricia

After cool is off to a great start! The first graders are enjoying learning about their new environment and the many options they have both in the brick house as well as out in the orchard. As a group we decided to read "Wonder" by R.J. Palacio, a book about a young boy named Augie, who was born with a facial deformity who is going to school for the

first time. The movie is coming out in November, and I like giving students the opportunity to read a book before they see a movie so they can use the experience to compare and contrast. Between climbing trees, using the maker space to create new inventions, playing ball games, creating art, building with blocks and Legos, and playing air

hockey, the students are finding many ways to play and connect with friends. On Wednesday, August 30th, Chess Club with Ms. Daniela will begin, and will continue every Wednesday until winter break. Cross Country begins on Friday, September 8th, and will continue every Friday from 4-5 during After Cool. Please see Ms.

Kellie with any questions regarding Chess or Cross Country Club.

## The AFTERCARE Program (2-6 years)

Welcome back to school Cottonwood families! I hope everyone enjoyed a relaxing and fun filled summer. My name is Cyndie Roy and I am the Aftercare Director for the Early Childhood Program. I am assisted by Ms. Angilece in the afternoon along with our newest employee, my daughter Olivia. Ms. Ollie is nineteen, a student and frequent babysitter. She has a calm and loving demeanor that I believe will help the

children with the transition into the Aftercare Program nicely. She is also an artist who will be creating and crafting with your little ones.

Our Aftercare Program runs from 3-6 each evening. Recess is from 3-4 in the afternoon. We will go into the room at 4:00PM for snack and circle. We will have Music & Movement and Arts and Crafts throughout the afternoon. The children will also enjoy

open and unrestricted free play during that time.

Please don't hesitate to come to me with any questions, suggestions, assistance or concern you may have about the Aftercare Program. I am looking forward to providing a safe, warm and loving environment for your children each day so rest assured, **THEY ARE IN GOOD HANDS!** Wishing you all a great school year!

## Visual Arts Program by Tricia Larese

*Art has the role in education of helping children become like themselves instead of more like everyone else.*



I'm looking forward to an inspiring and creative program with this amazing group of students we have for the 2017-2018 school year. Our school-wide emphasis this year is one the tales and personal stories for people from the North and South American continents. Following this lead, we will be looking at artists from these regions who have used their work to tell stories about the people and the environment around them. I plan to tie these

lessons to features of the planet, and make the connection between ART and the eARTh. We will begin this curriculum in the prairies of North America and look at the designs of Frank Lloyd Wright and Andrew Wyeth's "Christina's World." September is also the kick off to our very popular and returning project with Square 1 Art. Students will be creating art work this coming month, which the wonderful people at Square 1 will be able to print

on a variety items from coffee mugs to quilting squares to key chains and SO MUCH MORE! These will be available for order in time for the winter holidays, and all orders this year will be online or by phone for your convenience. A portion of all sales also comes back to Cottonwood School to support the Art Program. Here's to a colorful, joyful, ARTISTIC school year!

## Garden Program by Becky Pierce



This time of year is so opulent with garden flowers, herbs and vegetables. We have carrot varieties to taste test, celery that really tastes like celery should taste, and zinnias taller than most students. In September, we will be looking at the insects in the garden and discovering the roles they

play in the wide world. If anyone has a display case lying around that they can lend, donate, or sell, I would love to get one for the greenhouse to display the insect collection we will be making as a result of our studies this month. We will be selling eggs, flowers and produce from our abundant garden right up to the

first freeze. Look for changing selections on the wooden table in the lane. Everyone is on the honor system to pay as you go or to leave a not in the money box to charge your account. Also, please continue to save your clean egg cartons and your Starbucks Frappaccino bottles for us. Gracias!

## Noteworthy News: Music Program by Holly Gilster

Holly Gilster here, and I am so excited to be your new music teacher and to be part of this fabulous community. I come from APS having 'retired' after 35 years in the classroom where I both taught K-5 music and acted as a Mentor Teacher for the NMPED. I have been a presenter at Music Conferences for over 15 years and recently was invited to give a TedTalk!

My global focus this year will center around folk songs, and how these narratives told the history of the pioneers, early settlers and seafarers. Besides singing and drumming, we will be learning to play the Appalachian String dulcimer (<https://www.youtube.com/watch?v=rZWZ7KpB5Zg>), one of the only authentic American instruments.

The music of this culture is rooted in oral tradition and story telling which compliments the overarching school theme. Our music mascot will be the Jackrabbit, a mammal from North America, partly because we can explore a variety of trickster tales featuring the rabbit but also because it is a cool rhythmic word! I am planning to offer a before

school GUITAR ENSEMBLE. I will let you know details, times and fees as I get settled. If you have a musical talent you would be willing to share please email me: [holly.gilster@cottonwoodschool.org](mailto:holly.gilster@cottonwoodschool.org).



## Physical Education Program by Kellie Nickerson

The early childhood classes will begin PE by learning about things such as personal space, spatial awareness, and mirroring movements. From there they will begin practicing locomotor movements such as marching, jumping, hopping, leaping, galloping, and

skipping. These movements will be the building blocks for them and will prepare them to use materials and play games in PE throughout the year. The elementary classes will begin the year by playing different games that focus on communication,

collaboration, and learning how to be a part of a team. Sportsmanship and teamwork are the main focus of the first few weeks in PE, as the students learn to work together to prepare for the different team and individual sports they will be participating in during the year.

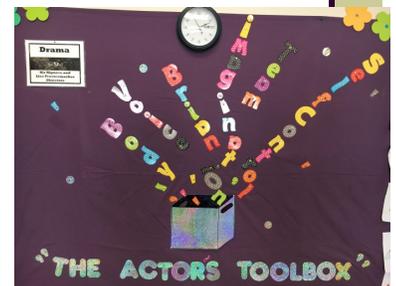
## Drama Program by Kir Kipness and Lisa Fenstermacher

This year the Junior Elementary will be exploring acting with storytelling, puppet making/performance, imagination play, and intro to camera and stage. The Senior Elementary will explore professional acting in improv, TV, film, monologues, and an

original play production. As always we will build body awareness, vocal presentation, problem solving, social skills, team building, imagination, self-confidence, and boundless creation. We are so excited to dive into the world of theatre, film, and T.V acting with your amazing kids.

Stay tuned for upcoming performances throughout the year. Speaking of performances, now would be a good time for you to start talking to your student about participating in the annual Talent Show in April...and for you to start thinking about joining your child

on the stage. It's a family show after all!



## From Your CSPA President...

Hello and welcome to another great year at Cottonwood School!  
 My name is Karen Davidson and I am the Cottonwood School Parent Association (CSPA) president. I have been a Cottonwood parent for six years. My son, Peyton, is a third grader in Ms. Joy's class. The CSPA is a group of parents/aunts/uncles/grandparents/friends who are working towards a common goal: To support the school and to foster a close community of parents and families.  
 In recent years, we have:

Helped to show appreciation for our amazing staff with a wonderful teachers' luncheon. Coordinated fun events like Folklore and Snore, Coffee in the Lane, and the Fall Festival Carnival.  
 Help raise funds through activities such as the Book Fair, Spirit Nights, and Peace Concert Bake Sale to donate items to the school, such as the risers, radios, and cement platforms and locks to secure our wells.  
 There is a lot to be accomplished this year and we would love to have you join us. Whether you would like to help

chair an event or donate time, we would appreciate your help! We have jobs that can fit any time schedule or interest. We even have tasks that don't involve coming to the school at all.  
 We are a welcoming and friendly group who care about our children and their school. We care about the parents too and want everyone to feel that they have a role in the educational experience of their children. Won't you join us? Please contact us at [CSPAPresident@cottonwoodschool.org](mailto:CSPAPresident@cottonwoodschool.org), or join us at Coffee in the Lane every

third Friday of the month where the CSPA provides Cottonwood parents with coffee, donuts, and an opportunity to chat and get to know one another.  
 On behalf of the CSPA and all parents, I  
**THANK YOU,**  
 Karen Davidson (President)  
 Liz Sherman (Vice President)  
 Jennifer Ickes (Secretary)  
 Jeff Pontes (Treasurer)  
 Tammy Jones (Hospitality )  
 Dikla Baranes (Events)  
 Kelly Siebe (Marketing/Communications Coordinator)

## Meet the Hospitality Coordinator!

Please welcome the returning CSPA 2017 Hospitality Coordinator, Tammy Jones. Tammy and her wife of 28 years, Rachel Wirth, have two children in the school; seven year old twins, Tessa and Tanner who have just entered third grade. A devout Buckeye fan, Tammy hails from Ohio. She attended the Air Force Academy and retired after a distinguished career to teach middle school math at Bosque School.

Tammy is a gardening, golf and yoga enthusiast with mad cooking and baking skills. Her easy laugh and wicked sense of humor endear her to us all. Tammy's job is to interface with the room parents to ensure that new families are welcomed and mentored while also serving as a resource to help acclimate new parents and students to the school. She is available to families should there be any questions about school

activities, events, community culture, or school policies etc. from a parent's perspective. You will see Tammy in the lane every third Friday serving up complimentary coffee and donuts. You can also reach her at [golfrocks@comcast.net](mailto:golfrocks@comcast.net) if you have any questions or would like to get involved with the CSPA.



**Tammy Jones**  
**HOSPITALITY**  
**CHAIR**

## Parent Lounge in the Multi-Purpose Room

Your Cottonwood School Parent Association has committed to reaching out to support and encourage all of the parents in the school this year. In working to build a more inclusive and relaxed community they have added a couch and lending library to the lobby of the large

greenhouse. We invite you to stop in for a visit before, during and after school, enjoy a complimentary cup of coffee or tea, and have a quiet sit. The lending library will contain fiction and non-fiction for your reading pleasure. Take a book, leave a book, enjoy. To read more about the CSPA go to

our website at [www.cottonwoodschool.org](http://www.cottonwoodschool.org) or follow the link below. You can also look for CSPA materials to show up from time to time in your parent mailbox which is located in the large greenhouse. In September, we will be putting out a volunteer sign up sheet which will indicate you may be

interested in getting involved with the school by sharing your time, talent and treasure with us.

<http://www.cottonwoodschool.org/Content2/parent-association-cspa>

## Dining for Dollars...SAVE THE DATES!

Each month we sponsor a Dining for Dollars event for Cottonwood families to eat together at local restaurants. Please mark your calendar so that you can join us for an engaging family dinner once a month with friends, family and classmates while earning funds for the CSPA. The idea is that when you mention the school to the cashier, we will receive a

percentage of your tab back in the form of a donation to the school. Sometimes a flyer or coupon is required to be presented when you cash out in order for us to get the donation. Watch the Facebook pages and weekly emails for details. This month's location is the wonderful Corrales Bistro just 1 mile north of the school on Corrales Road. They are now open

for breakfast and have offered to donate 15% of all sales on Sept. 20th to the CSPA! It's relaxed, family friendly dining and menu that you and the children will really enjoy. If you don't have time to eat in, be sure to order take out because that will also count toward the total earnings and impact our donation.

**September 20**  
**Corrales Bistro**

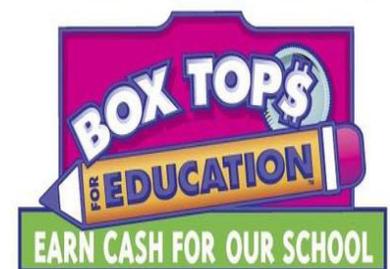
**October 18**  
Village Pizza  
**November 8**  
Chipotle  
**December 20**  
Sweet Tomato  
**January 17**  
Il Vicino  
**February 21**  
Panda Express  
**March 14**  
Corrales Bistro  
**April 18 TBA**  
**May 9**  
Village Pizza

## Box Tops, Target and Amazon, Oh My!

Our Box Tops and SCRIPs programs are up and running so participate now and we will earn cash bonuses for our school! Just look for those Box Tops on packaging, clip them and turn them into the MPR! We earn cash or gift cards for our school when we redeem them each semester. The

September challenge will be a PICNIC sheet for you to cover with 25 coupons to bring in. The class that fills out the most sheets will win a pizza party at school on a day of their choosing. Look for that sheet in the weekly email attachment. Setting up your Target Red Card or Amazon Smile accounts is also an

easy way to give back to the school each time you shop. Just go to the store website and sign up online or register on site. Every time you shop with Target or Amazon Smile, we get a 5% kickback on your purchase. "Money for nothing, and "checks" for free!



## Fall Festival Carnival October 20th 5-8pm

Last year the CSPA, under the direction of Becki Lard, added carnival games to the fall festival. It was such a hit with everyone we are committed to bringing it back again this year. As Event Coordinator, Dikla Baranes, will be reaching out to interested parties to Co-Chair this year's Fall Festival Carnival which will be held on October 20th

from 5-9PM. It's a really fun committee which will involve creating and staging new games, buying prizes, staffing a ticket booth, setting up and breaking down the carnival, and manning the booths with volunteers. We encourage you to get involved with this really fun activity, which is an important part of a greater event organized by the school

which will include a hayride, face painting, a campfire, hotdog supper, chili contest, Empty Bowls Project, caramel apples, Native Fry Bread and tacos, a band and cider pressing. To volunteer to help with any aspect of this delightful carnival, you can reach Dikla at:

[dikla.baranes@gmail.com](mailto:dikla.baranes@gmail.com)

# What Is Executive Functioning? By: Joyce Cooper-Kahn Laurie

## The Basics

- The executive functions all serve a "command and control" function; they can be viewed as the "conductor" of all cognitive skills.
- Executive functions help you manage life tasks of all types. For example, executive functions let you organize a trip, a research project, or a paper for school or work.
- Often, when we think of problems with executive functioning, we think of disorganization. However, organization is only one of these important skills.
- The term "executive functioning" has become a common buzzword in schools and psychology offices. This is more than just a passing fad. In fact, neuropsychologists have been studying these skills for many years. We believe that the focus on executive functioning represents a significant advancement in our understanding of children (and adults!) and their unique profile of strengths and weaknesses.

## A Formal Definition of Executive

## Functioning

Now (drum roll please), here is a formal definition of executive functioning:

*The executive functions are a set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. It is an umbrella term for the neurologically-based skills involving mental control and self-regulation.*

What mental control skills are covered under this umbrella? Different researchers and practitioners have their own favorite lists, although the overall concept is basically the same. We use the list proposed by Drs. Gerard A. Gioia, Peter K. Isquith, Steven C. Guy, and Lauren Kenworthy. These psychologists developed their understanding of executive functions through sound research and created a rating scale that helps parents, teachers, and professionals understand a particular child and think more specifically about how to help.

## A List of Executive Functions

What specific abilities are covered under the

umbrella term of executive functioning? Below is the list of executive functions from Dr. Gioia and his colleagues.

1. **Inhibition** - The ability to stop one's own behavior at the appropriate time, including stopping actions and thoughts. The flip side of inhibition is impulsivity; if you have weak ability to stop yourself from acting on your impulses, then you are "impulsive."
2. **Shift** - The ability to move freely from one situation to another and to think flexibly in order to respond appropriately to the situation.
3. **Emotional Control** - The ability to modulate emotional responses by bringing rational thought to bear on feelings.
4. **Initiation** - The ability to begin a task or activity and to independently generate ideas, responses, or problem-solving strategies.
5. **Working memory** - The capacity to hold information in mind for the purpose of completing a task.
6. **Planning/Organization** - The ability to manage current and future-oriented task demands.
7. **Organization of Materials** - The ability to impose order on work, play, and storage spaces.
8. **Self-Monitoring** -

The ability to monitor one's own performance and to measure it against some standard of what is needed or expected.

NOTE: Our unique philosophy and method of education supports and facilitates executive function from preschool right up through the elementary years. That is what we mean by whole child, life-long learning!

3896 Corrales Rd  
Corrales, NM  
87048



www.cottonwoodschool.org

**Our Mission**  
Our mission is to encourage the potential of each child through an interdisciplinary curriculum which cultivates intellectual achievement, artistic abilities and creative reasoning in accordance with Montessori philosophy.

## Important Contact Information for the School Year

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### Brickhouse/Aftercool:

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### Maintenance:

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### CSPA President:

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## Firebolt 5K/1 Mile Fun Run Sunday, Nov 4th

We are happy to announce that the Annual 5K/1MI Fun Run is returning to Cottonwood School again this fall! The FIREBOLT, named for our marathon running-Harry Potter aficionado P.E. teacher, Kellie Nickerson, is a "Harry Potter" themed run/walk event that will bring together the wizarding world and the muggle world as we recruit runners of all sizes, ages and abilities for a mystical trek through the Corrales Bosque. The Run will be followed by a magical faire on the elementary field featuring Quidditch, potions, butter beer, muggle chess, wand

making and fun for the whole family. We're looking for walkers, runners, timers, volunteers, fans, and sponsors to make the magic happen. Click below to register for the event or look us up on ACTIVE.COM. If you would like to work on the Fun Run Committee or are interested in becoming a **premier event sponsor** please contact Trish Nickerson at trish@cottonwoodschool.org This is a fantastic, fun, happy, healthy community event for the whole family which benefits the school and we would greatly appreciate your support! If your business would



like to become a sponsor at any level we will include your logo on invitations, tee shirts and all promotional materials! You can also support the event by walking or running with us, managing a booth or bringing along a friend to share in the fun. <http://www.active.com/corrales-nm/running/distance-running-races/firebolt-5k-1mi-family-fun-run-2017>