



# SAGE INTERNATIONAL SCHOOL MIDDLETON NEWSLETTER

APRIL 26, 2023



Thank you to the families who have donated to **Mind the Gap** to help our public charter school make up for funding we don't receive from local tax dollars. We estimate our need this year to be \$40,00 and with our cookie dough proceeds coming soon **will be at about \$15,000!** We are hoping for participation from ALL families this year in any amount to help us reach our goal. We hope you will consider a gift to support the opportunities we provide your students. **Click [here](#) to learn more, thank you!**



**Breakfast and Lunch Menus** can be found [here](#), May menu coming soon. Please be sure you have a positive account balance by logging into Skyward [here](#) and clicking on the food service tab.

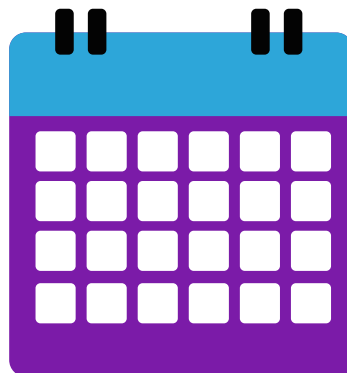


Our **NEW Online Spirit Store** will be open SOON and will stay open year-round for our staff and families to place orders! Stay tuned for an email coming soon.



**We are enrolling!** We still have seats available in many grade levels, you can earn FREE spirit gear by helping us recruit your friends to join the Sage Family! Just be sure to have them list your name on their application, [found here](#). Thank you to those that have referred friends, we will reach out soon with details about your free swag!

Check out our great new [WEBSITE](#), and find us on social media via the links below!



## MARK YOUR CALENDAR

**April 27** - MYP Spring Formal Dance

**May 8-11** - Teacher Appreciation Week

**May 13** - PTO Pancake Feed

**May 19** - PTO Movie Night

**May 29** - Memorial Day, no school

**June 1** - Last Day of school!

## OUR MISSION

Forge International School engages students within an inclusive international learning community, challenging all members to take risks and contribute locally and globally through open-minded inquiry.

## A MESSAGE FROM EXECUTIVE DIRECTOR, ANDY JOHNSON:



Dear families and staff of Sage International Schools,

I hope our newsletter finds you enjoying Spring and the turn of the season. We are at an important time of the year. There are many things in which we can find joy and happiness during the Spring and it can also be a time of stress. Schools operate on their own rhythm and at this time of the year children, families, staff and faculty begin looking forward to and are maybe even a little apprehensive about the end of the school year. We understand!

There are many rituals and events that come during the closing months of any school year - graduation, exhibitions, conferences, Prom and all the other things that mark the closing of another school year. Important and sometimes stressful opportunities to demonstrate learning also arise at the end of a school year - assessments of reading, mathematics are common for almost every student in Grades K-11 and the Seniors dive into their IB examinations during May. These moments and opportunities can also cause us to worry that we haven't done enough or that we've done too much. I encourage you (us) in those moments, to remember the work you've done to prepare and to resolve to do the very best you that you are able.

In the spirit of preparing and doing the best that we can - strive to ensure your children are at school, on time, every day. There is a lot of evidence that even when children do not feel 100% themselves, they learn much more when they are at school - even if they don't feel like participating as strongly as they usually do. We love to see each other and our students every day.

Seek balance outside of school (or work) - encourage your children to study or do homework and then encourage them to go for a walk, to sit under a tree, to enjoy a book, to play a game, to ride a bike, to walk the dogs, to see friends, or to eat a meal with other people.

Let's finish the year strong by coming to school every day. Sharing a laugh, a smile or a word of encouragement with a friend, colleague, parent, child, teacher or staff member can be the small thing that changes the trajectory of a person's day.

With gratitude,

Andy Johnson



## A NOTE FROM HEAD OF SCHOOL, DARCI STELZNER



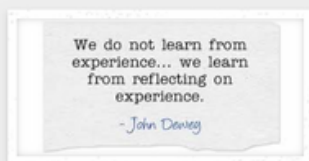
Hello, Sage Middleton families!

Following Andy's note, I would like to present our final learner attribute focus of the 22-23 school year, reflective. We thoughtfully consider the world and our own ideas and experiences. We work to understand our strengths and weaknesses in order to support our learning and personal development. With this learner profile attribute, staff and students show appreciation towards the wonder and beauty of the world and its people.



### THINK

What do I see others doing around me?  
What do I see myself doing around others?  
Am I helping myself grow and learn?



### REFLECT

What can I do differently? How can I achieve that?  
What should I do the same?  
What will that look like this time around?



### GROW

How can I be the best me?  
How will that help others?  
What change can I make to benefit my world?

## HOW CAN PARENTS HELP TO DEVELOP STUDENTS WHO ARE REFLECTIVE AT HOME?

Have your child stop and think throughout the day about their behaviors. Assist him/her with focusing on the following prompts:

- ~Is what I'm doing appropriate? If so, explain why it is. If not, explain how it is not.
- ~How can I change my behavior? Have your child think of positive ways to make changes.
- ~Is the situation I am in a positive situation? If not, how can I make it a positive situation?
- ~Am I doing my best? Am I working my hardest?

Parents can model the above thinking process by talking aloud to themselves, ask and answer yourself these questions about things you are doing throughout your day. This way your child sees you working through the Reflection process, and can use your examples as their models to learn from.

\* Model how to make mistakes, how to fail. And then, how to pick yourself up and dust yourself off. It's okay to make mistakes, making mistakes is part of learning. Being Reflective teaches us how to grow and learn from both mistakes and from positive experiences.

# EARTH DAY

We had an amazing celebration of our Mother Earth last week! Students took action working on our raised garden beds, painting murals, maintaining our back playfield, recycling, and creating bird feeders and garden art! They set goals for how they can be principled and caring year-round with the knowledge they have of the environment.



## THE PYP WITH COORDINATOR NORA STRAUCH

This is an exciting time of year for our Grade 5 students. After being Authorized as an IB PYP World School last spring, we are now working on our first official PYP Grade 5 Exhibition!



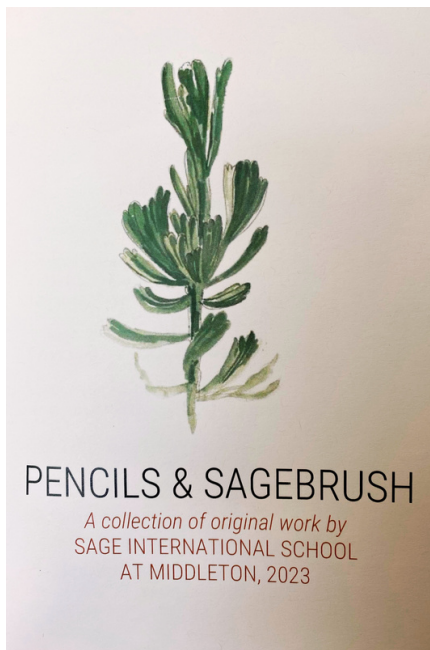
The IB describes the Exhibition as an event that “represents a significant event in the life of a PYP school and student, synthesizing the essential elements of the PYP and sharing them with the whole school community. As a culminating experience it is an opportunity for students to exhibit the attributes of the IB learner profile that have been developing throughout their engagement with the PYP”.

Our Exhibition theme is Sharing the Planet and our Central Idea is: Being a world changer requires action. During the Exhibition, students are empowered to choose a topic or a problem that is of interest to them or that connects with their passions and curiosities. We have been so impressed with the ideas, passions, and creativity the students are putting into their projects already! Students will present their Exhibition projects on May 24th.

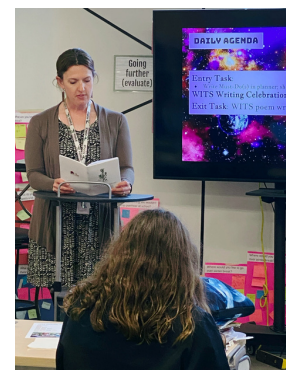


## THE MIDDLE YEARS PROGRAM (MYP) WITH COORDINATOR LISA MARSHALL

**Writers in the School:** Lisa Marshall's 6th grade Lang and Lit classes recently wrapped up 6 weeks with the "Writers In the Schools" program offered through [The Cabin](#).



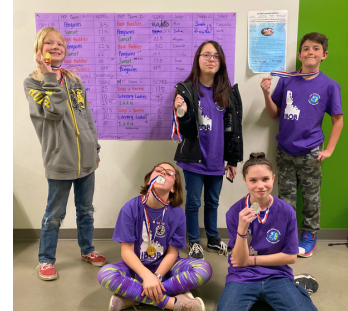
*"Students wrote haiku and clerihevs, tapped into memories of family and friends via writing about food, wrote anti-odes to the things that really bug or scare us, personified objects and wrote from those objects' point of view, and pondered where we're from, and all the small but inedible things that go into making us who we are."*





During our celebration of Earth Day, the MYP students undertook an upcycling project using old LP records that had been melted into a bowl. Students painted them to create fun bird feeders or bird baths. Students were given the choice to take them home or leave them at the school and we currently have a number of projects that are free to any family who would like them! They make a beautiful and unique addition to any yard! Please email Lisa Marshall if you'd like to see the selection of bird feeders in person.

**Idaho Battle of the Books!** 14 MYP students and 12 PYP students competed in teams of 4-5 against each other. After six rounds of fierce battles, the MYP's Literary Ladies and the PYP's Penguins emerged victorious!



## ENRICHMENT

**Middleton Music Academy** offers a variety of opportunities here on campus after school. You are invited to their open house this Saturday, see the last page for more details! Sage Middleton students receive a discount for any group class and registration fees, you can email [info@middletonmusicacademy.com](mailto:info@middletonmusicacademy.com) to secure your spot!

**Camp Invention Summer Camp:** A STEM Summer Camp Program Introducing their all-new program for 2023, "Wonder!" This camp will be held on our Sage Middleton Campus for all students entering Grades K-6 in the fall.  
**Dates:** June 19-23 from 9:00am - 3:00pm  
You can [learn more here](#) and save \$15 with code SAVESPRING15 if you register by 5/17!



**Community Opportunities** - You can find other activities offered in our community [here](#). If you have something to add, please email it to [info@forgeintl.org](mailto:info@forgeintl.org).

## A NOTE FROM NURSE LORINDA



### **Sudden Cardiac Arrest (SCA)**

Did you know that SCA can occur at any time, to anyone, of any age? SCA is not the same as a heart attack or heart failure. When you hear of a young athlete collapsing, SCA is often the cause. Unless they're like Damar Hamlin of the Buffalo Bills. He had a hit to just the "right" spot that stopped his heart. They call that condition Commotio Cordis (Agitation of the Heart). The possibility of SCA is the main reason it is required that kids get a physical exam prior to starting a school sport. Unfortunately, health history and the basic physical that is usually performed often will not catch a child who is at risk for SCA.

SCA is usually caused by an inherited heart condition. If any close family member has died of sudden cardiac death or sudden death of an unknown cause prior to the age of 40, make sure to tell your child's healthcare provider. They may do an EKG and/or further cardiac testing. Dehydration can increase the risk of SCA during/after exercise if your child happens to have an inherited cardiac disorder such as hypertrophic cardiomyopathy, or congenital coronary artery anomaly.

What are some possible warning signs of cardiac arrest?

- Fatigue.
- Dizziness.
- Shortness of breath.
- Nausea.
- Chest pain.
- Heart palpitations (fast or pounding heartbeat)
- Loss of consciousness.



If you have not had a CPR course or want to review it, here is a link to "Free CPR/AED and First Aid". The recommendations have changed slightly over the years, but what has never changed is the need for immediate action. The best chance of survival is to start chest compressions, call 911, and get fast access to an AED machine. Please visit the link above to review the course which includes the AED use. You can take these courses for free, and only pay if you want the certification card. These online courses are usually not adequate for the required certification for healthcare workers, such as nurses. You can do "Hands-only" CPR without mouth-to-mouth resuscitation if you are concerned about contracting a disease, and Idaho has a [Good Samaritan Law](#) that protects you from being sued if something goes wrong, as long as you are not intentionally trying to hurt them.

## UPCOMING EVENTS

# OPEN HOUSE!

## Middleton Music Academy

COME JOIN US FOR OUR OPEN HOUSE!  
Saturday, April 29th  
10 a.m. to 2:00 p.m.  
at the Forge International Charter School  
(208 S Hartley Lane, Middleton)

- Meet Our Teachers!
- See Our New Summer Offerings
- Register For Lessons With Open House Promotions
- Guitar-Piano-Voice-Violin-Viola-Cello-Drums
- Food, Music & Fun!!

**CALL TODAY!**

Call/Text: 208-921-0382  
middletonmusicacademy.com



Sage International of Middleton PTO Presents  
2nd Annual

# Pancake Feed

**Sat, May 13th**

**9-11am**

**208 S Hartley Lane, Middleton**

**Mother's Day Raffle Baskets**

**\$7.00 a Plate**

Includes, 3 pancakes, eggs, 2 sausage links,  
cup of orange juice or coffee

There will also be a full Gluten Free Station

**Community Members Welcome**

Presales Recommend,  
however you will be  
able to pay at the door



venmo

SAGE MIDDLETON PTO  
PRESENTS



## Parents Night Out Movie Night

10.00 PER CHILD



# PUSS IN BOOTS



FRIDAY MAY 19TH  
KIDS CAN BE DROPPED OFF AT 6:00PM  
MUST BE PICKED UP BY 8:30PM  
PIZZA, DRINK, POPCORN AND COOKIE PROVIDED  
ADDITIONAL CONCESSIONS AVAILABLE FOR PURCHASE

ALL CHILDREN MUST BE POTTY TRAINED AND HAVE A WAIVER ON FILE  
WAIVER CAN BE FOUND ON FORGE PTO FACEBOOK PAGE

- Next PTO meeting is May 9th
- Teacher Appreciation Week is May 8-12! Although one week is not enough to honor our amazing teachers, we plan to make the most of it with these fun themes:
  - May 8-** Bring your child's teacher a sweet treat!
  - May 9-** Gift them with gift cards!
  - May 10 -** Shower them with self-care goodies!
  - May 11-** Help them brighten up their homes and yards with flowers or plants!