



SAGE INTERNATIONAL SCHOOL MIDDLETON NEWSLETTER

DECEMBER 22, 2023



As temperatures drop, PLEASE send your student with clothing warm enough to be comfortable spending time outside! We also ask that you label it with their name so that we can return found items to them. Our Lost & Found is building up again...please come take a look for any items that may belong to you!



School closure alerts: Winter is coming, and in the (uncommon) event of a school closure due to snow we will let parents know in the following ways by 6:30 AM: Email, Social Media, KTVB and if you opt-in, by text. To opt in to text alerts please text "Y" via your cell phone to 61569.

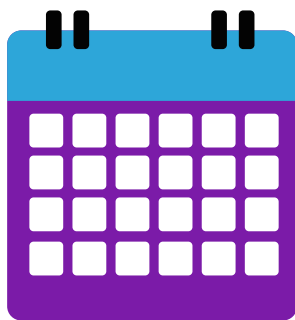


Lottery Season is coming! Our lottery application will open on January 2nd, and we have several Information sessions coming up for families interested in joining Sage. The next session is January 18th at noon and we'd love your help spreading the word! They can find more information and RSVP on [our website](#). (Please note current families DO NOT need to enter the lottery.) We also still have current openings in most grade levels for this current school year!



The Academic Calendar for the 2024-25 school year has been approved by the board and is posted on our [website here](#).

Check out our
WEBSITE and find
us on social media
via the links below!



MARK YOUR CALENDAR

December 25 - January 5: Holiday Break - No School!

January 11: End of First Semester

January 15: MLKJ Day - No School!

January 29: Re-enrollment opens

February 19-23: Winter Break - No School!

OUR MISSION

Sage 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.

FROM EXECUTIVE DIRECTOR, ANDY JOHNSON



Dear families and staff of Sage International Schools,

Thank you for a brilliant first half of the school year. We have vibrant and supportive parent communities; engaged and curious students and caring and dedicated faculty and staff. We have strong schools because of all of you. Thank you.

Yesterday, December 21st, was the winter solstice - the shortest day of the year, the official beginning of winter and the moment in time when each day grows longer and brighter until the summer solstice.

Resilience | rə'zilyəns | - *the quality of being capable of bouncing back after difficulties. Sometimes it is simply called "toughness."* One of the things I most appreciate and admire about the International Baccalaureate's approach to learning and teaching is its insistence on providing opportunities to develop the whole person. We ask our children to be mathematicians, writers, scientists, readers, and designers, aware of the importance of health and physical activity and involved in the betterment of their communities - both locally and globally. It is rare that one person is good at all of these things right away. Most people can be and it takes time. It takes a willingness to risk "failure" while learning. Resilience is critical to learning broadly and deeply. In order to do these things well, children need to develop resilience through regular supported practice. We don't always get it right the first time and developing resilience skills helps each of us muster the courage to try again.

Resilience is one of the qualities good IB schools, like Sage schools, try to foster in their students and staff. The [International Baccalaureate's framework](#) for building skills like resilience is called Approaches to Learning. Beginning in Kindergarten and continuing through 12th Grade our schools offer structured and unstructured opportunities to grow each child's skills with resilience and a host of other soft learning skills. We often combine opportunities to develop learning skills (like resilience) with values/mindsets/qualities embodied in the IB's [Learner Profile](#).

I believe that Sage schools provide a safe space to take risks with learning - to try new things, experiment with a way of communicating our understanding, to collaborate with someone who thinks differently than we do or to make sense of a task that feels a little vague. It is in these spaces of discomfort that we stretch our learning, develop resilience and learn to have courage when approaching a new challenge.

I hope that each day brings a little more light into your life. I hope that each of you enjoys your families and friends over the break. I wish you all the best for 2024 and I know that it will bring challenges and joys just like 2023 did. Accepting new challenges and looking forward to new opportunities to learn can build each of our individual reserves of resiliency which directly contributes to a stronger school community.

All the best for 2024,

Andy Johnson

FROM HEAD OF SCHOOL, DARCI STELZNER



As we wrap up 2023 and break for Holiday, I want to take a moment to express my gratitude to all who help make Sage International School Middleton an amazing place to be. Our community continues to grow and is full of individuals with many gifts and talents. At all points in between home and school, our continued collaborative efforts to shape the whole child are filled with hope and a commitment to the future. I am grateful for our talented, committed, caring, and top notch teaching staff and want to thank you for entrusting us with your most precious gift. We wish you a wonderful Holiday season and a happy New Year. We will see you on Monday, January 8, 2024!

FROM PYP DIRECTOR, AUSTIN AMBROSE



The PYP students have continued inquiring, researching and working through Units of Inquiry in November and December. It is wonderful to see how different Approaches to Learning play out in different grade levels. For example, Grade 1 research looks very different from Grade 5 research, but they all do it!

Learning is a social process, and our students have been very engaged with their work. Below is the theme and central idea that each grade level is currently working on. Ask your child about their learning. It is always interesting to hear where each student's thinking is at.

Kinder: How We Express Ourselves- People learn from sharing experiences

Grade 1: How We Organize Ourselves- Communities share resources

Grade 2: Who We Are- People's actions reflect their values

Grade 3: Where We Are In Place and Time- History informs the present

Grade 4: Where We Are In Place and Time- Exploration leads to changes, discovery and innovation.

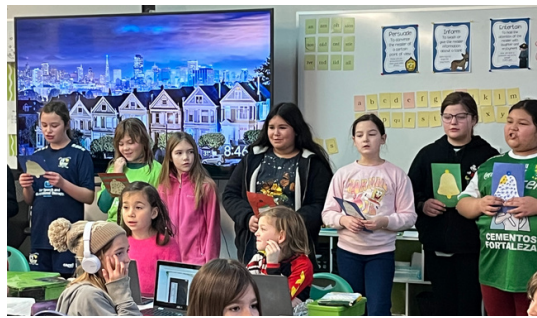
Grade 5: Who We Are- Perspective influences interpretation

This week we were able to recognize students from each classroom who demonstrate our learner profile attribute of being a communicator. It is great to see our community come together to celebrate our students for showing up and demonstrating what it means to be an IB learner.

When we return from the break we will be focusing on the idea of what it means to be **open-minded**.



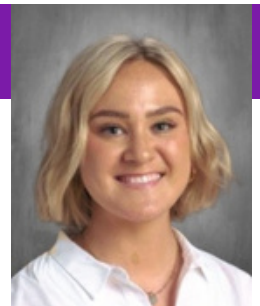
continued on next page...



To bring some holiday cheer across the school, the 4th-grade students have been working on singing a holiday song in Spanish as a way to practice their use of a second language. They went around and caroled in various classrooms to share their presentation with all. A great way to head on into the holiday break.

We hope everyone takes the break to rest, see loved ones, and enjoy themselves. We want to thank you for being a part of our community and are grateful for each one of you. We are so excited to continue our learning journey this year after the new year with some refreshed minds! May you all have a wonderful and safe break ahead.

THE MYP WITH COORDINATOR JASMINE STANCIU



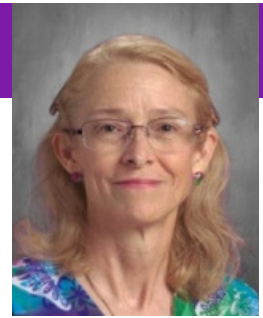
Thank you MYP students for being consistent in communication and putting in effort to exemplify your learning. We have only a short amount of time before our Semester 1 is behind us and we move into Semester 2. Please, use this Holiday Break to spend time with your friends and family, while enjoying your well earned time off so you are well rested for your return to school.

For our students in Year 5 of the MYP (10th grade), they have been diving into what is called the Personal Project. This Personal Project is a culmination of the approaches to learning (ATL) skills they have learned throughout their MYP journey. Students get to choose their own journey to exhibit the self-directed learning process through inquiry, action, and reflection. Students begin the Personal Project at the beginning of the year by developing a learning goal to then create a product or project. They document the journey of their learning throughout the year with the guidance of both an advisor and chosen mentor. The students will showcase their projects at the end of the school year in a Personal Project exhibition. This gives the community a chance to see what the Personal Project can allow MYP students to do and encourages the lifelong learning process. Here are some Personal Projects that are currently in the works by our Year 5 students:

- Prosthetic
- White Sturgeon model
- Learning how to weld/metal work
- Solar powered drone
- Solar powered drone
- Losing weight
- Family history book
- Community greenhouse

If you'd like to read more about what the Personal Project entails, [here](#) is Sage Middleton's Introduction to the MYP Personal Project.

NURSE LORINDA BLEW



The Holiday Break is here, which can be a good time for your child to catch up on rest! Did you know that 6 in 10 Middle schoolers, and 7 in 10 High Schoolers do not get enough sleep? So many kids are having such a hard time staying fully awake and able to learn while at school. Not getting enough sleep can also increase the risk of; Type 2 Diabetes, Obesity, Injuries, Mental Health issues, and Attention or Behavior problems.

Here are just a few tips for improving sleep habits, you can find the complete [list here](#).

- Remove electronic devices from the bedroom.
- Keep the bedroom quiet and a comfortable temperature.
- Avoid large meals and caffeine before bedtime.



These are the recommended hours of sleep for school-aged children. These are hours of actual sleep in a 24-hour period, not just time spent lying down:

5 years:	10-13 hours (includes naps)
6-12 years:	9-12 hours
13-18 years:	8-10 hours

SUPPORT FOR SAGE



THANK YOU to all the generous families that have supported Sage this year in a variety of ways! The partnerships we have with our families allow for a more successful learning community for our students. Whether you've donated your time, money, supplies, and/or gifts or treats to show appreciation to our staff...YOU help make Sage possible!

Last but not least, thank you to the families who have donated to our Annual Fund "**Mind the Gap.**" Check out [this video](#) from Emily Downey with more information about what Mind the Gap is.

As a Public Charter school that offers an outstanding education FREE to our students, we need the support of our community. We receive funding through the state, but ZERO local tax dollars like district schools. WE NEED YOUR HELP!

In this season of giving, we are asking **EVERY Sage Family** to make a donation in any amount in order to reach our goal of \$40,000. Proving our families believe in us helps us gain the support of other funders and organizations, especially as we add our new High School Building. You can make a one-time donation, or give monthly or quarterly. Thank you to the 2 donors that have helped us raise just over \$1000 so far! We have a long way to go. Please [visit our giving website](#) to learn more about how you can help!

SAGE EXPEDITIONS

At Sage, we work to create an inclusive learning environment where every student feels they belong and can learn effectively. Sage Expeditions is in full support of this mission by creating inclusive outdoor adventures for our students with a focus on learning and building a sense of belonging.



Outdoor education fosters physical, emotional, and intellectual growth in students. In a review from the International Journal of Environmental Research and Public Health, it's been stated that there are physical, cognitive, and emotional benefits for students partaking in outdoor education. Outdoor education fosters skills such as communication, reasoning, and builds resilience in students through positive risk-taking and conflict resolution. These all work together to build a student's sense of self and sense of belonging. We are so happy to offer outdoor learning opportunities to foster student growth in and outside of the classroom.

If you have not already, please take a moment to take this [short survey](#) to share with us, what you hope to see from Sage Expeditions in the future!

This December brings a short hiatus for Sage Expeditions but we will be back in the new year with many outdoor learning opportunities for both campuses! In the meantime, there are many great activities that you and your families can enjoy outdoors on your own! Take a look at some of the ideas we have listed below!

Winter activities near and around the Treasure Valley

- [Free skiing opportunities for 5th and 6th graders](#)
- Hike to a hot spring ~ [Pine Flats](#) near Lowman is a great and easy hike for families!
- Discover the [MK Nature Center](#)
- [Ice Skating at Indian Creek Plaza](#)
- Snowshoeing near [Idaho City](#)

ENRICHMENT OPPORTUNITIES

Girls Basketball has finished a wonderful season! Thank you to our Sage coaches Zach Mega and Ian Norland for helping our student-athletes develop skills on and off the court!

Boys Basketball will begin practices after the break on January 8th! We invite Sage families to come cheer them on, you can find the [game schedule here](#). We are looking forward to another exciting season!



Our ESage Program will be open Jan. 2-5 with a lot of fun activities! For a limited time, we invite you to try your first day of ESage for half price! – \$7.50 after school or \$25 for a full Friday. Soon they will be accepting registrations for February break You can find more information on our website [here](#).