



MONARCH SCHOOL NEWSLETTER

WINTER/SPRING 2014

MONARCH SCHOOL

PO Box 410

Heron, MT 59844

Phone: 406-847-5095

FAX: 406-847-0049



Monarch Parents Foundation

www.MonarchParents.org



Three-Day Snowshoe Trip

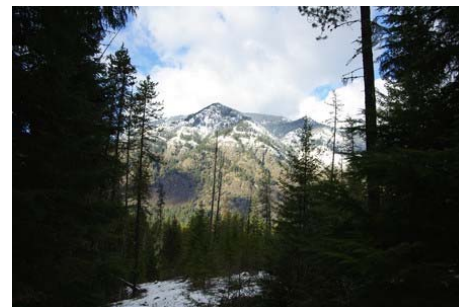
During the first weekend of the new year, I, along with six close friends, had the opportunity to go on a three-day overnight snowshoeing trip at Pilick Ridge, Mont. With me were friends and classmates, Will C., Aaron, Sam M., Jackson, as well as the two trip facilitators, Jon and Charley. The hike began on Thursday morning on Jan. 2, 2014, after arriving at the Ridge at around noon. All seven of us were extremely excited for the weekend to begin, and we all were anticipating the adventure before us.

Before we left, we were told what to expect, which included a pleasant hike up the trail, a nice campsite with a great view and a good time. We got that with the exception of a "pleasant" hike. We ended up hiking for five hours through knee-high powder on snowshoes. Still the trip, that night especially, was all the more memorable.

On Friday, we started our day by cooking up bagels with meat and cheese sandwiches for breakfast. From there, we enjoyed playing in the snow, having snowball fights, wrestling with each other

and jumping off the rocks into the neck-high powder just feet away from our tents. For the second half of the day, Will, Sam and I decided to "renovate" our shelter; this involved the three of us digging a snow-hole 4 feet deep and 8 feet wide to call home for the night. After working on it for a few hours, we could finally call it done. After our day of working hard and playing harder, we ended with a nice, camp-cooked meal on portable stoves and a small bonfire to add to the family-like ambiance of the trip as a whole.

~Soleil Noir Student, NC~





**Monarch Parents Foundation:
Actively Supporting Monarch Parents**

Happy New Year from the *Monarch Parents Foundation (MPF)*, a group of eight alumni Monarch parents. We are a volunteer organization whose purpose is to be a source of valuable support and programming to Monarch School parents, both current and past alumni.

That support includes helping parents in “doing our work,” part of which is allowing our children to do things for themselves, experience life on their own terms and allow them to struggle. But what exactly does it look like to parent that way? Well, this year you can find out by attending the *2014 MPF Parent Workshop*, whose title is “**BRAVE PARENTING—Building kids’ emotional resilience by letting them have safe struggles.**”

This Workshop, organized by MPF board member Nina Rego (son Andrew), will be held in the SF Bay Area during the weekend of March 21–23. We invite you to join us for this annual event! It will give you opportunities to connect and support one another while learning new strategies to strengthen and refine your parenting skills.

The Workshop begins Friday evening with an update from Monarch School founder Patrick McKenna and a session led by MPF board member Alan Cohn.

The key event of the weekend takes place Saturday, March 22. Our speaker, Krissy Pozatek, has 15 years’ of experience in wilderness therapy and the adolescent treatment field. She will teach practical skills through lecture and experiential activities that promote children’s emotional maturation and that parents can use right away in their parenting.

Saturday’s event also includes an evening session with a buffet dinner and a session led by Alan Cohn.

Sunday morning caps the event with a summary session led by Patrick McKenna, Chris Laviola, Krissy Pozatek and MPF board members. Feel free to join us for as many of these sessions as you can. Please watch your email or go to our website at www.MonarchParents.org for details.

MPF is very excited to be offering a new parent program to current Monarch parents. The *New Connections* workshop has been created by board member Alan Cohn (son Eli). It is geared toward parents who are just starting their Monarch journey and will be held on Friday morning at the upcoming Lower School Conference (March 7). Alan and Ben Chant (daughter Mikaela) will facilitate the program together with Clinical Director Chris Laviola. We are hoping to help create a community of parents who are connected and feel supported, as well as strengthen the Monarch Parent culture of “older” parents reaching back to support “new” parents.

This year we are sad to see two of our long-term group members leave the MPF board: Analee Wulfkuhle (son Dan) and Cheryl Messick (son Dylan), both of whom started serving as a board member more than seven years ago! I am grateful to both of them for their friendship, their kindness and their support of the whole Monarch community!

~With warm wishes from the MPF and Inge Jechart,
MPF Board President~

PS: All MPF board members now have email addresses that start with their first name and end with “@monarchparents.org,” e.g. inge@monarchparents.org.



Physical Education in Heron, MT

Parents often ask me how we teach physical education classes in the snowy, icy Montana winters. This semester we are offering three different PE classes.

Carolina DeSá, life skills instructor, will be teaching a Yoga class. The goal of the class is to assist students in connecting with their bodies while participating in a physical workout. Students will be encouraged to relax, breathe and improve their physical awareness. Opportunities for meditation will be included as well.

Running class will be taught by Dave Kretschmar, orientation instructor. Training will occur in the arena as well as on the road, and they will use ice grippers made specifically for running. Students will learn about the relationship of exercise and fitness to improved mental health. The focus will be on developing endurance and persistence as students face physical and mental challenges. Students will participate in an eight-mile trail run in Lewiston, Idaho, and a half-marathon on Whidbey Island in Washington.

A Conditioning class will be taught by Jon Maret, outdoor instructor, and Charley Nish, life skills instructor. This class will include outdoor workouts such as snowshoeing and cross country skiing as well as indoor workouts in our new indoor workout area.

The indoor workout area features several spin cycles as well as various other pieces of workout equipment, including dumbbells, a nautilus and other free weights.

~Jamie Jones, Academic Director~



New Academic Structure in 2014!

2014 brings a new schedule to Monarch School, and we are excited about the opportunities the schedule will provide. Semesters will now run for 14 weeks instead of 10 weeks, and students will take four core academic courses each semester. Students will continue to take an elective/PE class, a creative arts class, a music lesson and a vocational class each semester. The extended semester will provide more class time to maximize learning in all of our classes. The new schedule also moves creative arts classes from the evening to the morning, which allows for greater collaboration between therapists and the creative arts teachers. Additionally, students are thrilled that the new schedule allows them to sleep in thirty minutes later each morning. Here's to 2014!

~Jamie Jones, Academic Director~



Looking Forward to Spring and Longer Days!

Cabin fever may not be a medical condition, but it can drag you down. Spring will arrive soon. In the meantime, here are some remedies to help you hang on:

Tune into summer. Listen to music that sets your mind on warmer weather. Caribbean tunes will transport you to a sandy beach.

Have an indoor picnic. Feast on a spread of summertime favorites: hot dogs, potato salad, baked beans, lemonade and ice cream. You won't have to worry about food spoiling or melting in the sun.

Take a hike. Lack of sunlight can contribute to seasonal depression. Bundle up and head to the park for a nature walk and consider brightening your mood with a full-spectrum lamp that mimics sunlight.

Make a clean sweep. It's still winter, but why not use the time indoors to get a head start on spring cleaning? Moving around will warm you up, and a tidier home will lift your spirits. With chores completed, when spring arrives you'll be free to revel in the season's glory.



February 2014						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

- 8** ACT Test
- 17** Presidents' Day
- 21** 1st HV 2/21 - 2/25
3rd HV 2/21 - 3/2
- 23** 2nd HV 2/23 - 3/1

March 2014						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 7** Lower School Conference 3/7 - 3/9
- 8** SAT Test
- 28** Graduate Workshop 3/28 - 3/30

April 2014						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 12** ACT Test
- 17** Winter Semester Ends
- 18** 1st HV 4/18 - 4/22
2nd HV 4/18 - 4/24
- 21** 3rd HV 4/21 - 4/30

