



MONARCH SCHOOL NEWSLETTER

Spring/Summer 2014

MONARCH SCHOOL

PO Box 410
Heron, MT 59844
Phone: 406-847-5095
FAX: 406-847-0049



Monarch Parents Foundation

www.MonarchParents.org



Preparing Monarch Students for College

At Monarch School, the academic department prides itself on providing a rigorous, college preparatory curriculum in a nurturing environment. Curriculums and assessments are designed by teachers to meet the needs of each class and if needed, each individual. Additionally, we offer Advanced Placement courses for students looking to be challenged further and potentially earn college credits. During the summer semester, Advanced Placement English Literature and Advanced Placement United States History will be taught. We are pleased that we consistently hear from graduating students that they feel well-prepared for college in regards to content knowledge as well as skills such as time management, organization and the ability to seek out qualified help.

~Jamie Jones, Academic Director~

Special Recognition Announcement!

Congratulations to Spanish teacher, Rick Reed, who recently earned his master's degree in Educational Leadership from the University of Idaho!





Monarch Parents Foundation:

A Source of Support for Monarch Families

When my son attended the Monarch School, one of my strongest memories is the feeling of loneliness – like we were the only family who had to send their child away to boarding school. I was relatively lucky, because I already had a strong support system in place and a number of friends with whom I could be completely open. But I also wanted to connect with other Monarch parents because they knew exactly what our family was going through. So I started a biweekly conference call for Monarch parents. It was comforting to be able to share our experiences with one another—to know that we were not alone in our crazy lives, and that there were shoulders to lean on!

Continuing that theme of connecting with one another is the main reason why I joined the Monarch Parents Foundation (MPF). I wanted to help parents feel less alone and isolated. With that goal in mind, we organize and host a number of programs to bring parents together and create a sense of community. We're also eager to hear from parents, both current and alumni, about what kinds of programs they would like to see us offer. If you have any ideas you'd like to suggest, please contact me at the email address below. Here is some of what we currently do:

In March, we hosted the annual MPF Parent Workshop in the SF Bay Area, where Krissy Pozatek, the author of "The Parallel Process" and "Brave Parenting," was the speaker. She did an amazing job of teaching and guiding us in exercises that promoted deep understanding. The attendees did a lot of learning and a lot of connecting during that weekend! Once a month, MPF hosts a conference call for all Monarch parents, which starts out with a short presentation by a Monarch staff member and then allows for Q&A for the rest of the hour. The New Connections Workshop at the Lower School Conference is run by two MPF members twice a year. It brings together parents new to Monarch in a safe and comfortable environment that's conducive to getting to know one another. It also aims to support the culture of "older" Monarch parents supporting and guiding the "newer" parents. During the September All-School

Conference, the full MPF board meets at the Monarch School for their required annual board meeting. This gives us another opportunity to reach out to current parents for support, comfort and the message that there is a "light at the end of this tunnel."

If you feel drawn to do this kind of work with us and are interested in helping out, please contact me. We are always looking for people who are passionate to give back and support the community of Monarch families.

We have just welcomed our newest board member, Rena Hayami, whose daughter Karin graduated recently from Monarch. Rena will start her work on the board in the role of Secretary and Director of Strategic Planning.

~ With warm wishes from the MPF board members and Inge Jechart, MPF Board President ~
inge@monarchparents.org



Introducing Chris Johstoneaux - Primary Therapist

Monarch School is excited to announce the addition of a new Primary Therapist to our clinical team.

Chris Johstoneaux is a Licensed Clinical Social Worker who comes to Monarch with many years of experience working with teens.

Chris received his bachelor's degree in Recreation Management and Youth Leadership with an emphasis in Therapeutic Recreation from Brigham Young University in 2005, and his master's degree in Social Work from the University of Utah in 2008. He has worked with adolescents and children for the last 15 years, with most of that time spent at a residential treatment center in Utah.

Chris takes a relationship-based approach to understand each student and family situation individually and then fits treatment to the needs of the student. Due to his background in Therapeutic Recreation, many of his group therapy sessions are experiential and often involve the group solving complex challenges.

Chris loves spending time in the outdoors, is a huge soccer fan and enjoys coaching youth sports. He and his wife have three boys who keep them very busy.



Chris Johstoneaux and Monarch students.



RB ~ Author of Poem

Don't Forget Mother's and Father's Day

Swimming Safety

Soaring temperatures might send you running to the nearest pool or swimming hole. Swimming is an excellent way to cool off while burning calories. Follow these swimming safety guidelines:

Learn to swim. People of all ages take lessons. Look for instructors who are certified by the American Red Cross.

Bring a buddy. Never swim alone.

Watch the weather. Don't swim during a lightning storm. At the beach, always ask the lifeguard about surf conditions before jumping in.

Check the depth. Never dive or jump into unknown water.

Beware at the beach. Stay near the shoreline. If you're caught in a rip current, swim parallel to the shoreline and call for help. Try not to panic, and don't swim against the pull of the current.

No glass. Broken glass is hazardous, so use plastic or metal beverage containers. And remember, alcohol and swimming don't mix.

Prevent sunburn. Use plenty of sunscreen and reapply it regularly.



A Student Poem ~ Territory ~

Cats have territories,
but that is common sense.
And the topic of a dog's
is far too cliché.
But what about
the territories held
by people?
Not native tribes
or farmers with fences,
Those held by just anyone,
people like you and me.
The territories we have
of our stuff and our lodgings.
How about where we are
compared to the nearest other?
Those are territories that we hold.
Sometimes those are small
because you don't mind,
but sometimes
there has to be a gaping stretch
between you and another.
This is true
for me and you.
We all hold all these boundaries.

Note from the author: This poem is my expression of the frustration of living around people who understand boundaries and around people who are oblivious to them. As a socially-challenged individual myself, I find the inconsistencies around boundaries frustrating. In order to convey my view clearly, I abstractly piece together a picture of one of my would-be friendships that ended with a proverbial fault line as the boundary between that person and me.

In the hope of bringing a sense of relation for my fellow students here at Monarch and their families, I have decided to enter this particular poem for the newsletter Bambi puts together. Although I am still a relatively new student here (not even halfway through my second month), the theme of recognizing or setting boundaries seems to be prevalent among my peers. This poem puts in aspect just what is meant when some authority figure says something about testing their "boundaries."

~RB, Sanguine Falcon Student~



May 2014

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- 3 Graduation!
- 5 Summer Semester Begins
- 11 Mother's Day
- 23 All School Conference 3/23 - 3/25
- 26 Memorial Day

June 2014

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- 7 SAT Testing
- 15 Father's Day
- 20 3rd HV 6/20 - 6/29
- 22 2nd HV 6/22 - 6/28
- 23 1st HV 6/23 - 6/27

July 2014

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- 4 Independence Day
- 11 Graduation Workshop 7/11 - 7/13
- 25 Lower School Conference 7/25 - 7/27
- 27 SSAT Testing

