



# MONARCH SCHOOL NEWSLETTER

**SPRING/SUMMER 2015**

## MONARCH SCHOOL

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## Monarch Parents Foundation

[www.MonarchParents.org](http://www.MonarchParents.org)



**Many Special Days to Observe!**



**Don't Forget!**



## Monarch Welcomes Garden Ecology Teacher

Monarch School is pleased to welcome Mary Pedersen as our new Garden Ecology Teacher. In 2004, Mary earned her Master's degree from the College of Agricultural, Human, and Natural Resource Sciences at Washington State University. Since graduating Mary has worked as a college instructor at Oregon State University, as a life skills paraprofessional for behaviorally challenged elementary students, and as the garden manager for a program that provides garden work opportunities for adolescents serving community service hours. In her letter of interest for the position, Mary wrote, "Failures and successes in the garden offer 'teaching opportunities.' When we make good, informed decisions, we are more likely to succeed. When we don't make good choices, the chances of failure outweigh success. In my experience, the experiential atmosphere of the garden offers an effective venue for teaching and learning life skills." Mary seeks to provide daily encouragement, constructive feedback, and consistent accountability to

each of her students as they pursue their goals. She comes to us with an amazing depth and breadth of experience, and we know she will be an excellent addition to the team.

~Jamie Jones, Academic Director~



Mary working in the greenhouse with students.



Weeding the planting beds.





## Monarch Parents Foundation (MPF) - New Website!

As you may have already noticed, the Parents Foundation has a new website, with updated content and more current information. It is easy to navigate and has great photo-viewing capabilities. Check it out at [www.MonarchParents.org](http://www.MonarchParents.org)! Many thanks go to Alan Cohn and his team for putting in a lot of work and getting the site up in record time!

Instead of the traditional forum/message board, we are now using Facebook's Group functionality to make it easy for parents to talk with, get to know and support each other. Our group on Facebook is completely private and is "secret"; i.e. you won't even find it by searching. I belong to several other private Facebook groups and have seen first-hand the incredible sharing and camaraderie that can take place when people feel safe and when it's easy to use.

Charlie Bird was the first webmaster of the parents' website (at the time an MSN Group site). He wrote this about how the parents were using the websites forum at the time:

*"The website became the parents' therapy group. We confessed our deepest despair there, and trumpeted our greatest joys there too. It is the true lifeline of new parents and a fountain of knowledge and support as they start this scary journey on the path called Monarch.*

*"The website is a mix of both everyday information, and the deepest gut wrenching pleas for help. We discuss where to go for dinner or stay in Sandpoint or Hope, or to set up local meetings or pre-visit dinners. We talk about the culture at Monarch, parent visits, and we share resources with one another. And, we bare our souls to each other in an effort not to feel so alone and lost.*

*"The success of the site doesn't lie with any one person. It is the shared responsibility of all the parents to make the site a real, honest place to help each other gain insights into the Monarch process, and into our own fears and feeling.*

*"It remains an amazingly powerful community of diverse people, drawn together for a common goal.*

*"So as you start your Monarch journey, I ask one thing of you. Share – share your questions, your solutions, your feelings and your fears. And never forget to share your victories. The path you and your child take in the coming months will be one of tremendous trials and triumphs. It will have ups and downs, laughter and tears. On the website we call the down times 'bumps,' but remember the bumps are good things too, because according to my favorite website expression: 'The bumps let you know you are still on the road.' It will make more sense to you later!"*

I invite you to follow in the footsteps of Charlie and his group of parents and reap the benefits of community and sharing.

Coming up in May – join us and see what Krissy Pozatek, an **experienced wilderness program therapist**, can teach us at the *MPF Parent Workshop*! This year, our Workshop will be held the day before the school's All Parent Conference on **May 21, at Kally's restaurant in Hope, ID (Outskirts, Hope Market Cafe)**. Krissy is an author of two parenting books and an experienced therapist. She will teach us practical skills that parents can use right away in their parenting, using both lecture as well as experiential activities. You can find out more details and also sign up here: <http://monarchparents.org/current-family-programming/workshop2015/>.

Wondering what they mean by "do your own work?" Krissy will answer that question!

We always love to hear from you about any ideas, suggestions and comments you may have. Feel free to contact me at [inge@monarchparents.org](mailto:inge@monarchparents.org).

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



## What Is Group at Monarch?

When I am in group I feel surrounded by people who support me. I feel free to share both my accomplishments and my struggles. Group is a place where I can receive honest feedback, both positive and constructive, and not feel like I am being attacked.

There are different types of groups: peer group, request group, and themed groups such as addictions group. Peer group consists of the same people who meet every week and develop a community within the community. Request groups are held twice each week in which students can request to speak with another student or staff member to whom they have feedback to provide or conflict to resolve. Addictions group meets one each week to share progress with addiction work and to help students work through any roadblocks.

Group activities are flexible, meaning that when there are emotional or social issues to work on, they take priority. However, when that work is complete, the group will sometimes move outside and play sports, meditate, sauna, take a nature walk, etc. During one group I was asked by the facilitating staff if I wanted to take lead for the group. I took this opportunity and created time for people to check in with how they were doing, asked questions of my peers, and led a group meditation. Overall, group is a

safe place to create progress with the help of others, both students and staff.

~L.A., Wolverine Summit Student~



## Remember to Honor Our Mothers & Fathers



### Talk About It: Class Acts

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- The first week of May is Teacher Appreciation Week. Who was your favorite teacher?
- Did you have any teachers who were tough but inspired you to try harder?
- What's the best advice you ever got from a teacher?
- How much influence did teachers have on your choice of career?
- When you were a child, did you ever play school and pretend you were a teacher?



Celebrating Independence Day!



## May 2015

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						

- 2 GRADUATION!
- 10 Mother's Day!
- 22 All School Conference 5/22 - 5/24
- 25 Memorial Day

## June 2015

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				

- 5 Parent/Student Rafting Trip 6/5 - 6/8
- 12 Challenge Night
- 19 3rd Home Visit 6/19 - 6/28
- 20 1st Home Visit 6/20 - 6/24
- 21 Father's Day!  
2nd Home Visit 6/21 - 6/27

## July 2015

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	

- 4 Independence Day
- 10 Transition Workshop 7/10 - 7/12
- 24 Lower School Conference 7/24 - 7/26
- 30 Gift Trip 7/30 - 8/2

