



# MONARCH SCHOOL NEWSLETTER

WINTER/SPRING 2015

## MONARCH SCHOOL

PO Box 410

Heron, MT 59844

Phone: 406-847-5095

FAX: 406-847-0049

## Monarch Parents Foundation

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



### Academic Success at Monarch

When students face academic challenges at Monarch School, a teacher may volunteer to structure an academic plan to assist the student toward his or her academic success. The plan is designed to address the specific individual struggles of the student from homework completion or test anxiety to organization, focus, or reading comprehension. Components of the plan can include but are not limited to an assignment log or calendar, a teacher signature sheet to track daily progress, regularly scheduled meeting times with each teacher, built in opportunities for physical activity, or specifically set times and locations for studying. The teacher and student will meet at least once each week to evaluate the student's progress and adjust the plan as appropriate. The individual support provided through an academic plan allows students to develop academic skills and strategies which will benefit them during and after their Monarch School stay.

~Jamie Jones,  
Academic Director~





## Monarch Parents Foundation (MPF) Update

A reminder especially for new Monarch parents: The *only* reason for the Monarch Parents Foundation's existence is to **support parents** – both while your kids are at Monarch and after they leave Monarch. When we first started out, this mainly took the form of financial assistance (which we, of course, still offer). Over the last 4-5 years we have been adding other kinds of support, often in the form of programming.

One of our most popular programs has been the annual **MPF Parent Workshop**. This workshop brings together a variety of people: current parents, alumni parents, Monarch staff members (especially Patrick McKenna), families and friends of parents, and last-but-not-least a speaker/workshop leader. The workshop leader typically presents a parenting topic that we hope will be make your parenting easier and will have many good take-aways for you.

No matter how many parenting seminars I've attended, I find that I always learn something valuable, or learn to see something in a new light. I also love hanging out and connecting with the other parents, some of whom have been attending this workshop for several years!

We like to bring new and fresh perspectives to our programming and seek to bring these programs to as many parents as possible. That's why, this year, we are offering the **MPF Parent Workshop** in concert with the All Parent Conference held at the Monarch School in May. The Workshop will take place on the Thursday before the parent conference on **May 21 at Kally's restaurant in Hope, ID**. And since last year's speaker was so well received by everyone, we have asked her to come back: She is Krissy Pozatek, author of two parenting books and an experienced therapist, who worked at wilderness programs for many years. She teaches practical skills that promote children's emotional maturation and that parents can use right away in their parenting through lecture and experiential activities.



Our goal is to make it easy for parents to “do their work.” Attending this workshop will not require any additional travel for current parents; and alumni parents can enjoy a trip back to beautiful Idaho and Montana! We hope that many of you will join us for this event! More details will be announced on the MPF website ([www.MonarchParents.org](http://www.MonarchParents.org)) soon.

Also coming up for new(er) current parents is the **New Connections Workshop** at the Lower School Conference in March 2015. It is facilitated by two MPF members and brings parents together in a safe and comfortable environment that's conducive to getting to know each other. It also aims to support the culture of “older” Monarch parents supporting and guiding the “newer” parents.

We are always thrilled to hear from you – 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, Inge Jechart,  
MPF Board President ~





## Conditioning Class Trip

The Monarch School ended the December break weeks with a bang! The 2014 Fall Block Conditioning Classes went on an epic three day snowshoeing trip. From Friday, Jan. 2 to Sunday, Jan. 4 they spent well-earned time off campus, at Rock Creek Meadows located in Montana's Kootenai National Forest. The trail they hiked had been untouched this winter, and was covered in as much as four feet of the driest, lightest powder. While surrounded by the isolated beauty of snow peaked mountains, frozen waterfalls, and towering trees, the group hiked six miles to base camp with an elevation gain of one thousand feet. One of the students described the hike as "radical, especially to be able to push ourselves to the limit and see what we could do physically." Out of the three conditioning trips to date, this was by far the most beautiful. When they arrived at camp, the students set up their bottomless tents with snow as the floor. Due to the frigid weather, and strenuous hike, everyone had an early night. Later, they were able to strategize the best way to stay warm, and how to use the snow to their benefit. For many of the students, this trip was a throwback to wilderness, and brought back memories and skills learned months ago. The next day, they hiked approximately three miles, passing old mining cabins from the early 1900s. The rest of the afternoon

was filled with sledding fun surrounded by unbelievably beautiful scenery. One student who had never gone sledding before couldn't have asked for a better first time. The second night, they had a warm, welcoming fire and enjoyed some piping hot back country mac 'n cheese along with each other's company. Sunday arrived too soon as they woke up early to hike out. Though the hiking was intense and the weather was harsh, all of the Conditioning Class students can agree that the trip was one to remember.  
~N.S and K.C., students~



Students in training prior to the three-day trip!

## Winter Is Here, Spring Is Near!



### Winter Fun

Some people like the warmth of summer, but others prefer the briskness of winter's chilly air. Gather with friends or family and discuss what you like best about winter.

- What is your favorite winter activity? Have you ever been ice skating, ice fishing or snow skiing?
- Have you ever built a snowman? What did it look like? What materials did you use to decorate?
- Did you have snowball fights when you were a kid? Did you ever build a snow fort?
- Was school ever canceled because of the weather? What would you do on these snow days?



February 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

- 7 ACT Test
- 16 Presidents' Day
- 20 3rd Home Visit 2/20 - 3/1
- 21 1st Home Visit 2/21 - 2/26
- 22 2nd Home Visit 2/22 - 2/28

March 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				

- 6 Lower School Conference 3/6 - 3/8
- 14 SAT Test
- 27 Transition Workshop 3/27 - 3/29

April 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		

- 17 1st Home Visit 4/17 - 4/21
- 18 ACT Test  
2nd Home Visit 4/18 - 4/24
- 20 3rd Home Visit 4/20 - 4/29  
Ashland Trip 4/20 - 4/25  
Break Weeks 4/20 - 5/1
- 23 Gift Trip 4/23 - 4/26

