



# MONARCH SCHOOL NEWSLETTER

**SUMMER/FALL 2016**

## 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)




### College Planning at Monarch

The college application process is beginning for more Monarch School students planning to attend college in the fall of 2017. Monarch School provides a part-time college planning facilitator to supervise students a few hours each week as they research and communicate with various colleges, complete applications, and write necessary essays. We also assist in completing teacher recommendations and mailing transcripts and standardized test scores. We encourage families to work closely with an educational consultant who will offer the best resource for appropriate college placement after Monarch School. We are excited to see what lies in store for the next graduating class of Monarch School.

~Jamie Jones, Academic Director~





## We Are All Part of a Community Working Together

Greetings from Sandpoint, Idaho. As I write this, I am grateful that I've had the opportunity to spend the last two weeks in Sandpoint with family and friends, and to connect with a few Monarch friends, as well. My husband, Simon, and I were just talking about our Monarch community. We share a special bond and common experiences that are very strong. When our son started Monarch, we felt so alone. Our family and friends had no real understanding of what we were going through. At our first parent dinner before the Lower School Conference, we immediately connected with other parents, listening and sharing our stories. Throughout our journey, we felt supported by other parents and it made a difference. As close to a 4-year alumni, I still feel I am part of the Monarch parent's community. I do work at it, but the rewards far outweigh the effort!

There are many ways that we can foster "community" with each other. A couple of examples include:

Older parents reaching back to support new parents on the Monarch Parents Foundation Facebook page. If you haven't joined, I encourage you to participate in this private group where parents share their struggles, words of wisdom, and their successes. My husband is not one for social media, smart phones, etc., but I've convinced him to finally join. Contact [melanie@monarchparents.org](mailto:melanie@monarchparents.org) to join us; we are 102 community members strong.

Attending New Connection Workshops (like the one held in late July) is a great way to meet and bond with other newer and alumni parents. It is amazing to see the community growing right in front of your eyes. The Monarch Parents Foundation recently added a Saturday night check-in for parents who attend the New Connections Workshop on Friday to reconnect, encourage each other, and share what's working and not working. While these are geared mostly toward younger families, all current parents are welcome to attend. The next workshop is the same weekend as the November Lower School Conference.



If you have ideas on how we can better support and grow our Monarch parents' community, please let us know by email ([rhonda@monarchparents.org](mailto:rhonda@monarchparents.org)) and/or connect with us at our September 23rd and 24th annual board meeting. We will be on campus and would love to hear your ideas.

Remember, you are not alone in this!  
~Rhonda Bello  
President, Monarch Parents Foundation~



Our various MPF board members throughout the years!  
Thank you so much!



## A Student's Guide to Optimism

Optimism is probably the essential ingredient to the cake recipe called "Happy Life." In times of discouragement and failure, it serves as your Emergency Hope Button and personal stress reliever. When everything is seemingly in shambles, slow down and breathe. Look down at your feet; you have feet! That is more than some people can say. Now reach for that drink you have nearby; if you're my mom, it'll be a tall glass of Constant Comment iced tea with lemon and stevia. Take a sip. Refreshing, right? Take another sip, you deserve it!

Perhaps you got a C on your last chemistry test, but that's much better than the F that you were expecting! Was your therapeutic program extended until December when you were set to graduate in August? No problem—now you get to earn your exit along with your high school diploma at the same time. Dog ate your homework? At least now you don't have to feed it dinner!

Honestly, there's a silver lining to absolutely everything. Cherish the small things and take the time to appreciate all of your successes, whether small or large. 'Yes, I got a C on a chemistry test I was certain I failed! I think I'll dig into that hot cocoa packet I've been saving from breakfast crew two weeks ago to treat myself.' Out of hot cocoa packets? Take a victory lap around the Lodge on one of the wheelie

chairs in the student computer lab. (And then promptly return it and apologize to staff for your usual shenanigans.) Put in hard work and accomplish what you want to, and don't let the failed attempts push you off track. When you go above and beyond (or simply impress yourself for coming so far without having a mental breakdown), sit back and relax for a bit and enjoy the feeling of being high and mighty. Do whatever you need to in order to make yourself feel like a million bucks. Who are you to deny yourself of that?

~SP, Huckleberry Rising Student~



## Enjoy the Summer/Fall Season



### Summer ABCs

D is for Days of lounging around

O is for the Ongoing heat

G is for Green Grass

D is for Drinking lots of water

A is for All the yummy summer treats you can eat

Y is for Yellow lemonade to cool you down

S is for Sunscreen to protect you



### It's a Dog's Life

Odie, silent sidekick to lasagna-loving cat Garfield, first appeared in the comic strip on Aug. 8, 1978.



Optimism at its best!



August 2016						
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 Parent Chat
- 11 Summer Semester Ends
- 13 Graduation!
- 15 2nd Home Visit 8/15 - 8/21
- 17 3rd Home Visit 8/17 - 8/26
- 19 1st Home Visit 8/19 - 8/23
- 25 Parent/Student Rafting Trip 8/25 - 8/28
- 29 Fall Semester Begins

September 2016						
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 Labor Day
- 6 Parent Chat
- 9 Parent/Student Rafting Trip 9/9 -9/12
- 23 All School Conference 9/23 - 9/25

October 2016						
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 Parent Chat
- 10 Columbus Day
- 14 3rd Home Visit 10/14 - 10/23
- 15 1st Home Visit 10/15 - 10/19
- 16 2nd Home Visit 10/16 - 10/22

