



SAGE INTERNATIONAL SCHOOL BOISE NEWSLETTER

MARCH 10, 2023



Our annual Parent Engagement Survey is open through March 31st and we would greatly appreciate your input! This survey helps the State and our leadership team measure how we are doing in meeting your needs and supporting our Sage students. The survey only takes 5-10 and your responses are anonymous. You can access the survey [here](#), then choose Sage International School. If you have any questions please feel free to email dani.zwolfer@sageintl.org. Thank you!



Our PTO is looking for new members and officers! We invite you to learn more and get involved in any capacity you'd like. They will meet next March 22nd at 4pm at Smoky Mountain Pizza, follow them on [Facebook here](#) for more info!



Lifetouch will be on campus **Wednesday, March 22nd** for class photos of all K-5 students, and individual retake photos for those in K-12 who would like them. Photos will be available by online pre-order ONLY and must be ordered before 10:00am on picture day. You can order via [this link](#) using the following codes:

Class Picture Day ID: EVT9HXHGW

Individual Spring Picture Day ID: EVTZPJNW3



MARK YOUR CALENDAR

March 16 - End of 3rd Quarter

March 30-31 - Conferences for grades 6th-12th

April 10 - 14 - Spring Break, no school

May 23 - Class of 2023 Graduation Ceremony

June 1 - Last Day of school

STAY IN TOUCH

Other than this newsletter, our website is the best resource for general info about Sage. You can also find us on Facebook, Instagram, and Twitter!



OUR MISSION

“ Sage International School engages students within an inclusive IB learning community, challenging all members to take risks and contribute locally and globally through open-minded inquiry. ”

A MESSAGE FROM EXECUTIVE DIRECTOR, ANDY JOHNSON:



Dear parents and staff of Sage International Schools,

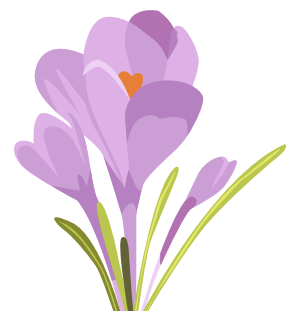
March is a month of hope, growth and promise. At Sage International Schools, March is the month in which we typically hold our lottery - the time at which hundreds of families hope to see that they've been selected (at random) for a seat at one of our two fabulous campuses. I am happy to report that demand remains very high for a Sage International Kindergarten experience. About 120 new families will join our schools soon and begin their journeys to graduation. They will join just as our very first class of kindergarteners is finishing their IB coursework in preparation for exams and graduation in May.

March also represents growth. In March we see a change of seasons (despite recent wind and snow), lengthening days, the first sprouts of crocus flowers and we start to look forward to all the events at school which mark our students' and children's growth and development. One of those events, the 100th Day of School, happened on the 7th of March. Soon, we'll be able to enjoy and celebrate our 5th and 10th Graders as they exhibit their learning through the Exhibition and the Personal Projects

March also offers promise. At Sage Schools, this period between the Presidents' Day break and Spring Break in April, is a perfect time to put our best efforts into school. Our students are ready to accelerate their learning right now. You can support them by ensuring they are at school on time, everyday with everything they need to be successful during the day. At home, encourage older students to work in a quiet, supportive environment near the rest of the family. If your student is unsure what to do - ask them to reach out to their teachers for more guidance. For the parents of our youngest students - read to them everyday and, even better, ask them to read to you. Encourage them to sound out difficult words they encounter and always be sure to ask them questions about what they have read.

In closing, thank you for your continued support and encouragement of our students, teachers, support staff and leaders. We have done incredible work together over the last three years and we are excited about what we will accomplish together over the next months and years.

All the best,
Andy Johnson



FROM NURSE NATALIE



This is a friendly reminder that ALL medications that need to be taken by students at school are required to go through the nurse's office FIRST, and cannot be kept with the student without prior approval from the nurse. For any medications, whether your student is able to self-administer or not, please complete and return [this form](#) to Nurse Natalie or any front desk.

We were happy to have volunteers from the [Lion's Club](#) here this week to perform free hearing and vision screening for many of our PYP students. These quick and general screenings were provided to help detect if any further medical evaluation is required by your medical provider(s), but are not meant to replace annual Well Child exams. We thank them for their time providing this valuable service free of charge to our students!

DANNY SOLOMON, DEAN OF STUDENTS AND CAMPUS OPERATIONS



Pick-Up

We are always looking for ways to keep the traffic in our parking lot flowing smoothly. We are asking parents/pick-up drivers to please avoid parking in front of the building during drop-off or pick-up times. We have seriously limited parking, and extra cars in these locations slow the traffic flow, take spots reserved to accommodate those with physical needs, and take spots needed to drop off large amounts of materials. Please do not park in front of the Everest (big) building during pick-up and drop-off times. Maps and directions for drop off and pick up can be reviewed [here](#).

K-3 Lunches

We are unable to accommodate students in grades K-3 using microwaves to heat lunches, or requests for hot water to heat noodles brought from home. Please send students to school with cold lunches that do not need intervention from an adult (or a microwave or kettle). [Life's Kitchen](#) offers excellent, affordable meals, and we encourage you to access their services if your child prefers a hot lunch. For more information about how nutrition can impact learning, please check out the excellent resources shared by our counselors below in this newsletter. Our counselors can also help if there is any concern about food insecurity. Thank you!

ASHLEY RIVERS, K-7 SCHOOL COUNSELOR



Clothing Closet & Food Pantry

I am excited to announce that we are going to start a new Clothing Closet at Sage for students and families who may need support with clothing needs. If you have any extra clothing (sized for students K-12) that you are willing to donate, please contact me at ashley.rivers@sageintl.org.

Our food pantry is still up and running, supporting students and families who experience food insecurity. Our food pantry is operated thanks to generous donations from Sage families. If you have the ability to donate, please consider dropping off shelf-stable foods like cups of noodles, mac and cheese in a microwaveable cup, apple sauce, fruit cups, etc. You can also drop off gift cards to support the food pantry. Thank you so much for your generosity and for helping to support the Sage community.

Healthy Diet Healthy Mind

Some of the most common concerns we hear from parents regarding their children's mood include irritability, aggression, lack of concentration, mood swings, low energy, hyperactivity, and general poor behavior. Foods that are high in added sugar can result in a spike in blood sugar levels. Studies show this can negatively impact mood and energy throughout the day. Children who eat sugary cereals, white bread, candy, juices, and other sweet or refined foods throughout the day are more likely to experience mood swings and low energy.

Food and diet is one area where simple shifts can have a big impact! While all of us can benefit from consistently eating healthier foods, children and teenagers are in a rapid phase of physical and neurological growth and development. Paying particular attention to what and how we feed them is essential to support their mood, attention, learning and behavior. Research suggests that eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like memory and concentration and improve academic performance.

Check out these articles for examples of how to shift your child's diet to maximize mental and physical wellness: [Nine Mood-Boosting Foods for Kids](#), [The Link Between Mood and Food](#), [How Diet Helps Behavior in Children](#).

If you and your family are experiencing food insecurity or have any concerns, please don't hesitate to reach out to me.

Sincerely,
Ashley Rivers
K-7 School Counselor

BRITTANY MEDUNA, 8-12 SCHOOL COUNSELOR



QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Training is available for anyone over the age of 18! In partnership with the Department of Health and Welfare, the State Department of Education is providing free online Suicide Prevention training through the Idaho Lives Project and the QPR Institute. After completing [this form](#), you will be directed to the QPR Institute website to complete the registration process and can start the two-hour training.

SAT TESTING will take place for all students in 11th grade on April 25, 2023! Please encourage your student to start studying online now with [Khan Academy SAT Prep](#). Please contact Ms. Meduna if you would like to utilize physical SAT resources and practice tests!

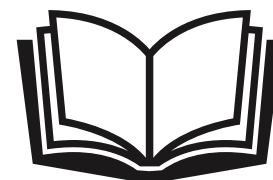
12th-grade students and families:

- Colleges and Universities are busy sending out acceptance letters! Make sure you are checking your email and staying on top of your college acceptances. Many will have orientations that you must sign up to attend if you are accepting their offers. If you have any questions about college applications and processes please reach out.
- Make sure you are utilizing the Sage Scholarship Opportunities page [on our website here](#) for up-to-date scholarship listings!
- Have you or your child received a scholarship? Make sure you write a thank you letter to the scholarship provider. Check out [these tips](#) on how to write a great thank-you letter!
- uAspire hosts free virtual events to help students and families navigate the college financial aid process. Sign up [here](#)!

ORDER YEARBOOKS

Yearbooks for students in K-5:

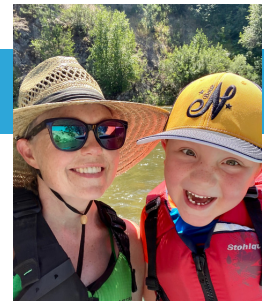
Deadline is April 17th to order from Lifetouch! Yearbooks are \$16, thank you to our PTO parents who are creating our yearbook for us this year! All yearbooks will be shipped to the school and distributed to students by the last day of school. Order [here](#) using Yearbook ID code: 13102823



Yearbooks for students in 6-12:

Deadline is March 31st to order from Jostens! Yearbooks are \$35 and are hardcover, 100+ page books. All yearbooks will be shipped to the school and distributed to students by the last day of school. You can place your order [here](#).

THE PYP WITH KATE HUNTER




IB Star Program

One thing we love about the IB is the shared language around learning and community K-12. With that in mind, we are excited to renew a practice of recognizing students for demonstrating traits of the [IB Learner Profile](#). For each instructional chunk (the learning time in between the [week-long breaks](#)) we will focus on a specific IB trait by talking about it, modeling it, and intentionally recognizing students demonstrating that trait. From now until Spring Break, we will be intentional about celebrating students who demonstrate

CARING

Once a student earns an IB Card for Caring, the student places the card in a designated box near the front office and two lucky winners are drawn from that box each week. When a student's name is drawn, they earn a cool prize. For students not drawn this round, more cards can be earned and turned in every single day.

Caring



They show empathy, compassion and respect towards the needs and feelings of others. They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment.

Student Name: _____


Date: _____

Trait Observation Summary : _____

Observer Name: _____

Primary Teacher: _____

IB Star



This student demonstrated the following IB trait (circle one):

Reflective	Balanced	Knowledgeable	Inquirer
Open-minded	Risk-taker	Communicator	
Caring	Principled	Thinker	

Student Name: _____

Date: _____

Trait Observation Summary : _____

Observer Name: _____

Primary Teacher: _____

Caring and the other traits from the IB learning profile are embedded within the IB framework. Students and teachers use this common language daily in their classrooms. Looking for how you can join in on the fun at home? Check out [this cool resource](#) for more information and activities related to caring.

MIDDLE SCHOOL WITH ZACH PARKER



This month we are taking time to celebrate wins throughout our middle school!

Climate Innovation Challenge: Mrs. Baker 6th graders are participating with the focus of the unit recognizing that ‘through innovation, humans can develop new ways to adapt to our changing climate and lower our impact on the environment.’ Students conduct research, develop and/or support an innovation that helps address climate change. Students use their research to help share their personal connection to climate change. In the spirit of inquiry, two 6th graders, Vivian Chetwood and Avery Burke, reached out to Li Cohen, a national news correspondent from CBS. They requested an interview and after several weeks of organizing, they were able to host the writer via zoom. I was fortunate to be present for part of this interview and was blown away by the initiative, the level of questioning and the maturity that Vivian and Avery held!

Upcoming Outdoor Adventures for 7th & 8th:

We are so excited about two opportunities coming up for students! 7th graders were offered the opportunity to attend MOSS (McCall Outdoor Science School) on March 27-30th. Through hands-on exploration of the environment and guided inquiry, participants observe and investigate the relationships between biological, physical and social systems around them. We're so excited for them!

Coming up on May 19-22, all 8th graders are invited to the End of Year 8th-Grade Adventure at the 4-H camp in Donnelly, Idaho! Students will stay at the camp and learn from 4-H staff about stargazing, dutch oven cooking, archery, and more! Students will also go white water rafting on the Payette, zipline at Tamarack, and just experience great fun building relationships through adventure! More information in your inbox from Mr. Parker along with [this video](#), the final deadline to register is March 23rd!



Serving our Community: Cari Woodruff, one of our PE teachers, organized a middle school staff volunteer day with the Meridian Food Bank. Collectively, the volunteers organized, packed and prepared over 1 ton of apples that will be going out to local families!

Parent/Teacher Conferences: Our Spring Parent/Teacher conferences will take place here at Sage on Thursday, March 30th from 5:30 to 7:30pm and Friday, March 31st from 10:00am-12:00pm. This will be an open house style event where parents can sit with each teacher.

HIGH SCHOOL WITH BRANDY BURKETT



DP/CP Info Night for Families, Tuesday March 14th: This event is for students and families in the 10th grade only. An email communication was sent to all 10th grade parents with the following information:

All 10th-grade students will choose the IB program they will take part in their 11th/12th-grade year, either the Diploma Programme (DP) or Career Programme (CP). Please plan to join us for an informational night where we will cover all information for you and your 10th grader to make the best choice for them. **We strongly encourage you to attend this event.** There will not be another information night and we will be asking students to submit their official program commitment at the beginning of April. Please plan to bring your Sage 10th grader with you.

When: Tuesday, March 14th, 2023 at 5:30-7:00pm.

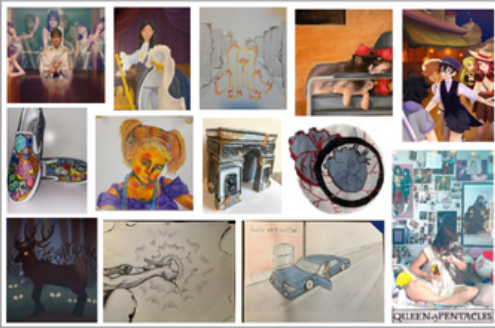
Where: Large cafeteria in the main building on our campus.

End of Quarter 3: March 16th, 2023. We mark the end of the quarter by posting progress grades for all classes. Teachers have the week following the end of the quarter to get their grades submitted. Progress grades will be available via [Skyward Family Access](#) the last week of March prior to Parent/Teacher Conferences.

Parent/Teacher Conferences: Our Spring Parent/Teacher conferences will take place here at Sage on Thursday, March 30th from 5:30 to 7:30 pm and Friday, March 31st from 10:00-12:00 pm. This will be an open house-style event. ALL high school families are welcome and strongly encouraged to attend!


DP Art Exhibition: Friday, March 31st on the Sage campus

2023 IBDP VISUAL ARTS EXHIBITION



Sage International School
Friday, March 31st, 5:00-7:30 pm
Main Cafeteria

Aneelia Blandford
Matthijas Claus
Olivia Griffin
Scarlett Hacker
Gretchen Hiebert
Lucas Johnson
Jordyn Lowe
Lily McEwen
Ella Niendorf
Miyoko Page
Alex Ross
Magnolia Schneider
Lucas Swensson



Each year our DP Art seniors have the opportunity to exhibit their final art products to the entire Sage community. This is one of our favorite events of the year their artwork is always amazing! More information will be sent to families as the date approaches but for now, please save the date for this awesome event!

ENRICHMENT

Heart & Sole started this week for girls in grades 6-8th and will meet weekly after school on Tuesdays here on the Sage campus! Girls will complete a 5K race together on May 19th. You can find more details and register [here](#).



SoleKIDs Spring 2023 - we are currently looking for a coach for Sage International! If you or anyone you know may be interested, let us know. It is an easy, super fun way to get some exercise and your kiddos run for free! Training takes place 2 days/week for 8 weeks with a big SoleKIDs 5K race at the end! If you are interested or would like more information please contact jamie@solekids.org.

Soccer Shots: Returning this spring to the Sage Campus for a 6-week program on **Mondays at 3:45 pm from March 27th - May 8th**. Available to students in Kindergarten through 2nd grade, you can find **more info** [here](#), and **enroll** [HERE](#).

Camp Invention: A STEM Summer Camp Program for Grades K-6 that turns curious kids into innovative Thinkers! Introducing their all-new program for 2023, Wonder! This camp is held on our Sage Boise Campus for all students entering Grades K-6 in the fall. Students do not need to be enrolled at Sage.

Dates: 7/10/23 - 7/14/23 from 9:00 am to 3:00 pm

You can [learn more here](#) and save \$25 with registration by March 30th, discount information can be found [here](#).

Mountain Bike Club for students in 5th-8th grade will ride beginning April 18th! Fun, weekly rides starting at the Sage Campus and in and around our amazing foothills trails. All skill levels are welcome and there are no dues to participate.

WHEN: April 18th - May 23rd on Tuesdays from 3:45-5:45

You can find more info and register [here](#).

More Opportunities - Sage has a large variety of clubs and activities, and you can find **the complete list** [here](#). You can find other activities offered for all ages in our community outside of Sage [here](#)! If you would like to add something to our Community Opportunities, , please email info@sageintl.org.