

The Parnassus Columns

Volume 14, Issue 2

September 19, 2024



A Message from Ms. Ford, Head of School



Dear Parnassus Families,

Please note some of the important dates and events for September and October.

Classical Learning Tests (CLT). This week, our students in Third Level Grammar (3G) through Fourth Level Logic (4L) have been taking the Classical Learning Test, a national diagnostic and summative assessment that provides teachers with in-depth analytics to better understand how to meet students' needs and maximize their potential. First and Second Level Rhetoric students will take the CLT10 in November and the Third Level Rhetoric students will complete the CLT

assessment in February.

Mid-quarter Grades. Students' mid-quarter grades will be reflected in Infinite Campus on Thursday, September 26. Please spend time reviewing these and going over them with your children as they prepare for the remainder of the quarter.

No School on Friday, September 27. Students will not have school on Friday, September 27, as this is a staff development day. We will not hold extracurricular activities or Animus and Accendo on Friday, September 27.

ACT Practice Exam – First Session of the Year. Friday, September 27, we will host our first practice ACT session for any scholars in Fourth Level Logic (4L) through School of Rhetoric. The exam will take place in the Agora from 8:00am – 12:15pm. Since this is a non-school day, students must provide their own transportation.

2025-2026 Open Enrollment. Open enrollment for new students for the 2025-2026 school year will begin on Tuesday, October 1. Applications may be found on the Parnassus website. Students who are currently enrolled at Parnassus do not need to reapply.

Parent/Guardian-Teacher Conferences. Fall conferences will be held on Thursday, October 3, from 4:30 – 7:30pm and on Friday, October 4, from 8:00 – 11:00am (morning session) and 12:00 – 3:00pm (afternoon session). Please note that we will not have Animus & Accendo after-school sessions during these dates and times.

No School on Friday, October 4. Students will not have school on Friday, October 4, due to fall conferences.

Parent/Guardian Seminars. Our school psychologist, Dr. Anderson, and school social worker, Ms. Randolph, will present a seminar entitled *Helping Your Child Manage Peer Relationships* on October 3 from 5:00 – 6:00pm in the Agora and again on October 4 from 9:00 -10:00am in the Agora. Food and beverages will be provided, along with free childcare while parents attend the seminar.

Picture Retakes. Picture retakes (and makeup pictures) will be taken on Tuesday, October 8.

Fall Break. We will not have school on October 14 – 18 for our fall break. Please note that we will not have Animus and Accendo after-school on October 11, and October 14-18. Animus and Accendo before school will run on October 11, but not on October 14 – 18.

Volunteer Request – We need your help! Volunteers are needed for the annual Nostos Masquerade Festivities on the Quad on Friday, October 25, from 6:00 – 8:00pm. This is a fun community celebration for our full school. If you are interested in helping, please contact Mr. Ark at ark@parnassusprep.com.

Please see details on many of the above items in this edition of the *Columns*.

With warmest regards,

~Ms. Ford, Executive Director



October 10 Colloquium: *Beyond Parnassus: In the Lab with Ryan Friess '19*

Parnassus Class of 2019 alumnus Ryan Friess joins us for the first colloquium in our 2024-2025 series to discuss his experiences in undergraduate research and the ways in which his Parnassus classical education prepared him for his academic journey. Mr. Friess is currently a PhD student in medicinal chemistry at the University of Minnesota, working with the Tretyakova Research Group as he explores the potential medical applications of epigenetics. The October 10 School of Rhetoric colloquium will be held in the Lyceum at 1:30pm. Parnassus parents and guardians are welcome to attend. Please sign in first in the main office.



Parnassus Spirit Wear Available for Purchase During Conferences

The school store will be open during fall conferences on October 3 and 4 with some of our Parnassus spirit wear items for purchase! You can find us inside Door W near the Gymnasium and Lyceum. Merchandise available will include winter scarves, choppers, and hoodies. We can accept cash or checks for payment during conferences. If you'd like to pay with a credit card, you can always order through the Infinite Campus School Store, and the items will be delivered to your child at school the following week. Throughout the year, you can always check out the Infinite Campus School Store for all your Parnassus spirit wear needs. To browse or purchase items, log in to your Infinite Campus account and click on "School Store" in the menu bar. Please note that spirit wear cannot be worn in place of uniform items and is not a part of the school's official dress code. Spirit wear orders will be processed every Monday, and you will be contacted by Ms. Baddin when your items are ready to be picked up or sent home with your child.

School Picture Retake & Make-Up Day – Tuesday, October 8

Thank you to the many parents/guardians who volunteered last week during picture day! All students who had their picture taken will be receiving a picture envelope from Lifetouch. These are expected to arrive in the next week or so and will be distributed in homeroom classes. Each student's envelope will contain a proof sheet with a small sample of what their picture looks like, along with directions on how to order pictures. Save this card as you will need the unique ordering code found on the proof sheet in order to place a picture order through the Lifetouch website. If your child missed picture day or would like to retake their picture, our retake/make-up day is Tuesday, October 8. All students who would like their picture taken on October 8 must register in advance by Friday, October 4. Retake and Make Up Day registration can be found here: <https://www.signupgenius.com/go/70A0E45A5A623A2FE3-51214090-picture>. All students need to be in uniform compliance in order to have their picture taken. Please refer to the Parnassus uniform guidelines if you have any questions. <https://parnassusprep.com/wp-content/uploads/2024/07/24-25-Parnassus-Uniform-Guidelines.pdf>.

Applications for Educational Benefits (Free or Reduced Lunch)

Why should families consider applying for Educational Benefits (Free or Reduced Lunch)? Students who qualify receive waived or discounted fees for activities, field trips, and more. Furthermore, Parnassus qualifies for more Title I federal aid when we have more students qualify for educational benefits. Follow this link to fill out the application online: <https://www.nlappscloud.com/District.aspx?apply=1>. Contact the office today if you need assistance.



Parents helping Parnassus (PhP)

Ms. Baddin, our Activities Coordinator, invites you to come and learn more about how you can help Parnassus this school year. Ms. Baddin, along with Principal Steeber, Principal Omberg, and Principal Hamiel will be discussing upcoming events and giving updates about the school year. This year, PhP meetings will be held on the second Wednesday of each month at 8:30am on Zoom. Our next meeting will be on Wednesday, October 9. Please use the following link to join: parnassus.info/php (Meeting ID: 881 3102 0201 Passcode: PhP). We look forward to seeing you!

Yearbooks from the 2023-2024 School Year

If you would like to purchase a yearbook from the 2023-2024 school year, extra copies are still available for purchase through the Infinite Campus School Store and will be delivered to students in their homeroom classes.

SAVE THE DATE!

Nostos Masquerade Celebration – Friday, October 25

We hope you will join us for our Nostos homecoming masquerade party – a community event on Friday, October 25, from 6:00-8:00pm outside on the Quad.



School Uniforms by Tommy Hilfiger

To order school uniform items, go to www.globalschoolwear.com and in the FIND YOUR SCHOOL section, please enter our Partner School Code PARNO1 or search by school name. Please also select your child's grade, gender, and uniform type (daily uniform or physical education uniform). The website will automatically apply our school logo to any uniform item for which it is required, including shirts, sweaters, and blazers. Once you have identified a product for purchase, select the color, size, logo (if applicable), and quantity. After clicking "Add to Cart", the items will be added to your shopping cart, and you will be prompted to either "Continue Shopping" or "Checkout Now." If you have questions about sizing, click on the "Size Chart" link available in each item's description. If you still have questions after using the size chart, please call the toll-free customer service number at 877-825-2860 and their customer service team will be happy to assist. Upon placing your order, you will receive an email confirmation that your order has been received. Once your order has shipped, you will receive an email confirming the shipping date and tracking information. Please allow 10-12 business days from the time your order is placed for it to be delivered. Your order history will be stored in your account, and you can return to the website anytime to place additional orders. You can sign up to be on the Tommy Hilfiger email list at www.globalschoolwear.com/emailsignup. This will ensure you receive email notifications with all the details about upcoming promotions! If you have questions about uniform-related items, please get in touch with Mr. Kasowicz at kasowicz@parnassusprep.com.

Parent-Teacher Conferences: What Families Need to Know

School of Grammar Sign-Up Conference Time!

Conferences will be held on Thursday, October 3, from 4:30-7:00pm and Friday, October 4, from 8:00-11:00am and 12:00-3:00pm. For School of Grammar families, conferences are scheduled in fifteen-minute increments. Families must sign up ahead of time for a time slot with their child's homeroom teacher. **The conference sign-up link is:** <https://www.myschoolsystems.com/parnassusprep>

Please note the following:

- Families have received a separate email with their child's name and a temporary password.
- Once you click login, you will be directed to a page called "Modify Student Data" where you will confirm your email address, update it if needed, and set a password for your account. Click "Save" and your account will be set!
- If you need assistance with registering for conferences, please contact the School of Grammar office.

Due to time constraints, families are only able to register for conference times with their children's homeroom teachers. If you need to see your child's reading teacher, please schedule a time to meet with him or her outside of conferences. Music, art, physical education, Latin, and Spanish teachers will be available for drop-in conferences.

Select "Parents"

PT Connect

Help Parents Teachers Admin

Parent/Student Login

Student's First Name:

Student's Last Name:

Password:
(School Defined)

Show Password

Forgot password?

Enter child's first and last name. No password is required.

School of Logic & Rhetoric Families: Arena-Style Conferences in Gymnasium

For School of Logic families, conferences are held in an arena-style format where parents can drop in and meet with teachers. Here are a few points of note:

- Conference time slots are not reserved ahead of time and families do not need to sign up in advance.
- Parents and guardians may attend conferences on both or one of these two dates: Thursday, October 3, from 4:30-7:00pm or Friday, October 4, from 8:00-11:00am and 12:00-3:00pm.
- To respect the needs of other families, we ask that you limit your conversations with teachers to no more than five minutes for each session.
- If you feel that you need a longer meeting with one of your child's teachers, please schedule a time to meet with them outside of Parent/Guardian-Teacher Conferences.
- The building will be closed from 11:00am – 12:00pm on Friday, October 4, so that teachers can have lunch and prepare for the afternoon session.

Introducing Ms. Horton – College Counselor

This year, Ms. Horton joins us as our new College Counselor in the School of Rhetoric. Ms. Horton brings a wealth of experience working as both a school counselor and in college admissions. Throughout her career, she has been active in both the Minnesota and National Associations for College Admission Counseling. Post-secondary planning is her passion and she is very much looking forward to working with our School of Rhetoric students and families this year. She has been hard at work meeting with students, scheduling college visits, and working to get materials ready for upcoming college application deadlines.



Ms. Horton will be at Parnassus on Tuesdays and Thursdays and can be reached via email at horton@parnassusprep.com.

What Is Regulation?

~By Ms. Stafford, Special Education Director

Regulation is adjusting to or managing our responses to situations. Regulation is often called self-control, emotional control, anger management, or impulse control. These terms all describe our ability to adjust our alertness, energy level, and emotions. When we are regulated, our brain and body work together to help us reach goals, accomplish what we need to, and gain a sense of well-being.

We can manage our responses through self-regulation, or co-regulation. Self-regulation is independently managing feelings to attain goals, meet the demands of our situation, and support a sense of well-being. Co-regulation involves connecting with someone else for support in managing feelings. Co-regulation is something we can both provide as well as receive. As our metacognitive thinking skills develop, we become more skilled at self-regulation, but even as adults we co-regulate. Have you ever vented to a colleague about a work situation that is frustrating you, or leaned on a friend for a pep talk when you're feeling sad? We all need co-regulation with and from others for support.

MYTH: Regulation looks like a "calm" body. REALITY: Regulation can look lots of different ways, and considers our situation, task at hand, and goals. Regulation might look like someone pumping themselves up for a big event, such as swimmer Michael Phelps swinging his arms before a race. It can also look like someone doodling while listening or controlling impulses through breathing. There is no one way that regulation looks!

As we build regulation skills, it's important to keep in mind that no one regulates perfectly. We will all have times when we struggle to regulate, which is dysregulation. Who hasn't stayed too late watching a movie when you know you need to wake up early, had stress impact your productivity by thinking about a problem, or responded in the heat of the moment instead of waiting to respond more calmly. As we build our emotional awareness and regulation skills, we gain a deeper understanding of what is happening in the moments when our regulation is not quite working for us. This awareness helps us to grow in our regulation, and to move on with more ease.

Why does regulation matter? The ability to regulate your emotional, physical, and energy states is important for being able to work toward your goals. Keep building your skills and helping your children build theirs by identifying levels of alertness and emotions.

Effective regulation requires ACTION. Explore tools for returning to an optimal state such as focused breathing, visualizing, and positive thinking. Regulation is key to having fun, completing tasks, working effectively, maintaining healthy and meaningful relationships, achieving academically, navigating the community, and having an overall sense of well-being. It plays a huge role in finding success in school and in life.

Adapted from Kuypers, L. (2023, October 26). What is regulation? <https://zonesofregulation.com/3380-2/>



Health Update from Ms. Hahn, School Nurse, RN PHN

Statistics continue to confirm many children remain behind in keeping up with their immunizations since the COVID-19 Pandemic, even now in 2024. The following information is intended to “refresh” your understanding on the immunization schedules for children and Minnesota’s school requirements. For the protection of all students, **Minnesota State Law (Sec.121A.15 MN Statutes)** requires that all children get vaccinated against certain diseases or have a legal exemption on file to be enrolled in school. In Minnesota, there are **nine vaccinations your child needs** before attending school: measles, rubella, diphtheria, tetanus, pertussis, polio, mumps, hepatitis B, and varicella (chickenpox). **Before entering school**, each child must provide proof that the immunization schedule is in process or has been completed.

***Exemptions:** No student is required to receive an immunization if they have a medical contraindication or if laboratory evidence of immunity exists. *No student is required to have an immunization which is contrary to the conscientiously held beliefs of their parent or guardian. A medical waiver must be signed by a physician and conscientious objections must be notarized. [Download the MN Immunization Record Form](https://drive.google.com/file/d/1LJswXZnTt_JoHAaVDlqDpC48A62OLURx/view) at https://drive.google.com/file/d/1LJswXZnTt_JoHAaVDlqDpC48A62OLURx/view.

Prima

To remain enrolled in any public school, the parent/guardian must submit the required form to the school administrator that shows the student has received:

- Five DTaP (Diphtheria, Tetanus, Pertussis)
- Four Polio
- Three Hepatitis B
- Two MMR (Measles, Mumps, Rubella)
- Two Varicella (chicken pox) OR the date your child had chickenpox. We require written and signed verification of the date your child had the chickenpox.

Third Level Logic

In addition to the standard immunization schedule, written proof is to be submitted that your child has received:

- One Tdap (Tetanus, Diphtheria, Pertussis) booster
- 1 MCV (Meningococcal)

Fourth Level Rhetoric

Students entering 4R need to have documentation or legal exemption for the booster dose of meningococcal vaccine.

- Teenagers and young adults are at higher risk for meningococcal disease. This dose is important to make sure they are fully protected through their highest-risk years. For more information on meningococcal disease, go to [Meningococcal Disease Basics](#) on the Minnesota Department of Health (MDH) website.

Locating Immunization Records

- Your healthcare provider
- Your personal or family medical records
- The [Minnesota Immunization Information Connection \(MIIC\)](#) can provide you with this information if your vaccination was administered in Minnesota. Contact them by calling 1-800-657-3970.

Where do I go to get my child Immunized?

- The clinics in the fall of each year are very busy. Contact your Health Clinic to set an appointment.
- If you do not have health insurance or your health insurance does not cover the cost of immunizations, contact 612-543-5555
- [Free and Low-Cost Vaccines for Children in MN \(https://www.health.state.mn.us/people/immunize/basics/howpay.html\)](https://www.health.state.mn.us/people/immunize/basics/howpay.html)
- [Influenza Facts 2024 2025 \(https://www.health.state.mn.us/diseases/flu/basics/flufacts.pdf\)](https://www.health.state.mn.us/diseases/flu/basics/flufacts.pdf)
- [Influenza Parent Screening 2024 2025 \(https://www.health.state.mn.us/diseases/flu/school/parentscreens.pdf\)](https://www.health.state.mn.us/diseases/flu/school/parentscreens.pdf)
- [COVID Specific Vaccinations \(https://www.cdc.gov/covid/vaccines/stay-up-to-date.html?CDC_AAref_Val=https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s_cid=10536:%252Bcovid%2520%252B19%2520%252Bvaccines:sem.b:p:RG:GM:gen:PTN:FY21\)](https://www.cdc.gov/covid/vaccines/stay-up-to-date.html?CDC_AAref_Val=https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s_cid=10536:%252Bcovid%2520%252B19%2520%252Bvaccines:sem.b:p:RG:GM:gen:PTN:FY21)

Covid Tests: U.S. households will be eligible to order 4 free COVID-19 tests at [COVIDTests.gov](https://www.covidtests.gov) at the end of September 2024

Local Business Supports Parnassus’ Health Program

To commemorate its 40th year in business, UCare celebrated its anniversary in a uniquely mission-centered way. Over the course of the year, the organization convened 40 teams – among its 1,700 employees – to engage in community service projects that improve the health of communities served by UCare. Parnassus Preparatory School of Grammar was a recipient of a care package including health service items and other items that support student’s well-being.

Pictured right: Parnassus parent and UCARE employee, Ms. Ingle, with Ms. Walters, Parnassus Licensed Health Service Assistant.



Curriculum & Assessment



Ms. Good Director of Academic Affairs

mCLASS DIBELS Home Reports Sent to Families Next Week

If you have a child in the School of Grammar, you may have heard them talk to you about getting to do a special one-on-one reading with one of our assessment team members as part of our DIBELS literacy screenings. These short, quick individual screenings, required by the Minnesota READ Act, were conducted during the first three weeks of school. Families of students in Prima through Third Level Grammar (as well as certain students in Fourth Level Grammar who are participating in Direct Instruction reading) will be receiving a “Home Report” that summarizes your child’s literacy skills and contains suggestions for how you can support their reading at home. These reports are being mailed home and you should receive them early next week.

Classic Learning Test 3-8

This week, scholars in Third Level Grammar through Fourth Level Logic have been taking the Classic Learning Test 3-8, a series of nationally-normed exams designed for students at classical schools that assess students’ language and mathematics skills. We will be finishing up make-up testing today and tomorrow before we ship the tests off for scoring. As this is the beginning of the year, the results from these tests will serve as a benchmark to let us know what our students will need to work on this year. We expect to have results for families sometime after the fall break.

Why Do We Recognize Constitution Day at Parnassus?

This week, we recognized Constitution Day, commemorating the signing of the United States Constitution on September 17, 1787, by the delegates to the Constitutional Convention in Philadelphia. As an institution that receives federal funding, we are required to teach students about the Constitution during this week each year – but we view this not as an obligation, but as an exciting opportunity to educate our students about this important document. The Constitution lays the foundation for all of our rights and responsibilities as citizens and provides the framework for the U.S. government. We want our students to understand how laws are made, how power is distributed and held in balance, and how their voices can impact change. This is vitally important for our young people so that they can go on to participate actively and responsibly in our democratic society.

REMINDER: Practice ACT on Friday, September 27!

Our first practice ACT test will be held on FRIDAY, September 27 from 8:00am to 12:15pm. Please note that there is no school this day for students as this is a designated staff development day, but students in Fourth Level Logic and the School of Rhetoric may choose to come for the practice test opportunity. This is the **ONLY** practice opportunity we will have before the fall ACT school day administration in October. All Fourth Level Rhetoric (4R) students planning to re-take the ACT in October are *strongly* encouraged to participate.

AMC 10/12 Math Exam

The Mathematical Association of America’s AMC 10 and AMC 12 competitions are 25-question, 75-minute, multiple-choice mathematics exams designed to enhance essential problem-solving skills. The AMC 10/12 provides an opportunity for School of Rhetoric scholars to develop positive attitudes towards analytical thinking and mathematics that can assist in future careers. The AMC 10/12 is the first in a series of competitions that eventually lead all the way up to the International Mathematical Olympiad. The AMC 10/12 is meant for students who are excelling in their math classes.

The AMC 10 covers the School of Rhetoric math curriculum through 2R. Students in 2R or below can take the AMC 10. The AMC 12 covers the entire School of Rhetoric math curriculum including trigonometry, advanced algebra, and advanced geometry, but excludes calculus. Scholars in 4R and below can take the AMC 12.

The exam will be held on Wednesday, November 6, during the 8th and 9th periods. Students should plan for any missed classwork.

To Register: Registration must be completed online by a parent/guardian in the Infinite Campus School Store. The deadline to register is Friday, September 27. The cost is \$5.00.

School of Grammar News

A Message from Principal Steeber & Principal Boegel



Dear School of Grammar Families,

As the school year gets underway, we want to discuss the importance of routines and schedules for children. Following a structured routine at home will set your child up for success. Children thrive on consistency and knowing what is expected of them, so having a strict schedule that you continuously reinforce and follow at home will benefit your child not only in their schooling but also their overall well-being.

Children should have specific times within their day when they know what is coming up next. We try to do our best with this at school and it is helpful for students to continue that after they go home. You may, for example, want to make dinner time at the same time of day. Another routine that could be made in the home is having a scheduled snack time followed by scheduled homework time in a specific location. Even nightly chores, reading, and getting ready for bedtime benefit from structured routines. The more that you can reinforce schedules and routines, the more helpful it will be in your child's success at school.

Virtual Coffee with the Principals: All School of Grammar families are invited to attend our virtual Coffee with the Principals. During this time, we will discuss School of Grammar updates and answer any questions. Our first meeting is Wednesday, September 25, at 10:00am. To join us on Zoom, use the link: parnassus.info/SOG. At this first Coffee House, we will focus on things you should know to support your child. We hope to see you all there and look forward to connecting with everyone! If you cannot make the Coffee House, we will recap the highlights in our next *Columns*. If you have any School of Grammar questions or needs, please do not hesitate to contact Principal Boegel at boegel@parnassusprep.com or Principal Steeber at steeber@parnassusprep.com.

~Principal Steeber & Principal Boegel

Student Attendance

Maintaining an attendance record that has few absences and/or tardies will help your children reach a high level of academic success. Please remember that school starts promptly at 8:00am, so students should arrive in time to go to their lockers and get to their seats before the bell rings at 8:00am, preferably by 7:45am. If you arrive late and your children will not make it to class before the 8:00am bell rings, please park and walk them in. You will need to sign your children in at the office for attendance. This is very important for us to ensure that all children are safe and accounted for.

For students to perform well in school, it is essential for them, starting in the School of Grammar, to attend school regularly. Both unexcused and excused absences can add up quickly and will impact students' academic performance. If you know your child will be absent for any period of three (3) days or more, please contact the office to arrange an effective plan. It is important to have open communication between home and the teachers, so the student is prepared for their classes when returning to school. If you have any questions about attendance, please notify the school principal. For additional information on attendance and open building times, please refer to the Parnassus Preparatory School Student and Parent Handbook.

School of Grammar Uniforms

We ask our School of Grammar families to please have your children practice tucking in their shirts and tying their shoes. Also, please remember to look at the uniform policy for hair accessories. All students in Second Level Grammar through Fourth Level Grammar must wear a belt with their pants if they have belt loops. We always suggest having your child take off their belt and hang it in their locker at the end of the day, so they always have one at school. Please share with your child if you are okay with them leaving their belt at school. Please also note that as of October 1, no shorts can be worn. Please make sure that students with skirts wear leggings underneath their skirts once October 1 hits. Refer to the uniform policy for legging colors. We want to ensure that all children are appropriately and warmly dressed for recess and physical education. As the weather permits, we will continue to go outside for recess and physical education class. Please ensure that your child has appropriate clothing. Thank you for your partnership in having all children look their Parnassus best!

School of Grammar Planners

Each scholar in Second Level Grammar through Fourth Level Grammar has received a planner from school. This will assist in homework tracking, daily passes, and other information about what is coming up in classes. Each scholar should be showing this to you at night and getting a signature that you reviewed it. Teachers will check this daily to ensure it is happening and will contact student families of unsigned ones. This creates a teamwork approach toward each scholar's learning, as we must work together for them. Thank you for taking the time each day to do this!



Healthy Snack Choices

~ Ms. Hart, Prima Teacher

Why is choosing a healthy snack so important? How can we teach our scholars about healthy snack choices? Having snacks that are nutritious is important for stable energy, strong bones and teeth, and improving children's ability to think clearly. While children are focused at school on learning and moving their bodies at recess daily, they need to fuel up with a snack that is full of nutrients to restore the energy they burn.



The Centers for Disease Control and Prevention (CDC) states that children four to eight years of age should be eating one to two cups of fruit a day as well as one to two and a half cups of vegetables a day. By having prepared fruits and vegetables at home on hand ready to go, your child has an easier time picking these as a snack.

If possible, swap out chips for dried apple slices or veggie straws. Fruit is sweet and can curb the want for wanting sugary processed foods. If you are packing crackers, add cheese to encourage protein intake. Try adding a healthy dip such as hummus with vegetables to make eating healthy more fun and enjoyable.

Remember eating habits start at a young age, so the more we can encourage making healthy choices young, the more likely our scholars will do so when they are growing older!



A Musical Update

~ Ms. Gottwalt, School of Grammar Music Teacher

In the School of Grammar music classes, we are getting ready for our Veterans Day Concert on Monday, November 11. The Prima, first and second level of Grammar, and the School of Rhetoric band and choir will be singing and playing at 8:45am in *Gymnasium*. The third level and fourth level of Grammar will be singing at 1:30pm the same day. Please invite all the Veterans you know to come and be honored.

We will have a reception after each concert for the Veterans and their families. We will also showcase a *Wall of Honor* for those veterans who cannot be with us. The paperwork for that will go home in October. We are excited to share our hard work in music with you!

Other exciting field trips for the School of Grammar are the trips to Orchestra Hall for First through Fourth Level Grammar. The first and second levels of Grammar will attend on Wednesday, October 23. The third and fourth levels of Grammar will attend on February 4, 2025. We will have a professional quintet coming to play for our School of Grammar scholars by the Pavia Quintet in November. Prima will be learning about the instruments and get to play the cello, violin, and drums when they attend on December 2.

Finally, we will perform *Spring Showcases* on March 18, 2025. Each grade level will perform for half an hour. We look forward to seeing you there.



Many things are happening in music class. We hope to see you at one or all of our performances. Keep singing!

School of Logic News

A Message from Principal Omberg



Dear School of Logic Families,

Thank you, students, for your continued hard work in school! I continue to see many great things happening in your classes. I cannot believe that next Wednesday marks the midpoint of the first quarter. All teacher grade books will be fully updated at that time. This is the perfect time to look over your children's grades with them and to plan for which teachers you will need to visit at conferences. For School of Logic families, conferences are held in an arena-style format where parents/guardians can drop in and meet with teachers. Please look for the details above on Page 4.

Virtual Coffee with the Principals: All School of Logic families are invited to attend our virtual *Coffee with the Principal*. During this time, I will discuss School of Logic updates and answer any questions you may have. Our next meeting will be on Wednesday, October 9, at 1:00pm. To join me on Zoom, use this link: parnassus.info/SOL Meeting ID: 218 273 3002/ Passcode: SOL. I hope to see you all there and look forward to connecting with everyone!

School of Logic Student Council: I am pleased to announce our second School of Logic Student Council. I was very impressed and proud of the students who ran for a position and the excellent speeches that were given during the lunch period. Sixty-four students applied for just 14 spots! It was clear that students spent a lot of time on their speeches and had a high commitment to their school community. I am looking forward to seeing all the hard work they put in this year as they plan events for our School of Logic students and support the School of Logic in other ways, along with their advisor, Ms. Magoon.



Congratulations to our 2024-2025 Student Council Members:

First Level Logic: Arya Bika, Saran Kaba, Devanshi Mugunthan

Second Level Logic: Adam Abumayaleh, Josh Kasongo, Eldana Nebiyu

Third Level Logic: Joecee Chelley, Nasir Doran, Janjay James, Moustapha Kaba

Fourth Level Logic: Liya Aklen, Mariam Alnatsheh, Benjamin Carpenter, Arina Ignatyeva

If you ever have any School of Logic questions or needs, please do not hesitate to reach out to Principal Omberg at omberg@parnassusprep.com.

~Principal Omberg

Getting Involved in Extracurricular Activities

We have many activities that your child can get involved in that are either academic or athletic. If you missed Open House or missed stopping by the Agora, your child can find activity flyers on the bulletin board in the School of Logic hallway. You can also visit our website <https://parnassusprep.com/parents/activities/>.

We encourage all students to get involved in some way if they can fit it in with their busy schedules. These activities are a great way for your child to build friendships and learn more about what may interest them for future classes. If you have any questions about any of these activities, please reach out and we can connect you with the person in charge of the activity you would like more information on.

First Level Logic Electives Off to a Great Start

For the third year, First Level Logic scholars were able to sample each elective during the first academic quarter before selecting their choice for the remainder of the year. By the end of the quarter, each scholar will have spent two weeks in art, band, guitar with singing, and orchestra to learn more about each class. During the last week of the quarter, they will make their selections. Once students decide, they will not be able to switch their choices during the current school year.

Fourth Level Logic (4L) Scholar/Parent-Guardian Registration Overview

For those who have had older children in the School of Logic, course catalogs and registration forms will be going home in early February to Fourth Level Logic scholars. This is later than in years past. The course catalog will describe the courses that we will be offering during the 2025-2026 school year in the School of Rhetoric. Students will have time to look over courses before turning in registration forms, which are due later in February 2025.

School of Logic Behavior Referrals and Discipline

We continue to have students late for the first period and/or tardy throughout the day. As a general guideline, uniform violations, repeatedly not using the school lock on the student's locker, being sent out of class, being tardy to first period, and multiple tardies during the day will result in after-school detention assigned to students not meeting Parnassus behavior expectations.

Detention will be assigned for the same day the offense is addressed. After-school detention will be held daily, and scholars who are assigned the detention will need to be picked up when detention finishes at 5:00pm. Please reach out to me at omberg@parnassusprep.com with any questions

Field Trips Coming This Year

We are excited to share some of the upcoming field trips for School of Logic students this year. As we get closer to the date of your child's field trip, we will be sending home permission forms. It is critical that you complete all the forms fully, especially the health form. We need to know what to do in case of an emergency. Once you receive the forms, if you have any questions, please contact the office. If the forms are not completed by the due date, your child will not be able to attend the field trip.

Second Level Logic will be going to Hockata Ti on October 9. First Level Logic will be at the Bakken Museum on October 11. Fourth Level Logic will visit Historic Fort Snelling on October 25, and Third Level Logic will tour the Minnesota State Capitol on February 28.

School of Logic & Rhetoric Lost and Found

Throughout the week, we find things left in classrooms, at lunch, and in the hallways. The Lost and Found is located in the Agora. Please encourage your children to check it on a regular basis during their lunchtime for any missing items. When items are labeled, we can get items back to them, so please double-check your child's things.

School of Logic Uniforms – Important Reminders

Per our school uniform policy, students may only wear shorts until October 1. Shorts are only permitted in August, September, May, and June. We ask our School of Logic families to please have your children review the dress code. Please also examine the uniform policy for details about hair accessories and earrings. Remember, all earrings need to be stud earrings. All students must wear a belt with their pants if they have belt loops.

Please Note: No Shorts after September 30: Starting October 1, no shorts can be worn until May 1, 2025. Please make sure that students with skirts wear leggings underneath their skirts once October 1 hits. Please refer to the uniform policy for legging colors. We want to ensure that all students are appropriately dressed. Please refer to our website if you have questions. <https://parnassusprep.com/wp-content/uploads/2024/07/24-25-Parnassus-Uniform-Guidelines.pdf>.

School of Logic Planners

Each scholar in the School of Logic received a planner from Parnassus in their locker during Open House. This will help students to track their homework and other information about what is coming up in class. Each student should show this to you at night and get a signature that you reviewed it. Teachers will check this daily to ensure it is happening and will contact the families with children who have unsigned planners. This creates a teamwork approach toward each scholar's learning, as we must work together. Thank you for taking the time each day to do this!

School of Rhetoric News

A Message from Principal Hamiel

Dear School of Rhetoric Families,

I want to thank everyone for the fantastic start to the school year. While it may seem early in the year, this is the perfect time to look over your child's grades with them and to make a plan for which teachers you will need to visit at conferences. For our new School of Rhetoric families, conferences are held in an arena-style format where parents can drop in and meet with teachers. Please see details on Page 4 above.



School of Rhetoric Uniforms: All School of Rhetoric scholars should be in complete uniform all day. Some of the items to pay attention to are making sure they have the proper dress shoes, leggings are not allowed, blazers need to be worn all day, boys need to shave facial hair (not just “trim”), and shirts need to always be tucked in. Repeated uniform violations will result in after-school detention. I appreciate your cooperation and support on these issues.

School of Rhetoric Behavior Referrals and Discipline: As a general guideline, uniform violations, repeatedly not using the school-provided lock, being sent out of class, and tardies will result in after-school detention assigned to scholars not meeting Parnassus' behavior expectations. Detention will be assigned for after school either that day or the following day. Scholars who are assigned the detention will need to be picked up when detention finishes at 5:00pm. Please reach out to me with any questions.

Virtual Coffee with the Principal: Thank you to the parents and guardians who attended our first Virtual Coffee last week. The next meeting is Wednesday, October 23, at 11:00am. During this time, I will discuss School of Rhetoric updates and answer any questions you may have. If you have items you would like me to discuss, please email me ahead of time, and I will add them to the agenda. To join me on Zoom, use the link: parnassus.info/SOR Meeting ID: 858 0266 6153/ Passcode: 607726. I hope to see you all there and look forward to connecting with everyone! If you ever have any School of Rhetoric questions or needs, please do not hesitate to reach out to me at hamiel@parnassusprep.com.

~Principal Hamiel

School of Rhetoric National Honor Society Applications

Application forms for the National Honor Society are available in the office. The forms must be completed and returned by September 24. The NHS induction ceremony will be held on October 10 in the Agora from 5:00-6:00pm.

School of Rhetoric Honors Designation Form

Honors Designation forms were emailed to scholars on September 13. Extra copies are available in the office. Scholars can add multiple classes on one form. These forms will need to be returned to scholars' homeroom (4th period) teachers by September 24. Scholars should speak with their classroom teacher about the honors option.

Student Senate

Following the Student Senate elections this week, those students in 3R and 4R who are elected to a Student Senate seat will have the opportunity to run for President and Vice President. Students who choose to run for these positions will need to submit their speech to Ms. Baddin, baddin@parnassusprep.com by Monday, September 23. Candidates will present their speeches on Wednesday, September 25, to the entire School of Rhetoric during the 9th period, with elections to immediately follow and results will be announced the next day.

2025-2026 Course Catalogue and Registration – CHANGE from Previous Years

Course catalogs and registration forms will be going home on Monday, February 3. We will be waiting until the second semester to allow scholars to have a clearer picture of their progress this current school year. The course catalog will describe the courses that we will be offering during the 2025-2026 school year. Students will have time to look over courses before turning in registration forms, which are due by Wednesday, February 19.

Save the Date – School of Rhetoric Nostos Dance!

Please mark your calendars for our annual School of Rhetoric Nostos (Homecoming) dance on Saturday, October 26, from 8:00-10:00pm. More information about registering will be distributed in the coming weeks.

OLYMPIANS & Activities

News & Updates



Fall Sports

Welcome back to the highly anticipated fall sports and activity season! As the leaves start to turn and a refreshing chill fills the air, it's time to come together on the fields and courts, united by excitement and camaraderie. The fall sports season is here, bringing with it the excitement of competition and the chance to demonstrate your dedication, teamwork, and sportsmanship. Whether you're an experienced student-athlete or trying something new, this season promises victories, personal growth, and memories that will last a lifetime. So, gear up, get your equipment ready, and prepare for the challenges and successes ahead. To our supporters, families, and fans, don't miss the opportunity to attend a game, match, or meet and cheer on our athletes! Here's to an extraordinary and unforgettable fall sports season! For Brooklyn Center co-op sports and activities, those schedules are at: <https://brooklyncenterhs.rschoolteams.com/>. We strongly encourage everyone to attend events at Brooklyn Center to cheer on our student-athletes. You can choose from so many options, from the volleyball and tennis courts to the soccer and football fields.

Schedules for Olympians Events

You may visit <https://www.rschoolminnesota.org/public/genie/1270/school/6/> or <https://parnassusactivities.com/> for the most updated athletic schedules and results for Parnassus sports and activities. Schedules for the Parnassus-Brooklyn Center co-op sports and activities can be found at <https://brooklyncenterhs.rschoolteams.com/>.

Cross Country

~From Ms. Kochendorfer, Team Manager

It has been so much fun being a manager this year. It is amazing to see the way this group of runners are supporting each other and how they are pushing themselves to do well in the meets. I am so excited to see what the rest of this season holds and to see all of them improve! The cross-country season has been intense but rewarding, with the team consistently performing well and showing incredible growth. Each meet brings new personal bests and stronger team dynamics, and it's clear that everyone is dedicated to achieving their goals. Watching them progress from race to race has been truly inspiring, and I can't wait to see what they'll accomplish as the season continues.



Speech Team Informational Meeting – Wednesday, September 25

Last spring, we were excited to bring competitive Speech to Parnassus. This year, we are looking forward to continuing to grow and expand this activity for scholars in 4L-4R. While the official Speech season doesn't begin until late winter, scholars interested in competing on this team are invited to an informational meeting on Wednesday, September 25 at 3:45pm. Magister Sutton, the team coach, will discuss the different categories you can choose to present from and go over the timeline for a typical speech season. If you have any questions, please contact Magister Sutton at sutton@parnassusprep.com or Ms. Baddin at baddin@parnassusprep.com.

Upcoming Activities

To learn more about the activities Parnassus offers at various times throughout the year, please go to <https://parnassusprep.com/parents/activities/>.

Registration for extra-curriculars will continue to be online this year. Unless otherwise noted, registration for activities can be found at: <https://parnassusar.schooltoday.com>.

Upcoming activities include:

School of Grammar:

Please note that several of the SOG activities are run through vendors, who request registration be completed directly through their website rather than the Parnassus website. Those vendors are designated below.

Activity	Grade Level	Cost	Start Date
Coding with Scratch** <i>Register at yelkids.com</i>	2G-1L	\$72	Tuesday, September 24
Fencing	3G-4G	\$95	Tuesday, October 1
Drama Club	3G-2L	\$195	Thursday, November 7

**These classes need to be registered directly on the vendor's website.

School of Logic:

Activity	Grade Level	Cost	Start Date
MathCounts	2L-4L	\$75	Monday, September 30
Junior Classical League	2L-4R	\$75	Thursday, October 24
SOL Science Bowl	2L-4L	\$75	Tuesday, November 5
Fencing (Session II)	1L-4R	\$110	Wednesday, November 6
Drama Club	3G-2L	\$195	Thursday, November 7
SOL Quiz Bowl	2L-4L	\$75	Thursday, November 7

School of Rhetoric:

Activity	Grade Level	Cost	Start Date
Mock Trial	4L-4R	\$125	Tuesday, September 24
Youth in Government	4L-4R	\$50	Wednesday, September 25
SOR Quiz Bowl	1R-4R	\$95	Monday, October 21
Junior Classical League	2L-4R	\$75	Thursday, October 24
Fencing (Session II)	1L-4R	\$110	Wednesday, November 6



Parnassus Preparatory School

11201 96th Avenue North
Maple Grove, MN 55369
www.parnassusprep.com
Instagram: @parnassusprep

Main Number	(763) 496.1416
Bus Company	(763) 425.2542
Attendance Line	(763) 496.1416 Ext. 119
School of Grammar Office	(763) 496.1416 Ext. 247
Schools of Logic & Rhetoric Office	(763) 496.1416 Ext. 201
Animus & Accendo Before & After School Program	(763) 496.1416 Ext. 319



Follow Us on Instagram!

Following Parnassus on Instagram is a great way for parents, guardians, grandparents, friends of the school, and older students to keep up with activities and events at the school.

Search for @parnassusprep to see photos and videos each week, as well as reminders of upcoming events. #seeyouthere

FREE PARENT AND GUARDIAN SEMINAR

HELPING YOUR CHILD MANAGE PEER RELATIONSHIPS

WITH DR. ANDERSON, SCHOOL PSYCHOLOGIST
& MS. RANDOLPH, SCHOOL SOCIAL WORKER

October 3, 2024 - 5:00-6:00pm

October 4, 2024 - 9:00-10:00am

Parnassus Preparatory School Agora

**FREE CHILDCARE
FOR ATTENDEES
DURING THE EVENT**

**FOOD
AND BEVERAGES
PROVIDED**


PRE-REGISTER HERE



PARNASSUS.INFO/OCT24

 763.496.1416

 contact@parnassusprep.com

 parnassusprep.com

Looking Ahead...

September 2024

20	3L-4R Drama Club 3:45-5:45pm Lyceum	25	Cross country practice 3:45-5:15pm
20	Cross country practice 3:45-5:15pm	26	Brick Builders I 3:45-4:45pm Room 1247
23	Grandmasters of Chess I 3:45-4:45pm Forum	26	Young Rembrandts I 3:45-4:45pm Atrium
23	Math League 3:45-5:00pm Room 1308	26	Running Club 3:45-5:15pm Room 1513
23	Cross country practice 3:45-5:15pm	26	3L-4R Drama Club 3:45-5:45pm Lyceum
24	SOR Honors (NHS) designation forms due today	26	Bird Watching Club 3:45-5:00pm Room 1316
24	Coding with Scratch 3:45-4:45pm Atrium	26	Cross Country meet 3:45-5:00pm Elm Creek Park Reserve
24	Running Club 3:45-5:15pm Room 1513	27	Cross country practice 3:45-5:15pm
24	Mock Trial 3:45-5:15pm Room 1321	27	NO CLASSES (Staff development)
24	Cross country practice 3:45-5:15pm	30	Cross country practice 3:45-5:15pm
25	SOG Parent/Guardian Virtual Coffee with the Principals 10:00am- Zoom parnassus.info/SOG	30	Grandmasters of Chess I 3:45-4:45pm Forum
25	Student Senate President & Vice President speeches	30	MathCounts 3:45-4:45pm Room 1502
25	Grandmasters of Chess I 3:45-4:45pm Atrium	30	3L-4R Drama Club 3:45-5:45pm Lyceum
25	1L-4R Fencing I 3:45-5:15pm Palaestra	30	Math League 3:45-5:00pm Room 1308
25	Youth in Government 3:45-5:00pm Room 1324	30	Publishing Club 3:45-5:00pm Room 1124
25	Speech Team Informational Meeting 3:45pm Room 1323	30	Enrollment informational meeting for new students – 5:00pm on Zoom parnassus.info/meet

October 2024

01	New Student Open Enrollment begins for the 2025-2026 school year	08	Running Club 3:45-5:15pm Room 1513
01	Coding with Scratch 3:45-4:45pm Atrium	08	Mock Trial 3:45-5:15pm Room 1321
01	3G/4G Fencing 3:45-5:00pm Palaestra	08	Cross country practice 3:45-5:15pm
01	Running Club 3:45-5:15pm Room 1513	08	Board meeting, 6:00pm
01	3L-4R Drama Club 3:45-5:45pm Lyceum	09	SOG: MN School Sealant Program
01	Mock Trial 3:45-5:15pm Room 1321	09	Parents helping Parnassus (PhP) 8:30am Zoom parnassus.info/php
01	Cross country practice 3:45-5:15pm	09	2L Field Trip to Hockata Ti (first half of 2L) morning
02	National Custodian Day	09	2L Field Trip to Hockata Ti (second half of 2L) afternoon
02	Student Council Meeting 10:34-11:21am Room 1519	09	SOL Parent/Guardian Virtual Coffee with the Principal 1:00pm – Zoom parnassus.info/SOL
02	Grandmasters of Chess I 3:45-4:45pm Atrium	09	Grandmasters of Chess I 3:45-4:45pm Atrium
02	1L-4R Fencing I 3:45-5:15pm Palaestra	09	1L-4R Fencing I 3:45-5:15pm Palaestra
02	Cross country meet 4:00pm St. Michael Recreation Center	09	Youth in Government 3:45-5:00pm Room 1324
03	<i>Parnassus Columns</i> sent out today	09	Cross country practice 3:45-5:15pm
03	Parent-Teacher conferences 4:30-7:00pm (No Animus or Accendo or extra-curriculars after school today)	10	2G Fieldtrip to Pioneer Park 8:30am-2:45pm
03	Parent/Guardian Seminar: <i>Helping Your Child Manage Peer Relationships</i> (Dr. Anderson & Ms. Randolph) 5pm – 6pm Agora	10	SOR Colloquium: <i>In the Lab with Ryan Friess '19</i> at 1:30pm, Lyceum
04	NO CLASSES TODAY (no school for students) Parent Teacher Conferences 8:00 – 11:00am and 12:00 – 3:00pm (No Animus & Accendo before or after school today)	10	Student Senate 3:35-4:05pm Room 1324
04	Parent/Guardian Seminar: <i>Helping Your Child Manage Peer Relationships</i> (Dr. Anderson & Ms. Randolph) 9am – 10am Agora	10	Brick Builders I 3:45-4:45pm Room 1247
04	Cross country practice 3:45-5:15pm	10	Young Rembrandts I 3:45-4:45pm Atrium
07	Grandmasters of Chess I 3:45-4:45pm Forum	10	3L-4R Drama Club 3:45-5:45pm Lyceum
07	MathCounts 3:45-4:45pm Room 1502	10	Running Club 3:45-5:15pm Room 1513
07	Math League 3:45-5:00pm Room 1308	10	3L-4R Drama Club 3:45-5:45pm Lyceum
07	Cross country practice 3:45-5:15pm	10	Bird Watching Club 3:45-5:00pm Room 1316
08	School Picture Re-takes/Make-Ups 8am – 12pm Atrium	10	Cross country practice 3:45-5:15pm
08	Coding with Scratch 3:45-4:45pm Atrium	10	NHS Inductions 5:00-6:00pm Agora
08	3G/4G Fencing 3:45-5:00pm Palaestra	11	1L Field trip to the Bakken 8:45am-2:00pm
		11	No Animus & Accendo or extracurriculars after-school today (fall break begins)
		12	Cross Country meet 4:00pm at Basset Creek Park
		14 – 18	Fall Break (NO SCHOOL)

