

RHEEMARKS: January 2nd

Dear Rheem Team Families,

Happy New Year!! I hope you had an enjoyable break and are ready for school to start back up. We are excited to welcome students back to campus this Tuesday and pick up right where we left off.

With the rise in COVID-19 cases across the state and country, we will all need to continue to do our part to make Rheem a safe space where all students can learn and belong every day. We highly recommend students use the at-home tests we sent home before the winter break. Best practices for using these tests are included in this [flyer](#).. Please make sure you have read Superintendent Parks' [POST](#) sent on Wednesday, December 29 for important information on COVID-19 guidelines and protocols.

- When your child is back at school, we will continue following our COVID-19 safety protocols.
- Masks will be worn by all staff and students when indoors.
- Staff and students will wash and/or sanitize their hands throughout the day.
- We will eat lunch outdoors when possible.
- If it rains, students will eat indoors using our rainy day lunch schedule that allows for more physical distancing in the cafeteria (unless a student requests to eat outside).
- We will continue to follow California Department of Public Health and Contra Costa Health Services guidelines when dealing with positive cases and close contacts.

New Year's brings a notion of a clean slate for us to be our best selves and make the most of our opportunities. Nido Qubein once said, "Your present circumstances don't determine where you can go They merely determine where you start." Here's to a fresh start and the hopes that we go as far as we need to and more.

January is a jam-packed month, so without further ado, please dive in.

This Week at Rheem:

Monday, January 3:

- NO SCHOOL – Teacher professional development day

Tuesday, January 4:

- Students return to school
- Lunchtime Dance Club hosted by Ms. Seli (during recess)

Wednesday, January 5:

- Wednesday Schedule (All K-5th grade students 8:25 – 1:50)
- PTA Executive Board Meeting (8:45-10:15 in the MUR)
- Lunchtime Garden Club hosted by Ms. Inzeo (during recess)

Thursday, January 6:

- 5th graders participate in “Speak Up Be Safe” (SUBS)

Friday, January 7:

- Regularly scheduled Friday

School News and Highlights

Spirit Assemblies: Before winter break, we held grade-level spirit assemblies in the Frank. The life skill we emphasized was “empathy.” Empathy is the ability to understand and share the feelings of another. Several students and staff demonstrated what empathy looks like by acting out scenarios and feelings associated with sadness, happiness, excitement, and more. We learned that “compassion is empathy in action.” We also were able to pull Gold Slips and have students from each class spin the wheel to win a prize. Congratulations to the 36 students who had their gold slips pulled

Speak Up Be Safe (SUBS): This week, our 5th-grade students will participate in a vital program called Childhelp Speak Up Be Safe (SUBS) that teaches about personal safety. This child abuse and bullying prevention program is offered through a partnership between the Moraga School District and the Child Abuse Prevention Council of Contra Costa County (CAPC). Childhelp Speak Up Be Safe lessons are led by a trained facilitator from CAPC who will teach your child how to communicate about these very serious

issues. The lessons are specifically designed to be age-appropriate and are based on the following five safety rules:

- It's MY body.
- Ask an adult if I am safe.
- I have choices.
- Tell someone.
- It's NEVER my fault.

Update: Solar Panel Project at Rheem

The proverbial light at the end of the tunnel is approaching regarding Rheem's solar panel project. All panels and inverters have been installed, and Schneider Electric will resume work on the transformer, AC wiring, and testing this week. The projected completion for the project is the end of the month.

We look forward to doing our part to provide renewable energy to the power grid and reduce our carbon footprint.

Hot Lunch Ordering Open

Hot lunch orders are open for the coming weeks and months. Please be sure to click [HERE](#) for more information to sign in or sign up for a healthy and hearty hot lunch.

Did you Know?

Professional Development Days

Four days a year, Moraga School District staff participate in professional development days. These days are dedicated to providing teachers and staff opportunities to grow in their professional practices. This Monday, staff will be training to support inclusive and expansive schools in the morning and build on their teaching practices in the afternoon. Rheem teachers and staff continually dedicate themselves to improving their craft, and in the words of Benjamin Franklin, "Without continual growth and progress, such words as improvement, achievement, and success have no meaning."

The Last Word...

In case you've not been counting, your student is wrapping up their 16th day of Winter Break. Getting back into the routine of school can be a challenge, so I thought I would share with you again some helpful tips from a previous RHEEMARKS:

Unplug and Get those ZZZs

Like summer, winter break brings loosened reins on TV, computers, and other media. It's easy for kids to become night owls when they know they can sleep in the following day. These habits can make the first week back to school challenging, even for the most motivated student. Before sending them back to the grind, taper back on screen-time and ease back to a reasonable bedtime.

Remember Breakfast

If your family adopts a "fend-for-yourself" attitude about breakfast during vacations, it's time to change gears. Healthy, filling breakfasts are among the most important factors in a child's ability to focus in class. If they arrive at school hungry, they will likely be sluggish and distracted from the get-go. If the breakfast they did eat consisted of sugary cereal or doughnuts on the fly, they will often experience an energy decline an hour into the day. Start their day off right with a nutritious and filling breakfast.

Get Organized

Take inventory of your child's school supplies. Do they need refills on paper or pencils? Is their binder exploding with old papers and pages of doodles? Does their backpack have granola bar wrappers crumpled at the bottom? Help them return to school with pencils sharpened and notebook organized. Their teacher will thank you!

Read...

And not just with your child. Get back into the habit of scanning the notes that come home from school. Their initial enthusiasm for filing these notes in an organized way will have waned for many kids. Take the time each day to check for letters and flyers from the school. Though some of it may not be pertinent, this habit will make life much easier for everyone when the time comes for permission slips to be turned in or sign-ups for parent volunteers.

Check In

You may have had a parent-teacher conference. If not, take a moment this month to check in with the teacher about your child's progress, especially if you have concerns. It is still early enough in the year to work on behavior or skills that are holding them back from reaching their full potential in their current grade. If you are confident your child is cruising along quite nicely, a quick email to ask their teacher if there is anything you need to know or can do at home will help keep the lines of communication open.

Back to Homework

Just like at the start of the year, your child will have to get back into the habit of regular homework. So will you. Decide if what you were doing in the fall was the best schedule for fitting in homework, and reconfigure it if necessary. The more often you can make yourself available to help your child, the better.

Here's to a memorable year and a happy and healthier 2022.

There is no place like Rheem,
Mr. Sullivan