

RHEEMARKS: October 10th

Dear Rheem Team Families,

What a beautiful day it is today. I hope you were able to get out and enjoy some of it with the ones you love most. There's lots of excitement here in the Bay Area with Fleet Week back in action in the City and the Giants back in the playoffs aiming for another World Series title.

We have a little bit of everything in this week's RHEEMARKS, with a volunteer opportunity, a couple of meeting announcements, some updates from PTA and MEF, and a chance to watch some of our fourth graders in action at this week's school board meeting. So please be sure to keep reading to catch all the details.

This Week at Rheem:

Monday, October 11:

- Regularly scheduled Monday

Tuesday, October 12:

- Lunchtime Dance Club hosted by Ms. Seli (during recess)
- MSD Governing Board Meeting (6:00-9:00 via [Zoom](#))

Wednesday, October 13:

- Wednesday Schedule (8:25-1:50 for all students)
- Lunchtime Garden Club hosted by Ms. Inzeo (during recess)
- Rheem Store Open – students will be shopping at their designated times

Thursday, October 14:

- Regularly scheduled Thursday

Friday, October 15:

- Regularly scheduled Friday

School News and Highlights

Fourth Graders Presenting to the Governing School Board: This Tuesday, seven students from Mrs. Johnson's class will be presenting to the school board about an engineering project they are completing in class. If you have a few minutes, I recommend joining the virtual meeting from 6:00-6:15 to hear all about it. (Click [HERE](#) for the meeting link)

Did you Know?

Translation Services Available

The Moraga School District provides translation services for any family who requires them. With parent-teacher conferences just a few weeks away, or in the event you feel the need to meet with a teacher or staff member and require a translator in your native language, please reach out to Mrs. Fitzinger (lfintzinger@moraga.k12.ca.us) or myself (bsullivan@moraga.k12.ca.us). We will be sure to schedule one accordingly.

Cultural Proficiency Committee Meeting

Monday, October 18 from 6:30-8:00 PM via Zoom

Be sure to mark your calendars and join this virtual meeting to learn more and participate in our district's vital work around race, identity, equity, and inclusion. CPC meetings are a great way to become involved with other community members who embrace the importance of every student and family feeling a sense of belonging. I hope to see you there.

To join, please click the following link, or by using ID 975 6837 1749

<https://zoom.us/j/97568371749>

Parent Volunteers Needed for Assembling and Mounting NEW Lunchtime Benches

Friday, October 15 from 4:00-5:30 PM

This past Friday, we received the first shipment of permanent benches for students eating their lunches. We are looking for volunteers to help assemble and mount these benches. If you are interested in helping, please email me at bsullivan@moraga.k12.ca.us, or feel free to show up this Friday at 4:00 PM to join in the fun.

A big thank you to Rheem's PTA for purchasing these benches and for their generous support of all things Rheem.

Fun(d) Run Update

The Fun(d) Run is a little over a week away (Wednesday, October 20) and has almost 40% student participation so far, with the families using their student's "99 Pledges." Monies raised help to purchase outdoor furniture for students to eat their lunch. (***The first shipment of benches arrived this past Friday***) If you are still interested in participating, please use your student's 99 Pledges page to ask for support and donations!

Rheem Meets the Mark - Thank You for Your Continued Support of MEF

Thank you to everyone who contributed to [MEF](#) during the Week of Giving (and prior). With a goal of 40 Rheem families donating during the week, we met that goal with a few to spare. The importance of [MEF](#) is something we hear quite a bit about, and I can assure you your continued support and generosity makes all the difference for the students and staff at Rheem each and every day.

The Last Word...

I recently read an article ([How to Help Gratitude Grow in Your Kids](#)) about gratitude and its development in children. The article discussed three different studies on the topic, and not surprisingly, parents are the number one teacher when it comes to helping children develop gratitude. The comment "gratitude is not inbuilt; instead, it develops over time, as certain capacities become available and cognitive abilities mature...and it require[s] a great deal of practice" makes a ton of sense. It also went on to say that "grateful parents raise grateful kids."

Here are four researched-backed suggestions to help build gratitude in our children:

- ***Help young children understand feelings and thoughts-their own and others'***
- We can be the scaffolds for their emerging gratefulness by giving them the language for the array of emotions and thoughts they and others may feel and think. It's always eye-opening to hear a young child's response to, "How do you think that person feels right now?"
- ***Remind older children that the important adults in their lives are there for them*** - Older children who feel that their parents and teachers are sources of

support they can call upon tend to feel more grateful. The support may come from knowing that their parents or teachers are trustworthy, provide them with the resources they need or give them helpful feedback and advice. In addition to inspiring gratitude, positive relationships with close adults are critical for children's overall development. Be sure to remind older children to practice reflecting on their network of supportive grown-ups during times of distress and call on them for a source of comfort and strength.

- ***Encourage your children to participate in gratitude-rich activities*** – volunteering and family gratitude practices are really helpful in helping children develop gratitude. These activities provide children with occasions to think about others' circumstances more deeply and increase their awareness of their own good fortune and the gifts they've received from others. By witnessing how others respond to gratitude provides a model for how it works.
- ***Communicate the value of gratitude to your children*** - Engage children to think creatively about how they could express appreciation for others and talk about others' positive responses to their efforts. Practice gratitude in front of your child and tell them how you feel when they express gratitude to you.

The article closes by saying, “if we want to raise grateful kids, the key is to recognize that gratitude is a skill—and to help them practice it just like any other.”

I hope this helps somehow, and thank you for all you do to support your children and Rheem School. Now I'm off to practice gratitude with my teenage daughter...wish me luck :)

There's no place like Rheem!

Mr. Sullivan