

## RHEEMARKS: December 5th

Dear Rheem Team Families,

In these final two weeks before Winter Break, all classrooms participate in our special "Rheem Cares" project. Kindergarten through 3rd graders are providing holiday cheer to the children and mothers at the Women's Drop-In Center in Berkeley, 4th graders are raising money for the Ronald McDonald House of San Francisco, and 5th graders are holding a coin drive to support the Contra Costa Food Bank. All students and families are encouraged to get involved as a way of helping our students practice the essential Lifeskills of Caring and Giving.

### This Week at Rheem:

#### Monday, December 6:

- Regularly Scheduled Monday
- "Rheem Cares Holiday Gift Drive" continues

#### Tuesday, December 7:

- Lunchtime Dance Club hosted by Ms. Seli (during recess)
- MSD Governing Board Meeting 6:00-9:30 in JM Library
- Parent Ed Opportunity: Building Teenager's Survival Skills (6:00-7:30 via [Zoom](#))

#### Wednesday, December 8:

- Wednesday Schedule (All K-5th grade students 8:25 – 1:50)
- PTA Executive Board Meeting (8:45-10:00 in the MUR)
- Lunchtime Garden Club hosted by Ms. Inzeo (during recess)

#### Thursday, December 9:

- Regularly scheduled Thursday

#### Friday, December 10:

- Regularly scheduled Friday
- Friday Freeze for 1st – 5th graders

## School News and Highlights

Tinker Time in Mrs. Johnson's Class: This past Thursday, Mrs. Johnson's 4th-grade students unveiled their miniature golf course design projects to MSD Governing Board President Janelle Chng and Board member and former Rheem parent, Jon Nickens. The spectacular 8-hole links course was set up outside the multi-use room, and all in attendance were able to play. For the past five years, Mrs. Johnson has provided her students' opportunities to participate in engineering projects where they design and build anything from golf courses to pinball machines, Rube Goldberg Machines, and more.

## Rheem DEI Parent's Group Year-End Wrap Up Meeting - December 15th

At Rheem, diversity, equity, and inclusion matter. The Rheem Diversity, Equity, and Inclusion Group (DEIG) is a parent-led group dedicated to providing ongoing dialogue, education, and reflection for students, parents, and Rheem staff.

Join us for an in-person meeting to discuss our progress in 2021 and goals and planning for 2022, including global art + culture night, booklist recommendations, and district-wide collaborations!

When: Wednesday, December 15, 2021

Time: 3:30-5:00 pm

Where: Rheem MUR

*Refreshments will be served.*

## Parent Ed Opportunity

### Building Teenager's Survival Skills

Join us this Wednesday (12/7) from 6:00-7:30 for another excellent parent education opportunity in the *Moraga Parenting Seminar Series*. Please register [HERE](#)

Zoom Link [HERE](#)(Meeting ID: 810 1208 0648 / Passcode 744624)

## Did you Know?

### 5th Grade Has a Weekly Fundraiser

Fifth-grade student council members host an ice cream stand for 1st-5th graders called "Friday Freeze" each week (except on rainy days). Friday Freeze is an opportunity for the

student council to raise funds to help defray the cost of the really special 5th-grade events they participate in near the end of the year. So, in the event your child asks you for money on a Friday morning for ice cream, now you know they're not trying to pull a fast one on you.

## The Last Word...

I read an article not too long ago discussing the importance of children taking breaks ([\*The Benefits of Downtime: Why Learners' Brains Need a Break\*](#)). It talks about the misnomers associated with idleness and mundane tasks regarding our brains. Did you know that electrical activity in the brain helps solidify certain kinds of memories when we are idle? As for mundane tasks, scientists who research "unconscious thought" have found that activities that distract the conscious mind without taxing the brain appear to give people greater insight into complex problems. Sleep and meditation are other important ways to give our brain a break and build capacity.

As we return to busier schedules for our children these days, it can be pretty challenging to schedule breaks into their day. With that in mind, a great time to catch up on rest and idleness is during Holiday breaks and vacations. If you have a moment, I recommend you read for yourself on ways to increase your downtime.

There's no place like Rheem!

Mr. Sullivan