

# RHEEMARKS

January 1, 2018

Happy New Year!! I hope you had an enjoyable break and are ready for school to start back up. Whether you've made any resolutions or not, keep in mind what Ralph Waldo Emerson said of the new year: "Write it on your heart that every day is the best day in the year."

## This Week at Rheem:

### Monday, January 1st:

- Holiday - Happy New Year

### Tuesday, January 2nd:

- Winter Hot Lunch change/add-on period closes

### Wednesday, January 3rd:

- Regularly scheduled Wednesday (K-5 8:25-1:50)

### Thursday, January 4th:

- All schools Strings Concert at Campolindo HS from 7:00-8:00

### Friday, January 5th:

- Regularly scheduled Friday

## School News and Highlights

- At the December 12th school board meeting, the Instructional Calendar for the 2018-19 school year (next year) was approved. Download your copy by clicking [here](#) and make sure to note the start of school and school holidays.
- Winter Hot Lunch change/add-on period closes Tuesday, January 2<sup>nd</sup>. Below is the link - please sign in, go to hot lunch in Programs, scroll down to the *eteambuilder* link, sign in and make your updates for the Winter Session. <https://rheempta.membershiptoolkit.com/>

## **All Schools Music Concerts at Campolindo Performing Arts Center** - *Submitted by Mr. Adam Noel, Music Teacher*

5th grade parents! As announced in the Winter Music concert, there is an upcoming 3-night event to celebrate music-making in Moraga! There is a slight adjustment to the printed flier from the concert! Please mark your calendar for your child to participate in the appropriate date:

- Strings Students: Thursday January 4th, 7:00
- Band Students: Tuesday, January 9th, 7:00
- Choir Students Thursday, February 8th, 7:00

All concerts are at the Campolindo Performing Arts Center. All performing students should arrive at 6:15 to get set up. Wear dressy clothes! See you there!!!

## **National Geographic Bee Finalists Announced** - *Submitted by this year's GeoBee MC, Ms. Elaine Frank*

The Final National Geographic Bee Competition will be held on **Monday, January 8 at 9:00 in Roadrunner Hall**. This contest will be similar to a Spelling Bee where contestants orally answer questions about geography until one champion is selected to represent the school! We are looking forward to this exciting annual event!

## **Fun Math Competition at Camino Pablo E.S.**

CP will be hosting a math competition for 1<sup>st</sup>-5<sup>th</sup> graders in March. Registration is open now. Please click [here](#) for more information.

## **MEF Phone-a-thon**

Mark your calendars for the annual MEF Phone-a-thon taking place on Tuesday, February 6th and Wednesday, February 7th from 6:30- 8:30 pm. MEF is looking for Rheem parent volunteers to call families and members of our community to boost MEF donations. Last year, the phone-a-thon raised over \$80,000, helping fund critical staff and programs that benefit every student, every day. Look for a Sign Up Genius in January or contact Joan Vattuone ([mjvattuone@hotmail.com](mailto:mjvattuone@hotmail.com)) with any questions.

## **Reminder: Family signs for afternoon pick-up**

I know it may take a few days to get back in the swing of things but please be sure to use your family signs on your dashboard during afternoon pick-up. The easier it is to identify cars and children to be picked up, the easier it will be for us to move traffic along at a safe and steady pace.

\*\*If you have any questions or did not receive a sign please contact [casey.sproul@gmail.com](mailto:casey.sproul@gmail.com).

## **The Last Word:**

I can't believe it's been 17 days since the Friday before break. Getting back into the routine of school can be a challenge so I thought you might appreciate some helpful tips from *San Diego Family* magazine:

### ***Unplug and Get those ZZZs***

*Much like summer, winter break brings loosened reins on TV, computer and other media. It's easy for kids to become night owls when they know they can sleep in the next morning. Both of these habits can make the first week back to school challenging, even for the most motivated student. Before sending him 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 one of 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. For many kids, their initial enthusiasm for filing these notes in an organized way will have waned. 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 just before the holiday season. 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.*

Thank you for all the kindness you've shown my family and me, I truly appreciate it and look forward to a great 2018.

There is no place like Rheem,

Mr. Sullivan