

January 13, 2019

Dear Rheem Team Families,

I hope everyone had a good first week back after break. It always amazes me how students and teachers alike hit the ground running after an extended break and get right back into the groove. We have a busy week on tap at Rheem. With the **Geo Bee** and a **Spirit Assembly** kicking off the **Read-a-thon**. Be sure to mark your calendars as there is no school this coming and Friday and next Monday, January 21 is a holiday.

### **This Week at Rheem:**

#### Monday, January 14th:

- Geo Bee contest: 9:00-10:05 in the Frank (M/U Room)

#### Tuesday, January 15th:

- Mrs. Gubser's class on a field trip to Martinez Courthouse
- MSD School Board meeting 7:00-10:00 at JM Library

#### Wednesday, January 16th:

- Kindergarten classes participate in onsite field trip with Lindsay Wildlife

#### Thursday, January 17th:

- "Read-a-thon Kick Off" Spirit Assembly
  - 3rd-5th grade from 9:00-9:50
  - K-2nd grade from 10:00-10:50
- Read-a-thon officially begins
- Mrs. Cavallero's class on a field trip to Martinez Courthouse

#### Friday, January 18th:

- NO SCHOOL: Teachers at Staff Development Day

#### Monday, January 21st:

- NO SCHOOL: Dr. Martin Luther King, Jr. Day

## **School News and Highlights**

**Geo Bee Contest Monday, January 14th:** The Rheemarkable Ms. Frank will be back on stage at Rheem this Monday starting at 9:00 AM as the MC for this year's Geo Bee. The following students will be competing in tomorrow's event: Adam S., Anton K., Drew K., Kai P., Zayden B., Zoya C., Cassidy W., and Matt J.

**Read-a-thon Officially Begins:** We will be kicking off this year's Read-a-thon with a Spirit Assembly this Thursday, January 17th. More information about the Read-a-thon will be coming home this week from your classroom teachers.

**Dr. Martin Luther King, Jr. Day:** There is **NO SCHOOL** next Monday, January 21st. The holiday celebrates the life and accomplishments of Dr. King. (Reminder: there is no school this Friday, January 18th because of Staff Development Day)

## **All Schools Music Concert Series**

Last Tuesday and Thursday the Campolindo Performing Arts Center was alive with music as students from all over the district (and Campolindo) performed together. Tuesday saw orchestra students "string" together an amazing set of classics and on Thursday band students "blew" the lid off the building with their magical tunes. Kudos to our many musicians, Mr. Noel and Mr. Johnson for sharing their time and talents with the large crowds.

## **Did you Know?**

### **School Climate Survey Results**

Over the next several weeks, I will be including results from the 2018-19 Climate Survey that was sent out in November, 2018. 168 Rheem families responded as follows:

95% respondents agreed with the statement "The school's behavioral expectations are clear, consistent, and conducive to learning."

Actual breakdown: 60% strongly agree; 35% agree; 3% disagree; and 2% strongly disagree.

## **PTA is Searching for a Spring Picnic Chairperson**

Rheem's PTA and I are searching for someone to chair this Spring's Picnic. The Spring Picnic is a great opportunity for Rheem to come together and enjoy an evening of fun, food and family. For more information on what the chairperson's job entails, please email Rebecca Eirich at [cerp@me.com](mailto:cerp@me.com) or Mark Chiarucci at [chiarucci1938@yahoo.com](mailto:chiarucci1938@yahoo.com).

## **The Last Word...**

Aristotle once said, "We are what we repeatedly do. Therefore, excellence is not an act, but a habit."

If you are anything like me, you spend a good deal of time reminding your children about things they need to do. In the Sullivan's home, on any given day, you will hear, "close the door to the garage please," or "who left their towel on the floor?" or my personal favorite of "who forgot to turn off the light in the bathroom?" My wife and I must say things like this a hundred times a week, and yet improvement is very measured. Although it can be frustrating, I think of my own childhood and how my father would say things like: "Close the door. Are you trying to heat the whole county?" or "Which one of you has stock in Con Edison? Turn out the darn lights!" So how do we help our children (and ourselves) build good habits?

If you have a moment, please read the following New York Times article on how to build solid habits in the new year. ["How to Crush Your Habits in the New Year With the Help of Science"](#) The article presents many things like: picking a theme to work on not just one thing; patience is key; breaking it down with the "two-minute rule"; using intrinsic rewards; priming your environment; plan to fail; and celebrate often. The thing that will resonate with most children is where it says, in creating good habits, it's important for us to celebrate every day. Celebrations don't have to be big but it's important for us to express gratitude for a new habit. The article also says that, "gratitude and authentic pride, along with hope, social connection and compassion, are the most effective emotions for promoting long-lasting behavior change... The least effective are shame, guilt and fear."

So, here's to a new year filled many celebrations, good habits and a lower PG&E bill.

There is no place like Rheem,  
Mr. Sullivan