

January 6, 2019

Dear Rheem Team Families,

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 Helen Keller said, "Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

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

#### Monday, January 7th:

- School resumes – regularly scheduled Monday

#### Tuesday, January 8th:

- 5th graders take part in SUBS (Speak Up Be Safe) program
- All School "String Concert" at Campolindo HS Performing Arts Ctr. From 7:00-8:00 PM

#### Wednesday, January 9th:

- Regularly scheduled Wednesday (all students arrive at 8:25 and are released at 1:50)

#### Thursday, January 10th:

- All School "Band Concert" at Campolindo HS Performing Arts Ctr. From 7:00-8:00 PM

#### Friday, January 11th:

- Regularly scheduled Friday

### **School News and Highlights**

**Grade Level Spirit Assemblies:** the week before Winter Break a Spirit Assembly was held for each individual grade level. It was a great way for everyone to learn more about the Life-skills of Perseverance, Leadership and Compassion and celebrate the accomplishments of classmates by pulling

Gold Slips. Students learned that we **persevere** when we: try our best; work hard at something that is difficult; take responsibility for our own success; and don't give up. We are **leaders** when we: set a good example; have honesty and integrity; are willing to help others...even those who do not always agree with us; and have sincere enthusiasm. And lastly, we are **compassionate** when we: show kindness; encourage others; consider the words we use; and volunteer to help others in need. Kudos to each and every student for all they've done to support their friends, peers and themselves in 2018. Onward and upward for a successful 2019.

**It's Never Too Early to Plan Ahead?** [HERE](#) is a draft of the MSD Instructional Calendar for the 2019-20 school year (next year).

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

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

- Strings Students: Tuesday January 8th, 7:00
- Band Students: Thursday, January 10th, 7:00
- Choir Students Tuesday, January 29th, 7:00

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

## **Did you Know?**

### **Kindergarten Registration is Open**

Please be sure to click [HERE](#) for specific instructions regarding kindergarten registration.

### **Hot Lunch Ordering Open**

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

## **Support MEF by Supporting MEF Business and Civic Sponsors**

These days, most people are choosing to spend their money with businesses that support like-minded causes. Are you aware which local businesses support the Moraga Education Foundation? Click [HERE](#) to view the list of MEF's business and civic sponsors. As you make spending decisions in 2019, please consider supporting these businesses and organizations, and be sure to let them know their contribution and support of quality education is very much appreciated?

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

In case you've not been counting, your student is wrapping up their 16th day of vacation. Getting back into the routine of school can be a challenge so I thought I would share with you again some helpful tips from last year's RHEEMARKS and the 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 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 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 notebooks 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. Cheers to a memorable 2018 and to a happy and healthy start to 2019.*

There is no place like Rheem,  
Mr. Sullivan