

Rheemarks: October 11th

Good Evening Rheem Team Families,

I hope you are having a pleasant weekend and were able to get outside to enjoy some nicer weather. We have a busy week on tap at Rheem with a make-up picture day on Thursday, and the first ever Kindergarten Butterfly Car Parade and start of the Fun(d) Run this Friday.

Reminder: tomorrow is a staff development day with NO school for students.

This Week at Rheem:

Monday, October 12th:

·NO SCHOOL – Staff Development Day

Tuesday, October 13th:

·MSD Governing Board Meeting (7:00-10:00PM)

Wednesday, October 14th:

·Storytime Club: 12:30-1:00 ([Zoom Link](#))

Thursday, October 15th:

·Make-up Picture Day at Hacienda de las Flores (1:30PM-6:00PM)

Friday, October 16th:

·Kindergarten Butterfly (car) Parade 10:30-11:00AM

·Fun Run Begins (10/16-10/30)

·Fun Fridays Club 12:30-1:00 ([Zoom Link](#))

School News and Highlights

Kindergarten Butterfly (Car) Parade: This Friday our kindergartners take part in the 45th annual “Butterfly (Car) Parade.” Kindergarten family cars will be driving through the bus loop between 10:30-11:00AM.

Fun(d) Run Begins this Friday: Rheem’s Fun(d) Run begins this Friday and will be different than anyone we’ve experienced before, with students having fun running with their families off campus this year. Fliers describing this year’s event went home in this past Friday’s student folders and T-shirts will be going home in this week’s. I look forward to seeing our Road”runners” out and about.

MEF Week of Giving: Thank you to everyone who had an opportunity to participate in MEF’s Week of Giving this past week. Rheem met our goal of 150 donations!! MEF will be sending out final results this week so be sure to keep an eye out in your inbox. In the event you were not able to participate yet please click [HERE](#) to donate today.

Monthly School Board Meeting

Tuesday, October 13th from 7:00-10:00PM

During this month's school board meeting several Rheem 5th graders will be presenting to the Board about our legendary spirit assemblies. Superintendent Burns will also be presenting "results from parent and staff surveys regarding reopening schools, safety, hybrid schedules, changes the District has made to hybrid plans per parent feedback, and reopening options (including pros/cons, dates, and how/by grade levels)." (10/10/2020 Moraga School District Board packet)

There are two options for people to participate in the meeting via Zoom:

Option 1: Join Zoom Webinar using a computer and enter <https://zoom.us/j/98834748675?pwd=OTNLNGpVcnp5MXJxUjZLTEI5VU5sQT09>

Option 2: Call in using a normal telephone; dial 1-669-900-6833 US; Webinar ID: 988 3474 8675

October Assessments

Rheem teachers use data from assessments to help guide their instruction. Assessments during distance learning are more challenging to administer, so in order to allow teachers the time to complete some of the 1:1 assessments each grade level has selected one day in October to administer their reading assessment. During this day teachers will hold an 8:25-8:45 class meeting and the rest of the day will be asynchronous (independent assignments). Your student's teacher will be contacting you soon to schedule an assessment appointment for your child. Below are the grade level assessment days:

- Kindergarten: October 22nd
- 1st grade: October 21st
- 2nd grade: October 21st
- 3rd grade: October 21st
- 4th grade: October 23rd
- 5th grade: October 23rd

Parent Teacher Conferences

Parent teachers conferences will be held the first week of November on 11/2, 11/3, 11/5, and 11/6. The synchronous schedule for conference days will end at 11:45. Students will complete the rest of the required instructional minutes through asynchronous (independent) activities. These activities will include some amazing pre-recorded lessons from Art, Music, P.E. teachers and Librarian. More information regarding parent/teacher conferences will be shared in the coming weeks.

The Last Word...

Rheem parent Mara Johnson (Ethan and Avery's mom) shared a great article with me several weeks ago ([Your 'Surge Capacity' Is Depleted...](#)) and I've been meaning to share it with all of you. The article has to do with managing our lives and emotions during the pandemic. Please see below for the Reader's Digest version:

- Accept that life is different right now.** Acceptance doesn't mean giving up. It means not resisting or fighting reality so that you can apply your energy elsewhere.
- Expect Less from Yourself:** We need to recognize that we're grieving multiple losses while managing the ongoing impact of trauma and uncertainty. We have to expect less of ourselves, and we have to replenish more.
- Recognize the different aspects of grief.** Sometimes take the middle way and just have a couple days where you feel like doing nothing and you embrace the losses and sadness you're feeling right now, and then the next day, do something that has an element of achievement to it.
- Experiment with "both-and" thinking.** Both-and thinking means embracing a bit of the irrational. We have to face reality, but how we frame that reality mentally can help us cope with it.
- Look for activities, new and old, that continue to fulfill you.** When we're forced to rethink our options and broaden what we think of as self-care, sometimes that constraint opens new ways of living and thinking. We don't have a lot of control over the global pandemic but we do over our daily lives, so look to focus on plans for the future and what's meaningful in life.
- Focus on maintaining and strengthening important relationships.** The biggest protective factors for facing adversity and building resilience are social support and remaining connected to people, which includes helping others, even when we're feeling depleted ourselves.
- Begin slowly building your resilience bank account.** Start really small and work your way up, If you do a little bit every day, it starts to add up and you get momentum, and even if you miss a day, then start again. We have to be gentle with ourselves and keep on, begin again.

Thank you for taking the time to read all the way through this week's Rheemarks, and don't forget to be gentle with yourself and remember you are an inspiration to the people who love you the most...your children.

There's no place like Rheem!

Mr. Sullivan