

October 6, 2019

Dear Rheem Team Families,

We begin the first full week of October with an exciting event this Friday. Be sure to mark your calendars for an evening full of family fun at this year's Fall Carnival and Cake Walk. It is also "Make-up Picture Day" this Thursday and PTA Reflections are due by Friday the 11th. For more info please keep reading.

## **This Week at Rheem:**

### Monday, October 7th:

- Regularly scheduled Monday

### Tuesday, October 8th:

- 1st grade Field Trip to Tilden Park Nature Center
  - (all 1st graders are early friends from 8:25-1:55)

### Wednesday, October 9th:

- Regularly scheduled Wednesday

### Thursday, October 10th:

- Make up Picture Day
- MSD Board meeting from 7:00-10:00 in the JM Library
- Parent Ed Workshop: *No Vaping*- 7:00PM Campolindo HS Library

### Friday, October 11th:

- Rheem Fall Carnival and Cake Walk (4:30-7:00)
- PTA Reflections "Look Within" are due

## **Did you Know? Pedestrian Safety**

420 students make their way to Rheem each day. Some walk, some ride their bikes, some take the bus, and most are dropped off by a family member or caretaker. Being on a cul-de-sac can pose challenges many of you experience on a daily basis. With as much traffic as we have going up and down the street during morning drop off and afternoon pick up I cannot stress enough how important it is for everyone to follow Rheem's [traffic procedures](#). From driving the speed limit at all times, to staying on the sidewalk, to using the crosswalk whenever you are crossing the street, our straightforward procedures are easy to understand and essential in keeping our students and families safe. Thank you for your continued support and for doing everything you can to ensure Rheem stays the safest it possibly can.

## **Rheem's Fall Carnival and Cake Walk This Friday**

### ***Friday, October 11th from 4:30pm – 7:00pm***

Be sure to get your tickets for this week's Rheem Fall Carnival and Cake Walk! There is something for everyone with: games, prizes, inflatable fun, prizes, inflatable fun, a rock-climbing wall, raffle, food trucks and ice cream. The Carnival is a great opportunity for us to come together and celebrate an evening of excitement with family and friends.

Get you tickets at: <https://rheempta.membershiptoolkit.com/packet/19480>

### **Bullying Prevention Month** ***Second Step Emotional Learning Curriculum***

October is [National Bullying Prevention](#) month. A way we are working to proactively address bullying type behaviors is through our Second Step Social/Emotional Learning Curriculum. The curriculum helps us teach students how to make strides in “self-regulation, emotion management, and academic achievement.” Last year Bess Inzeo and teachers taught five of these lessons in each classroom. This year the program will be fully implemented with a three-pronged approach of teachers, Bess Inzeo and Annette Herbert, who runs our Kids Connection Program, teaching the lessons.

### **Reflections Contest – “Look Within”**

“[Look Within](#)” is the theme for the National PTA Reflections program this year. Reflections encourages students of all ages and abilities to explore and be involved in the arts. This wonderful program urges students K through grade 12 to create and submit original works of art in the medium of their choice— dance choreography, film production, literature, music composition, photography and visual arts — reflecting on a specific theme. There is a special artist division option for students with disabilities to ensure that all students have the opportunity to participate in the program. Students are recognized each year for their artistic ingenuity to bring the theme to life in a way that is personal and meaningful.

Projects are accepted in the Main Office from **Monday, October 7 - Friday, October 11**

For more information on official rules please click [HERE](#) or if you have any questions please contact Sally Salay at [shsalay@gmail.com](mailto:shsalay@gmail.com)

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

I was reading a 1st grade weekly newsletter recently and was struck by the amount of precious information Mrs. Strohmeyer, O'Connell and Bailey send out to their families.

This particular newsletter dealt with the importance of helping children build self-regulation skills. There were 5 tips to support self-regulation on a daily basis:

1. Rest and Nutrition
2. Breathe in the Fresh Air: Provide opportunities for free play and outdoor play. Let the energy out
3. Blow Away Troubles: Blowing bubbles is a kid-friendly way to practice deep breathing—deep breathing calms the body down
4. Read All About It: Read books about emotions as a way to discuss all the feelings kids have
5. Listen Up: Calm music can help settle children down

The 1st grade newsletter also shared several article links. One in particular. “[How Can We Help Kids With Self-Regulation](#)” gave some great insight into how to build the skills necessary to improve a child’s self-regulation skills. The number one point of emphasis was to provide children with opportunities to practice self-regulating skills during challenging moments. For example, if a child struggles with regulating while getting ready for school in the morning, break the skill down so that they are practicing individual skills instead of the task all at once. (i.e. start with getting dressed by a certain time, and then transition into finishing breakfast by a certain time) When we break the task into smaller units we provide important opportunities for children to tackle challenging situations in manageable amounts.

And lastly the article makes mention of how important it is for parents to remain calm and give non-judgmental and non-emotional feedback: what went wrong, and why, and how they can fix it next time.

If you are anything like me, and get frustrated at watching your child(ren) act up about something that seems so routine and easy, I encourage you to give the article a full read and look to implement the 5 daily tips...I know I’m going to give it a try.

**There’s no place like Rheem!**

Mr. Sullivan