

# RHEEMARKS

November 26, 2017

Welcome back!! I hope you had an enjoyable Thanksgiving Break and ready for school to resume. Please take a read.

## This Week at Rheem:

### Monday, November 27th:

- 5<sup>th</sup> grade participates again in “Speak up Be Safe” (SUBS)

### Tuesday, November 28th:

- Geo Bee preliminary competition for 4<sup>th</sup> grade at 12:20 in Room 2 (Ms. McMullen’s classroom)
- Last day to sign up for Winter Hot Lunch
- Online Safety Parent Night (from 6:30-8:00 at JM Auditorium)

### Wednesday, November 29th:

- Geo Bee preliminary competition for 5<sup>th</sup> grade at 12:20 in Room 21 (Ms. Cavallero’s classroom)

### Thursday, November 30th:

- 2<sup>nd</sup> grade on-site field trip with the “Bat Lady”

### Friday, December 1st:

- Soul Shoppe Workshop – “Check in”
- Last Day of Fall Hot Lunch (Winter Hot Lunch begins on Monday, December 4<sup>th</sup>)
- Vision Screening for 2<sup>nd</sup> and 5<sup>th</sup> graders

## School News and Highlights

- Sign-ups for **Winter Trimester’s Hot Lunch** CLOSES this Tuesday, November 28<sup>th</sup>. For more information on how to sign-up please click [here](#).
- **Geo Bee** preliminary competition for 4<sup>th</sup> and 5<sup>th</sup> graders is this Tuesday (4<sup>th</sup> grade in room 2) and Wednesday (5<sup>th</sup> grade in room 21) during lunch recess. The beloved and amazing Ms. Frank will be returning to Rheem this week to host any, and all, 4<sup>th</sup> and 5<sup>th</sup> graders interested in participating in this year’s Geo Bee.

- This year's first **Soul Shoppe Workshop** will be held on Friday in Frank Hall. Our Kindergarten thru 5<sup>th</sup> graders will be working with Rhyan from Soul Shoppe on how to "recognize our feelings and figure out what we need in order to feel better." Please click [here](#) for a recent Soul Shoppe video on the purpose of their program and the effects its having on a Bay Area school.
- Ms. Guidi, Ms. Webster and Mr. Thomson will be hosting Ms. Corky Quirk the "Bat Lady" this Thursday. She rescues and cares for injured bats and will share her experiences with the 2<sup>nd</sup> graders in conjunction with their reading unit on bats.

## Parent Education Opportunity

### ***Parenting in the Digital Age – Online Parent Safety Night***

This Tuesday, November 28 from 6:30-8:00, Moraga School District is hosting a K-8 [Online Safety Parent Night](#) at the Joaquin Moraga Auditorium with Lieutenant Brian South of the Moraga Police Department. You can sign up [here](#). Don't miss these resources from [Moraga School District](#), [Common Sense Media](#) and [NetSmartz](#). Please join me in attending.

## Rheem Cares Program

The long-standing tradition of Rheem caring for and supporting those less fortunate during the Fall/Winter holiday season continues this year with the "**Rheem Cares Program**." Be on the lookout for information coming home in backpacks or through teacher e-newsletters in the coming week(s) so that your family can get involved and experience the joy of helping out.

## Spirit Assembly

Our Spirit Assembly on the Friday before break was a lot of fun. Students were treated to some great Rheem music, skits, Gold Slip winners, and a contest of teamwork and perseverance. A group of talented 5<sup>th</sup> graders demonstrated the importance of this month's life skill "perseverance." We learned that when we persevere we:

- try our best.
- work hard at something that is difficult.
- take responsibility for our own success.
- don't give up.

I had included a 2-minute Bruno Mars song to help reinforce the message in the Spirit Assembly PowerPoint but unfortunately it didn't play. If you have a chance please enjoy the following [link](#) with your splendid child(ren). (I've been told I skate like the gentleman in the video : )

## **The Last Word:**

I read a great lesson recently on the importance of teaching children the skill of perseverance and how it is not something that is typically inborn but rather needs to be cultivated and nurtured. The lesson spoke about three ways to help children build grit and perseverance:

1. sharing stories with them of others who persevered
2. using language with them that conveys the importance of effort over achievement
3. help children set goals for themselves.

These concepts are in line with the growth mindset model we focus on at Rheem and another great way to help support our children in becoming the best they can possibly be. I know it can be a challenge to see our children struggle, but in the big picture it's their ability to deal with challenges and setbacks that will determine how successful they become. If you've read this far, thanks for indulging me : )

(Please click [HERE](#) to view the entire lesson)

There is no place like Rheem,

Mr. Sullivan