

December 13, 2020

Good Evening Rheem Team Families,

I hope you had an enjoyable weekend and stayed dry. It was great to see so much rain, we certainly need it. With one week before Winter Break it will be a busy one. To go along with all of the great work happening in the virtual classroom we'll also have several fun events planned for our Roadrunners including class parties as well as a "Buddy Spirit Assembly" for each grade.

Without further ado please dive right into this week's RHEEMARKS.

This Week at Rheem:

Monday, December 14th:

- Full Distance Learning continues for all K – 5th grade students
- [code.org](#)'s "Hour of Code" wraps up this week
- Cultural Proficiency Committee Meeting (3:30-5:00) ([Zoom link](#))
- Art & Kindness Club: Art & Kindness Club: ([Zoom Link](#))

Tuesday, December 15th:

- Regularly scheduled Tuesday
- MSD Governing Board Meeting (5:30-8:30PM)

Wednesday, December 16th:

- 1st/4th grade Buddy Spirit Assembly (11:40-12:15)
- Storytime Club: 12:30-1:00 ([Zoom Link](#))

Thursday, December 17th:

- Regularly scheduled Thursday

Friday, December 18th:

- K/5th grade Buddy Spirit Assembly (10:15-10:50)
- 2nd/3rd grade Buddy Spirit Assembly (11:40-12:15)
- Fun Fridays Club 12:30-1:00 ([Zoom Link](#))
- Regularly scheduled Friday

Monday, December 21st - Monday, January 4th:

- Winter Break
- School resumes on Tuesday, January 5th

Friday Folders also Available Monday, January 4th

In the event you are not able to pick up your student's "Friday Folder," we will also have them available for you on Monday the 4th of January. With two weeks of Winter Break, some families may find it easier to pick their folders up as we start up after the new year.

MSD Governing Board Meeting

There will be a Governing Board meeting this Tuesday starting at 5:30pm.

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

Diversity, Equity and Inclusion Group

In conjunction with the Moraga School District's Cultural Proficiency Committee ("CPC") initiatives, we have established a diversity, equity and inclusion group for Rheem parents, teachers, and staff. The group is intended to serve as a platform to express interests, ideas and concerns focused on cultivating diversity, equity, awareness and inclusion in our Rheem community. Please be sure to mark you calendar and join us for our first meeting on Thursday, January 7, 2021 at 7:30 p.m.

Click [here](#) to join our zoom discussion!

Changes to P.E. Schedule Moving Forward

Beginning this week (December 14th-18th) the P.E. schedule will partially change for 1st-5th graders. Instead of having two synchronous PE classes a week, they will now have one synchronous and one asynchronous. As a part of the asynchronous lessons, Mr. Studebaker and Mr. Kirby have created exercise logs that they will be sharing with students and managing moving forward.

The hopes of this asynchronous lesson will be to provide students and families the flexibility of participating in P.E. and fitness activities while managing their afternoon schedule.

Below is a list of when your student's class will have their live/synchronous lesson:

- 1st Grade: Friday @ 1:35
- 2nd Grade: Tuesday @ 12:50
- 3rd Grade: Tuesday @ 1:25
- 4th Grade: Tuesday @ 2:00

·5th Grade: Tuesday @ 2:35

Wednesday will be Rheem students day of asynchronous PE lessons which will be posted weekly on [THIS](#) document for your students to access. For easy access this link will be posted to their Clever Page or Google Classroom.

Thank you and please let me know if you have any questions.

The Last Word...

The “social learning theory” says that people learn by watching others. Never is this more the case as when we model behavior for our children. Recently I took my 14-year-old daughter’s phone from her in hopes of motivating her to be more responsible with her schoolwork. I told her, “until you’ve caught up with your work and have no zeroes in Schoolloop, the phone will be in my possession.” She was quite upset as I tried to explain to her that her phone was a constant cause of distraction. As I left her to contemplate her current condition alone in her room, I proceeded to make my way to the family room where I took out my phone and scrolled through some work emails. How about that for top notch parenting skills. I realize these two things are not exactly the same, but if my daughter sees me staring at my phone when I come home from work, what’s to say she can’t do the same thing?

Modeling good behavior is essential in raising our children. I read a good article recently ([Role Model the Behavior you Want to See From Your Kids](#)) that laid out some strategies and the value of doing such. Some of which are:

- Follow your own rules: Show your kids how to follow your household rules by modeling them every chance you get.
- Model life skills: If you handle poor decisions with grace and don't beat yourself up, they'll also learn to be kind to themselves when they mess up.
- Live a healthy life: When you eat healthily and exercise on a regular basis, you're setting a good example for your kids.
- Show respect and teach empathy: Be respectful to everyone you interact with and soon your kids will be doing the same. Teaching kids to be empathetic is one of the best ways to prevent them from mistreating others.
- Tackle technology issues: Address your technology use first, and then attempt to set some standards for the kids
- Work hard: Developing a solid work ethic is a life skill every kid needs. Whether it is working hard in school, at a part-time job, or on a sports team, kids need to have a good work ethic.
- Volunteer in the community: When you volunteer in the community, you're showing your kids that you care about the world they live in.

·Demonstrate social and emotional skills: Show your children how to greet someone and how to ask questions when they are confused. Instruct them on how to meet new friends and invite others to join in.

·Teach new skills: When you want to teach your children something new, whether it's how to make their bed or how to tie their shoes, show them how you do it. Then, let them practice it on their own.

I know parenting is not for the faint of heart, but I wanted to also take a moment to say thank you for all you do for your children. It can be a challenge to manage the pitfalls of our own everyday life, and when you throw in the physical and emotional needs of our loved ones it can be downright harrowing at times. However, each and every one of you take time to model what is important to you and your children, and Rheem is such a better place because of it.

Thank you as always for your time and I hope you have a great week.

There's no place like Rheem!

Mr. Sullivan