

# RHEEMARKS

December 3, 2017

I hope everyone had a chance to spend some quality time with their family and friends, and if your weekend was anything like mine you're wondering where it went. Take a read to see what's happening at Rheem this week.

## This Week at Rheem:

### Monday, December 4th:

- 4<sup>th</sup> grade Mission San Jose field trip

### Tuesday, December 5th:

- School Site Council meeting from 3:15-4:30 in Room 19

### Wednesday, December 6th:

- District Safety Committee meeting from 3:30-5:00 at CP in Room 7

### Thursday, December 7th:

- 4<sup>th</sup>/5<sup>th</sup> grade Winter Concert from 2:00-3:00 in The Frank
- AUHSD Calendar Task Force meeting from 3:00-5:30 at Del Valle HS

### Friday, December 8th:

- 2<sup>nd</sup> grade field trip to the Contra Costa Food Bank

## School News and Highlights

- All of 2<sup>nd</sup> grade was treated to an amazing on-site field trip with Ms. Quirk (aka the Bat Lady). Ms. Quirk's interactive presentation was well received by the students and her example highlighting a bat's hearing in regards to echolocation was great.
- The ***Soul Shoppe Workshop*** held last Friday was a big hit. See more in ***The Last Word***.
- This Thursday is Rheem's annual Winter Concert. Come enjoy the music while supporting our older Roadrunners and their talented teachers.

## **Family signs for cars to help with afternoon pick-up**

In efforts to help streamline the pick-up process the PTA created family name signs for cars. Signs are to be displayed on your dashboard so they are visible to staff members loading cars on Laird Dr. If you are picking up a carpool, do not worry about gathering other student's cards, simply instruct your carpool student to stand together in the pick-up line.

A special thank you to Casey Sproul and Becky Maher for taking the time to create and print all the family signs.

\*\*The signs were sent home in your student's folder before Thanksgiving Break. If you have any questions or did not receive a sign please contact [casey.sproul@gmail.com](mailto:casey.sproul@gmail.com).

## **Hello from Roadrunner Club!!!**

Hope you all had a wonderful week, enjoyed your families, friends and ate lots of turkey!!!! I hope you all enjoyed your Thanksgiving candle. We had fun making them and we hope they grace your Holiday table for years to come.

Some housekeeping issues to start out with: Effective December 15th, if your child comes to Roadrunner Club and DOES NOT have a reservation (drop in or Permanent), the fee will be \$50 instead of \$25. This is to ensure we have proper staffing to safely care for each child during their attendance at the Roadrunner Club.

Some of you may have noticed that due to Day Light Savings Time, there are no more sign outs by children after 4:45pm.

I want to advise everyone that because of our overwhelming success this year at Roadrunner Club, we are only able to take a limited number of drop ins each day. Therefore, if you need a Drop-In Reservation on a minimum day, please call in advance; knowing that a Drop In Reservation is permanent for that day as soon as you make it.

Eleanor

## The Last Word:

This past Friday Jotti, from Soul Shoppe, was on campus providing great workshops for each grade level. Her message built on last year's "I" Message workshop as well as the importance of *Emptying Your Balloon*. One of the most challenging things for our students to do is advocate for themselves when they feel sad, mad, lonely, or scared. It can be just as big a challenge to try and help them feel better. The "I" Message is a great way for them to build self-advocacy skills while also building the skills necessary to resolve hurt feelings. Please take a look at the following video(s) to see what the "I" Message looks like and how you, and your student can put it to use. ([2-5 grade video](#) and [K-1 grade video](#)).

Jotti also talked quite a bit with the children and staff about the importance of *Emptying Your Balloon*. She mentioned that when you feel bad these negative emotions get stored inside your body (in your balloon) and people will often *Leak* these negative emotions on to others, only creating more problems for themselves and others. But when you can utilize the "I" Message to identify how you feel and express your needs you begin to empty your negative emotions in a healthier way.

It's always a good thing to talk to our kids about their feelings, but it can be difficult for children to put into words and identify the emotions they feel. A way to help them with this is to present them with hypothetical situations where someone gets their feelings hurt and have them identify the emotion(s) that person might feel. The more we help our children understand their emotions the easier it will be to address their needs and help to make things better. I encourage everyone to take a look at the videos above to learn more about the "I" Message and how you can support your student(s).

There is no place like Rheem,

Mr. Sullivan