

December 9, 2018

Dear Rheem Team Families,

In these final two weeks before the holiday break, a brief reminder that all classrooms are participating in our special “Rheem Cares” project. Kindergarten through 3rd graders are providing holiday cheer to the children and mothers at the Women’s Drop-In Center in Berkeley, 4th and 5th graders are raising money for the victims of the Camp Fire in Butte County. All families are encouraged to get involved as a way of helping our students practice the important Lifeskills of Caring and Giving.

This Week at Rheem:

Monday, December 10th:

- ☐☐ Regularly scheduled Monday

Tuesday, December 11th:

- 4th grade Geo Bee preliminary test in Ms. McMullen’s room at lunch
- MSD School Board meeting from 7:00-10:00 in the JM Library

Wednesday, December 12th:

- 4th grade Walk Through California onsite field trip in the Frank
- 5th grade Geo Bee preliminary test in Kelly’s room at lunch
- Safety Committee meeting at CP 3:30-5:00

Thursday, December 13th:

- ☐☐☐ Regularly scheduled Thursday

Friday, December 14th:

- 1st grade field trip to Lawrence Hall of Science
- 2nd grade field trip Contra Costa County Food Bank

MSD Elementary School Climate Survey

To date, seventy-one families have participated in this year’s [Climate Survey](#). (it should take you less than 5 minutes) Your vital feedback gives

teachers, staff, administrators and the district important information about your student's current school experience. Survey information is used to monitor progress and develop future areas to improve upon via school plans and the District's [Local Control Accountability Plan](#).

The Climate Survey closes on Wednesday, December 19th, and my hope is that as many Rheem families participate as possible. Thank you to all who have taken the survey this far, and for those who have not had a chance please consider taking a few minutes to include your vital feedback.

Survey link:

https://docs.google.com/forms/d/e/1FAIpQLScNF40GSXeYPI8DypAtDGL42B6_bG9ZpXg5rfLY5muWXR00A/viewform?usp=sf_link

School News and Highlights

Geo Bee Preliminary Tests This Week: All 4th and 5th graders are invited to participate in this year's Geo Bee. 4th grade preliminary tests will be on Tuesday in Ms. McMullen's room during lunch, and 5th grade preliminary tests will be on Wednesday in Mrs. Cavallero's room during lunch. (*Note: Students may take the test on either day – whatever suits their own schedules best (for example, a 5th grader can take the test on Tuesday if he/she has an obligation on Wednesday)*) There will be two school competitions: 1) The Preliminary Competition will take the form of a written test all about geography 2) The top scorers will move on to the Final Competition where a School Champion will be chosen.

Walk Through California: Ms. McMullen's 4th graders are taking part in the amazing social studies program, "Walk Through California" this Wednesday. I encourage 4th grade families to come and watch their student's participate in this interactive walk through history.

A Note from Ms. Guidi

To My Dearest Rheem Community

Thank you, thank you, thank you for all of your generous donations, kind and considerate words, thoughts, hugs, and the continued support you have shown to me, my family, and friends who have been affected by the Camp Fire in my hometown of Paradise. The love, compassion, and generosity displayed has been incredible, overwhelming, and so appreciated, to say the very least. Throughout this indescribable experience, words have escaped me, but one thing I do know is I truly feel wrapped and surrounded by all of

your love. Moraga and Paradise are so similar, both in their physical beauty and in the beauty of their communities, and this beauty has been on full display throughout this past month.

Over the Thanksgiving Break, I was able to travel to Butte County to spend time with my family and friends and distributed the substantial amount of gift cards so generously donated by this thoughtful and caring community. Please know, all of your kindness was beyond appreciated and met with countless tears and tender hugs.

I have been asked how we can continue to support the Camp Fire survivors, and right now, the best way to help is with the donations of gift cards or monetary donations through several different funds. As we begin a new year in January, I hope to have a new way of helping the teachers and students of Paradise, the district where I began my teaching career, so please stay tuned!

From the bottom of my heart, thank you so, so much!

With love and unending gratitude,
Angie Guidi

Ways to help:

www.nvcf.org/

www.sydney Paige.org/paradisefires

sierranevada.com/camp-fire-relief-fund

Did you Know?

Campus Safety: All Visitors Must Check in at the Office

To ensure campus safety, school, and district, regulations require that all visitors **Must** check in at the front office before going to classrooms, the multi-use room or playgrounds. Visitors will be identified by staff and students by wearing a picture ID printed out in the office using the Raptor Visitor Management System. Adults not wearing these passes will be asked by school personnel to check in at the office or leave campus.

Box Tops – Support Rheem with your everyday purchases

Do you collect Box Tops? You can find Box Tops on many different items ranging from food, juices and Ziplock bags. Even family members can join the fun! Click [HERE](#) to see a list of participating products. If items you purchase have Box Tops, please clip them out and send them into school! We will be making another BOX TOPS collection before the Winter Break. Please turn in all neatly-trimmed Box Tops to the classrooms by Wednesday, December 19. The classes that bring in the most Box Tops will be awarded the Roadrunner Mascots at the January Spirit Assemblies.

The Last Word...

I recently read an article discussing the importance of children taking breaks ([*The Benefits of Downtime: Why Learners' Brains Need a Break*](#)). It talks about the misnomers associated with idleness and mundane tasks in regards to our brains. Did you know that when we are idle, electrical activity in the brain helps solidify certain kinds of memories? As for mundane tasks, scientists who research “unconscious thought” have found that activities that distract the conscious mind without taxing the brain appear to give people greater insight into complex problems. Some other important ways to give our brain a break and build capacity are through sleep and meditation.

With busy schedules being the norm for our children these days, it can be quite a challenge to schedule breaks into their day. With that in mind, a great time to catch up on rest and idleness is during holiday breaks and vacations. If you have a moment, I recommend you take a read for yourself on the importance of giving your brain a break and ways to create downtime.

There is no place like Rheem,

Mr. Sullivan