

February 23, 2020

Dear Rheem Team Families,

Spring has definitely sprung.

It will be the first time in a few weeks where we have five days of school and there is a lot going on so please dive right in to this week's RHEEMARKS.

This Week at Rheem:

Monday, February 24th:

- 5th graders visit JM for an observation of the school (9:30-11:00)
- JM 5th Grade Parent Orientation (9:45 AM or 6:30 PM in the JM Library)

Tuesday, February 25th:

- Parent Ed Opportunity: Vape Pens & Teens: What Adults Need to Know (6:00-7:30 in the JM Library)

Wednesday, February 26th:

- Variety Show entry forms due
- Coordinating Council Meeting (3:30-5:30 in the JM Library)

Thursday, February 27th:

- Regularly scheduled Thursday

Friday, February 28th:

- Brick for Kids: 1st grade onsite field trip (all 1st graders are early friends)
- Moraga School Board members visit Rheem for the day

JM 5th Grade Parent Orientation – Monday, February 24th

This coming Monday, February 24th Joaquin Moraga Intermediate will be offering two opportunities for incoming 6th grade parents (2020-21 school year) to get up to speed on what to expect regarding scheduling, class placement, and tips to help you support their student. 9:45 AM will be the first presentation and 6:30 PM is the second. Both presentations will be in the JM Library

School Climate Survey Results

Over the next several weeks, I will be including results from the 2019-20 Climate Survey that was sent out in December, 2019. 167 Rheem families responded as follows:

93% respondents agreed with the statement “My child feels safe at school (protected from verbal and/or physical harassment).”

Actual breakdown: 44% strongly agree; 49% agree; 2% disagree; 3% strongly disagree and 2% didn't know.

Variety Show Update

The Variety Show is just around the corner! Entry Forms are due this Wednesday, February 26th. Please turn them into the basket in the main office. Auditions will be on Friday, March 6th.

Hot Lunch Update: New Menu Cycle is Now Available

Submitted by Sodexo Hot Lunch Team

The new menu cycle is now available for ordering! It begins on Monday March 2nd and runs until the end of school at the end of May. (Last day for lunch is Thursday May 28th.)

Check out some of the new items like the Chicken Bahn Mi Wrap, Teriyaki Meatballs with Pineapple Rice and the Carne Asada Burrito, and bringing back the popular Pulled Pork Sandwich on a Sweet Roll.

We also are introducing some more vegetarian options like the Black Bean and Cheese Burrito, Sweet and Sour Vegetable Rice Bowl, Cheese Tortellini with Marinara Sauce, and the Baked Potato Bar!

As always, there is a 48-hour window to order, except for on the weekends.

Please contact me if you should have any questions at all.

Michelle Abeloff Connolly

JM Sodexo Supervisor

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Parent Education Opportunities:

Vape Pens & Teens: What Adults Need to Know

Next Tuesday, February 25th Derrick Kirk will be presenting on the intersections between tobacco, vape pens, & marijuana/cannabis. The evening's presentation will be held in the JM Library from 6:00-7:30.

Moraga iKind Project

The MSD and the Moraga iKind Project are sponsoring a very special movie and panel discussion where former Japanese internees will share their personal experiences of growing up in a Japanese internment camp.

The documentary "And then they came for us" will be shown on March 18, from 7:00 PM to 8:45 PM, at the Joaquin Moraga Intermediate School auditorium. Following the showing, the panel members, now in their 80's, will speak and answer questions.

About the film: Seventy-five years ago, Executive Order 9066 paved the way to the profound violation of constitutional rights that resulted in the forced incarceration of 120,000 Japanese Americans. Featuring George Takei and many others who were incarcerated, as well as newly rediscovered photographs of Dorothea Lange, “And Then They Came for Us” brings history into the present, retelling this difficult story and following Japanese American activists as they speak out against the Muslim registry and travel ban. Knowing our history is the first step to ensuring we do not repeat it. And Then They Came for Us is a cautionary and inspiring tale for these dark times.

A link to the flyer is here:

http://moragaikind.org/images/ATTCFU_Poster_2020_03_18_2_sided.pdf

Students are encouraged to attend.

The Last Word...

Last year at this time I shared an old Cherokee Fable having to do with Two Wolves. My message centered around helping children retain their wholesomeness and kindness of heart by practicing being kind and empathetic. Tonight, I want to share with you the end of the fable. It goes like this:

“An old Cherokee is teaching his grandson about life. ‘A fight is going on inside me,’ the grandfather said to the boy.

“It is a terrible fight and it is between two wolves. One is bad—he is full of anger, envy, sorrow and lies.”He continued, “The other is good – he is full of joy, love, kindness, truth and forgiveness. The same fight is going on inside you—and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf will win?”

The old Cherokee simply replied, "If you feed them right, they both win."

"You see, if you only choose to feed the good wolf, the bad wolf will be hiding around every corner waiting for you to become distracted or weak and jump to get the attention he craves. He will always be angry and will always fight the good wolf."

"But if you acknowledge the bad wolf, he is happy and the good wolf is happy and we all win. For the bad wolf has many qualities - tenacity, courage, fearlessness, strong-willed and great strategic thinking – that you have need of at times. These are the very things the good wolf lacks. But the good wolf has compassion, caring, strength and the ability to recognize what is in the best interest of all."

"You see, grandson, the good wolf needs the bad wolf at his side. To feed only one would starve the other and they will become uncontrollable. To feed and care for both means they will serve you well and do something greater, something good, something of life."

"Feed them both and there will be no more internal struggle for your attention. And when there is no battle inside, you can listen to the voices of deeper understanding that will guide you in choosing what is right in every circumstance."

"Peace, my grandson, is your mission in life. A man or a woman who has peace inside has everything. A man or woman who is pulled apart by the war inside him or her has nothing."

"How you choose to interact with the opposing forces within you will determine your life. Starve one or the other, or guide them both."

How do we help children (and ourselves) feed "both wolves?" Managing a child's anger can be one of the biggest challenges we face on a regular basis. The writers at Aha! Parenting share these [10 tips for teaching your child healthy anger management in everyday life:](#)

1. Start with yourself: If we shout at our children we are modeling behavior that our children will copy. A calm presence, even when a child is mad helps the child feel safe, which helps them develop the neural pathways in the brain that shut off the “fight or flight” response.
2. De-Escalate: Staying calm when things get turbulent. Yelling at an angry child reinforces what they are already feeling, which they are in danger (a child who lashes out is a child feeling threatened and defensive). So your anger will only make it worse.
3. Remember that all feelings are allowed: It is important our children know that we understand how upset they are and why.
4. Give your child ways to manage their angry impulses in the moment: a) teach them the "pause button"; b) use a stress toy like a squishy ball so they can squeeze out their anger; c) put on music and do an angry dance; d) to keep from hitting, teach them to clap their arms around their bodies; e) teach them to stomp their feet instead of kicking; f) an older child can draw or write what they are angry about and then tear it up into tiny pieces
5. Help your child be aware of their “warning signs”: Help you child notice when they are getting annoyed and learn to calm themselves before getting to the “fight or flight” stage of their anger.
6. Set limits on aggression: Allowing feelings does not mean we allow destructive actions.
7. Don't send a child away to “calm down” by themselves: Remember your calming presence brings your child the sense of safety they desire and they “need your love the most when they deserve it least.”
8. Restore connection: Children need to know that you understand and are there to help.
9. Do preventive maintenance to help your child work through the emotions that come up daily: a) responds with empathy and respect, even when you set limits;

- b) spend a minimum of 15 minutes one-on-one with each child daily;
 - c) use routines so your child knows what to expect, which helps them feel safe;
 - d) accept all the emotions your child expresses, and make it safe for them to cry when they need to;
 - e) give your child control of their choices when possible;
 - f) try to help your child belly laugh each and every day, preferably by playing a game with them
10. Help your child develop emotional intelligence: kids that are comfortable with their feelings manage their anger constructively.

Helping our children manage their anger allows them to address one of the most powerful emotions they are ever going to feel...and help them to feed both wolves. Thank you for all your do and for indulging me with this evening's Last Word...I planning on using some of these techniques in the coming days and weeks with my own children.

There is no place like Rheem,

Mr. Sullivan