

February 24, 2019

Dear Rheem Team Families,

The next few days are supposed to bring heavy rainfall to Moraga and the rest of the Bay Area. The forecast has rain starting tomorrow late morning, and continuing through late Tuesday night. Be sure to have your student dress accordingly and look to leave a little earlier for school since drop off (and pick up) will most likely take more time.

This Week at Rheem:

Monday, February 25th:

- 5th grade parent orientation at JM (beginning at 9:45AM or 6:30AM)

Tuesday, February 26th:

- Regularly scheduled Tuesday

Wednesday, February 27th:

- Coordinating Council meeting from 3:30-5:00 at JM Library

Thursday, February 28th:

- Regularly scheduled Thursday

Friday, March 1st:

- 3rd grade: Spirit of Alaska Husky onsite field trip

School News and Highlights

- Last Tuesday the Moraga School Board visited Rheem and had a chance to visit classrooms and classes throughout the school. To no surprise they could not say enough about all the great things the students at Rheem are accomplishing. Thank you again to President Joe Rosenbaum, Vice-President Jon Nickens (father of Chase – 3rd grade), and Board Members Heather Davis (mother of Addison – 3rd grade) and Richard Severy for visiting and joining the Rheem Team for the day.

JM 5th Grade Parent Orientation – Monday the 25th

This Monday, February 25th Joaquin Moraga Intermediate will be offering two opportunities for incoming 6th grade parents (2019-20 school year) to get up to speed on what to expect regarding scheduling, class placement, and tips to help you support your student. 9:45 AM will be the first presentation and 6:30 PM is the second. Both presentations will be in the JM Library.

Rheem's Third Annual Variety Show

Friday March 22nd in Frank Hall

Rheem's fabulous Variety Show is quickly approaching! Entry Forms are due this Wednesday, February 27th and Auditions are Friday, March 8th. Informational fliers came home several weeks ago in your student's backpack, but can also be found on the Rheem school website

<https://dres-msd-ca.schoolloop.com/varietyshow2019>

We look forward to another incredible show!

If any parents are interested in volunteering, please contact Courtney Pickering at cwpickering@gmail.com or Jill Balazs at jillbalazs@gmail.com

School Climate Survey Results

Over the past several weeks, I have included results from the 2018-19 Climate Survey that was sent out in November, 2018. 168 Rheem families responded as follows:

95% respondents agreed with the statement "My child feels safe at school (protected from verbal and/or physical harassment)."

Actual breakdown: 43% strongly agree; 52% agree; 4% disagree; 0% strongly disagree and 1% didn't know.

Read-a-thon Reminder

Thank you again for participating in this year's Read-a-thon. Please be sure to log all Read-a-thon hours by this Friday, March 1st. To submit your hours please use the following link: <https://goo.gl/forms/ZqnhAXLGuh9AcB412>. We are hoping to announce a schoolwide Pajama Day at the Monday, March 4th Spirit Assembly, so please be sure to enter your student's hours. (If you have been using a paper tally sheet, please turn in your sheet to the front office)

Any questions? Please contact the Read-a-thon chairs: Karen Jaworski (karen@kjaworski.com) & Zheni Nikolova (zheninikolova@gmail.com)

Save the Dates!

There are a variety of fun-for-the-whole family events coming this Spring that you don't want to miss. Make sure you mark your calendars for the following dates:

- Rheem Variety Show: Friday, March 22nd from 6:00-8:00 in the Frank
- Rheem Science Fair: Thursday, April 25th from 5:30-7:00 in the Frank
- Rheem Spring Picnic: Friday, May 10th from 4:30-7:00
- Rheem Open House: Thursday, May 23rd from 7:00-8:00PM

The Last Word...

Children never cease to amaze me. Their capacity for learning new things, or forming new friendships is awe inspiring. Maybe the thing that amazes me the most though is their capacity for compassion. Rarely if ever do I hear a child make a comment about someone else having bad karma, or deserving of a negative experience. And yet as we grow older, hearing such a comment may not seem so unusual. How do we help children maintain their kindness of heart and wholesomeness?

I heard a Native American fable recently about the Two Wolves and 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, “The one you feed.”

How do we help children (and ourselves) feed the “good wolf?” Dr. Christina Watlington offers the following things we can practice to help in that.

1. Practice forgiveness for yourself and others. By embracing forgiveness, you embrace peace, gratitude and joy. Forgiveness untethers you from feelings of anger, distrust and resentment.
2. Compliment others when deserved. It is a sign that you can be excited for other people’s triumphs.
3. Make the best out of every situation. When you are able turn challenges into opportunities, life unfolds in a very beautiful way.
4. Improve your self-esteem. Acknowledge the good things about yourself and celebrate your successes. When you can acknowledge the good in you, it becomes easier to acknowledge the good in others.

5. Turn down invitations to pick others apart. Try changing the subject when a friend or classmate wants to criticize others.

Every day we have opportunities to help our children grow and I'm looking forward to practicing a little more of what I preach with my own children and the children at Rheem. Thank you again for all that you do for your children, it is not only making Rheem a better place but the world as well.

There is no place like Rheem,

Mr. Sullivan