

March 10, 2019

Dear Rheem Team Families,

I hope you were able to get out and enjoy a bit of today's beautiful weather...and in the event you didn't the forecast has more of it come this week.

This Week at Rheem:

Monday, March 11th:

- NO SCHOOL – Staff Development Day

Tuesday, March 12th:

- School Board Meeting from 7:00-10:00 in the JM Library
 - 4th grade Rheem students presenting to School Board

Wednesday, March 13th:

- 1st Grade Seed Secrets onsite field trip

Thursday, March 14th:

- Mrs. Gubser's 5th grade class on a field trip to Valle Vista Outdoor Ed Site

Friday, March 15th:

- Rheem's Variety Show Rehearsals (3:15-5:30 in the Frank)

Saturday, March 16th:

- MEF Auction Gala: Rev Up for Education (at the Blackhawk Museum – Danville)

School News and Highlights

- 4th graders visited Sacramento last Friday and it was an action-packed day with stops at the Capitol, Old Schoolhouse, Train Museum and Sutter Fort. A good time was had by all and...nothing says California History like a day visiting the sites in the capital.

- This Saturday is the Moraga Education Foundation Gala: Rev Up for Education at The Blackhawk Museum. Please be sure to click [HERE](#) to see the amazing online auction items.

Read-a-thon Success Celebrated at Spirit Assembly

On Monday, March 4th, Rheem students and staff gathered to learn the details of this year's Read-a-thon. We knew we all had a great time, but we were very excited to discover that Rheem's grand total of reading hours this year was 13,975. The Roadrunner Mascots were awarded to Mrs. Webster's 2nd grade class for their 519 hours read at home, and Mrs. Culleton's 4th grade class for their 955 hours.

With such amazing results, it's no surprise that our students earned themselves a Read-In and Pajama Day on Friday, March 29 (the Friday before Spring Break). We are all looking forward to a comfy, cozy day of reading to celebrate!

The annual Read-a-Thon also brings in generous donations from sponsors. On Monday, March 4th, sponsor sheets for collections went home in the backpacks, along with a "World-ly" gift to commemorate the students' terrific efforts. Please help your child collect his or her pledges to send back to school on or before Friday March 29 (Read-In Day). If you haven't completed a sponsor sheet but would still like to honor your child's efforts, you can simply write a check to "Rheem PTA" with "Read-a-Thon" on the memo line and send it to school.

Many thanks to all members of the Rheem Team for supporting this year's Read-a-thon, especially Co-Chairpersons Karen Jaworski and Zheni Nikolova along with graphic designer extraordinaire Jen Blau! (Also, a special thank you again to Allegro Copy and Print for printing the Read-a-thon bookmarks and Bel and Bunna Books for donating the grand prizes).

Jennifer Strohmeyer is Moraga School District's Teacher of the Year

Rheem first grade teacher, Jennifer Strohmeyer, has been selected as the Moraga School District Teacher of the Year. Her commitment, compassion, and collaborative attitude has garnered her this year's award.

Mrs. Strohmeyer is in her 21st year teaching at Rheem. She began her career in 1996 at Camino Pablo and then signed on to the Rheem Team the following year. She has taught 3rd, 2nd and 1st grades in the past, and year in and year out she provides students with an experience that not only supports their academic needs, but just as important, their

social and emotional needs. Her capacity to love and support her students is astounding and one of the things I admire most.

Mrs. Strohmeyer is also a lifelong learner who dedicates her summers, and many a weekend, to cultivating her craft. Whether it be attending Columbia University's Readers Workshop trainings in New York City during the summer, or spending the weekend in her classroom planning for the coming weeks and months, she is always thinking of ways to make things that much better.

Maybe the thing that signifies Mrs. Strohmeyer the most is her unselfish attitude. Never have I met someone who readily takes the opportunity to help others as much as her. She is so intuitive and caring with students and staff, she always knows what to say and is never too busy to lend a helping hand or lend an ear.

Ms. Strohmeyer moves on to the Contra Costa County Teacher of the Year selection process, representing the Moraga School District. The board will acknowledge her as the district's Teacher of the Year at the March 12th board meeting.

I consider myself very lucky to work with Jennifer Strohmeyer and cannot thank her enough for all that she does to make Rheem a place like no other. Congratulations Mrs. Stroh!

Parent Ed Opportunity

Parents of English Learner Students – Technology Parent Education

Parents of English Learner students are invited to a night of learning. The program begins at 6:00 PM in the JM Computer Lab (Rooms 11 & 12) and will focus on all the technology Moraga School District students utilize on a daily basis. Please RSVP with Sally McLaughlin at: smclaughlin@moraga.k12.ca.us (Be sure to bring your students login info)

Moraga iKind Presents: "A Brave Heart"

JMIS Theater, March 20, 2019: 7:00-8:30 PM

A BRAVE HEART: THE LIZZIE VELASQUEZ STORY introduces viewers to a friendly Texas girl with a big smile, big hair, and an enormous heart. Born with an extremely rare congenital condition that makes it impossible for her to gain weight (among other ongoing health issues), Lizzie has never looked like anyone else -- but thanks to loving parents and what sounds like an extremely supportive community, she managed to have a somewhat normal childhood and girlhood, despite some giggles, stares, and teasing. But then she found the video someone posted on YouTube with the title "The World's Ugliest Woman" -- and it was her. The hundreds of cruel comments ("Kill it with fire!" "Shoot

yourself!") could have ensured that she never left the house again, but instead, Lizzie found the strength and courage to stand up and fight back.

This film is appropriate for parents and Middle School Students (Age 12+). Parents, students and all community members are invited to attend. The movie will be followed by a Student Discussion Panel and free Ice Cream.

Please RSVP at

<https://www.eventbrite.com/e/a-brave-heart-the-lizzie-velasquez-story-tickets-5408698763>

6. More Information at: www.moragaikind.org/movies

The Last Word...

If you haven't noticed the sun is still out and will be for the next hour and ten minutes. With Daylight Savings Time upon us I thought I would share some info on the underlying health issues that can be triggered by an hour less of sleep.

Lack of Sleep: Can cause an increase in heart failure as well as traffic accidents.

Depression Trigger: A Danish study shows an increase in depression after the seasonal time change. (depression does dissipate after 10 weeks)

More Sleep = Better Health: Since you've lost an hour of sleep yesterday you will want to try and replenish it by getting a good night sleep in the coming days.

Transition Tips:

- Eat a healthy breakfast first thing. Food tells your body it is the start of the day.
- Go for a walk. Light, and especially sunlight, helps to adjust your body clock.
- Help your child adjust by putting him or her to bed a little earlier.

I hope these provide some help and here's to a great transition into spring and summer.

There is no place like Rheem,
Mr. Sullivan