

RHEEMARKS

March 12, 2018

In the event you have found yourself late the past two days don't forget it's daylight savings time. If you're anything like me you haven't completely adjusted to the time change and wonder why we don't stick with the current time for the entire year.

For more info on Rheem please keep reading.

This Week at Rheem:

Monday, March 12th:

- NO SCHOOL – Staff Development Day

Tuesday, March 13th:

- Regularly scheduled Tuesday

Wednesday, March 14th:

- Seed Secrets – 1st grade onsite field trip presented by Heather Farms

Thursday, March 15th:

- Wellness Committee presents: "Stress and How to Deal with It" (6:30-8:00 JM Library)

Friday, March 16th:

- Regularly scheduled Friday

School News and Highlights.

- Last Monday I played like a time traveler as the 5th graders in Mr. Greer and Ms. Gubser's classes took part in the "Walk Through the American Revolution." From the signing of the Declaration of Independence, to Washington capturing Trenton the students did a fantastic job playing the parts of our founders. Jefferson, Washington, Betsy Ross, Benedict Arnold, and many more never sounded, or looked, so good.

- The “Rheem Variety Show” auditions were held last Friday afternoon in the Frank and if the rest of the show is as impressive as the three acts I saw you are not going to want to miss it. Please mark your calendar for next Friday, March 23rd from 6:00-8:00 in the Frank.

School Climate Survey Results:

In the MSD Climate Survey given in November, 2017, 122 Rheem parents responded as follows:

81.1% respondents agreed with the statement “The school’s character education programs have positively influenced my child’s development.”

Actual breakdown: 37.7% strongly agree; 43.4% agree; 3.3% disagree; 0% strongly disagree, 15.6% don’t know.

Rheem’s Odyssey of the Mind team

Congratulations to our 4th/5th grade Odyssey of the Mind team for taking 3rd in their division at their recent competition. They had to build a vehicle that could travel through specific events of a “triathlon” while performing a skit with a creative and cohesive storyline. The team worked so hard over the last 5 months to come up with their solution to this very complicated problem.

Kudos to team members: Emma Amaki, Henry Franklin, Phoebe Kim, Justin Nagayama, Liam Nyhan, Adison Schoemehl, Linus Wirstrom.

Attention 5th Grade Parents:

Stress and How to Deal with It – *Parent Ed Opportunity*

The Moraga School District Wellness Committee presents “Stress and How to Deal with it”, presented by JM counselor Gaby Alvarez and parent and pediatrician Dr. Paul Espinas. The program will focus on stress and its effects on health, how to manage it and how to practice resilience. The program will be interactive and is designed for 5th-8th grade students and parents and support providers. 5th graders must be accompanied by a parent or support provided. Sign up [HERE](#) for the program, which will be held in the JM library on March 15 from 6:30 to 8:00PM. Light snacks will be served.

The Last Word

Did you know the purpose of daylight savings time was to help save fuel during World War I by utilizing sunlight for an additional hour. The tradition has continued throughout the world to increase sunlight during summer months. With that said everyone should have set their clocks one hour ahead Saturday night. Below are some helpful hints to get your body, and schedule regulated to the change.

Adjust the timing of your other daily routines - The American Academy of Sleep Medicine suggests that in addition to going to bed early, you should also adjust daily routines that are “time cues” for your body. For example, eating dinner a touch earlier each evening.

Spring forward in the early evening on Saturday - Set your clocks to spring forward early Saturday evening, then go to sleep at your “regular” bedtime. By doing so, you’re basically spring forwarding your sleep one night earlier. Stick to your normal bedtime on Sunday too. (obviously a tip to use next year)

Get some Vitamin D - Try to catch some rays in the early morning sunlight on Sunday.

Work from home - If you have the option to work from home, this is the ideal day (or two) to take advantage of it to steer clear of the commute. That way, you can avoid other drivers who might be feeling the effects of a lack of sleep.

Don't drive distracted - Always important—no matter what time of year—but worth the reminder: don't drive distracted. Turn the radio down, drink your coffee at the office (or at home), don't take breakfast or your afternoon snack to go, and save the call (even if it is hands-free) for later.

Bring your sunglasses along for the ride - The shift in time may mean that you're now driving home while the day is still bright. Make sure you've got a pair of sunglasses in the car.

I hope these may help and cheers to a great transition into spring and summer.

There's no place like Rheem,

Mr. Sullivan