

March 14, 2021

Good Evening Rheem Team Families,

In the event you've found yourself a bit tardy today don't forget it's daylight savings time. And if you're anything like me, it may take you a while to adjust to the time change as well as find yourself asking why is it we don't just stick with the current time for the entire year.

For more info on Rheem please keep reading.

This Week at Rheem:

Monday, March 15th:

- Cohort A on campus from 12:15-3:00
- Full Distance Learning Students w/ FDL teachers
- Cultural Proficiency Meeting 3:30-5:00 ([Zoom link](#))
- Art & Kindness Club 11:00-11:30 ([Zoom Link](#))

Tuesday, March 16th:

- Cohort A on campus from 12:15-3:00
- Full Distance Learning Students w/ FDL teachers
- Kids on the Run Club 11:00-11:30 ([Zoom link](#))

Wednesday, March 17th:

- All students full distance learning
- St. Patrick's Day
- PTA Association Meeting 7:30-8:30 ([Zoom link](#))
- Storytime Club 11:00-11:30 ([Zoom link](#))

Thursday, March 18th:

- Cohort B on campus from 12:15-3:00
- Full Distance Learning Students w/ FDL teachers
- Keep Calm & Dance On Club 11:00-11:30 ([Zoom link](#))
- Rheem PTA's Diversity, Equity and Inclusion Group Meeting 4:00-5:00 ([Zoom link](#))

Friday, March 19th:

- Cohort B on campus from 12:15-3:00
- Full Distance Learning Students w/ FDL teachers
- Fun Fridays Club 11:00-11:30 ([Zoom link](#))

School News and Highlights

·125 Rheem students participated in the live Zoom Global Art and Culture Event last Wednesday morning. A big thank you to art teacher Larysa Larson and Mrs. Cargain (Leela and Emma's mom) for helping students with some of the art activities in the packet sent home a few weeks ago.

Traffic and School Safety

With on campus instruction resuming for 80% of our students, please take a quick moment to review the [traffic and safety procedures](#) to follow when dropping off and picking up.

Drop-Off for all students

Please wait in line to drop-off your child. **Do not pass other cars** (even if there seems to be room ahead). Once a series of cars has dropped off their charges and moved forward, another line of cars can come forward. The extra few seconds it takes to follow this procedure could prevent a tragic accident. After you drop-off your child, you may proceed cautiously around the bus circle.

NOTE: You can greatly assist in an efficient drop-off procedure by making sure that your child is ready to exit the car with mask on, snack, backpack, jackets etc. packed and ready! If your child needs your assistance to exit, please find parking along Laird Drive; please don't get out of the car in the drop-off zone.

If you want to accompany your child onto campus, you must park on Laird, and then walk to campus using the crosswalk. At this time, parents are not permitted on school grounds for safety concerns. Please do not use the staff parking lot for drop-off!

Afternoon Pick-Up for all students

The process works similarly to drop-off. Once a group of cars picks-up students and moves forward around the bus circle, another group of cars can move forward and do the same. While your child may be lining up in one spot, **do not pass other cars** (even if there seems to be room ahead). Be sure to place your name placard on the passenger side dashboard. Please wait in the queue.

Superintendent Search

The Governing Board hired Hazard, Young, Attea, and Associates (HYA) to help with the superintendent search. As part of the process, they would like to meet with multiple groups of people to discuss the leadership qualities each group finds important for hiring a superintendent. The Rheem Parent Community is invited to meet with HYA on Wednesday, March 24, from 6:00-7:00 PM. Zoom link:

<https://uscrossier.zoom.us/j/6139539048>

HYA has also created a survey that they would like everyone to complete for the superintendent search. Please take a moment and fill out the survey using this link -

<https://ecrasurvey.com/moraga2021>

If you have any questions, please contact Jennifer Baier.

Jennifer Baier

Executive Assistant to the Superintendent

925-376-5943

jbaier@moraga.k12.ca.us

Help Wanted: T.A. Position at Rheem

Two Rheem T.A.s are currently on leave, and we are looking for individuals who are interested in filling in. The position is a 18.75 hour a week position. As a teaching assistant you will help support students during school hours, and also support students and staff with yard duty responsibilities. Please email me if you are interested in learning more (bsullivan@moraga.k12.ca.us).

Rheem Diversity, Equity and Inclusion Group meets this Thursday via Zoom

Please join us this coming Thursday from 4:00-5:00pm via Zoom to discuss how to get involved in the great D.E.I. work going on throughout Rheem, the district and community. We will be discussing ways to ensure every student and family feels valued and welcome

at Rheem, as well as provide feedback for the mission statement being crafted by the district's Cultural Proficiency Committee.

Please use the following link to join us starting at 4:00

Zoom: <https://moraga-k12-ca-us.zoom.us/j/89155457417>

Meeting ID: 891 5545 7417

PTA Association Meeting – Wednesday, March 17th

Join us this coming Thursday at 7:30PM for a PTA Association meeting where we will be presenting updates on the current work by the PTA as well as unveiling the 2021-22 slate of nominees for board positions.

Zoom link: <https://moraga-k12-ca-us.zoom.us/j/83264611509>

Meeting ID: 832 6461 1509

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 last 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.

Cheers to a great transition into spring and summer.

There's no place like Rheem,

Mr. Sullivan