

March 22, 2020

Dear Rheem Team Families,

I hope you are well and have been able to get some fresh air with your family this weekend. Whether it be in your backyard, or a walk in your neighborhood, it's important for us to get out of our homes to experience the clean air and beauty while still practicing responsible social distancing protocols.

This Week in the Community:

Monday, March 23rd:

- Monday morning: Optional Learning Activities delivered via email from your teacher for this week's supplemental learning opportunities
- Free breakfast and lunch available (for children ages 18 and younger for pick at Campolindo HS from 11:00am – 1:00pm)

Tuesday, March 24th:

- Free breakfast and lunch available (for children ages 18 and younger for pick at Campolindo HS from 11:00am – 1:00pm)

Wednesday, March 25th:

- Free breakfast and lunch available (for children ages 18 and younger for pick at Campolindo HS from 11:00am – 1:00pm)

Thursday, March 26th:

- Free breakfast and lunch available (for children ages 18 and younger for pick at Campolindo HS from 11:00am – 1:00pm)

Friday, March 27th:

- Free breakfast and lunch available (for children ages 18 and younger for pick at Campolindo HS from 11:00am – 1:00pm)

Essential Items for Pick Up

If your student has left some essential items at Rheem and you/they need them during this extended stay away from school, please be sure to email me and set up a time between 2:30-4:30 tomorrow (Monday, March 23rd) for you to come by and pick them up.

MSD Communication Home

The Moraga School District is committed to updating community members in a timely manner via email, the [MSD website](#), [Twitter](#), [NextDoor](#) and the [MSD Facebook](#) page. As new information comes our way and announcements are made, we will continue to share them with you and keep them posted on the aforementioned mediums.

Free Breakfast and Lunch for Children Available for Pick Up

All children in the community are eligible for a free breakfast and lunch compliments of Acalanes U.H.S.D. and neighboring elementary districts including Moraga SD.

Pick up times are from 11:00am-1:00pm at Campolindo High School (300 Moraga Rd).

Below is this week's menu:

- Monday
 - Breakfast – Breakfast Burrito
 - Lunch – Teriyaki Chicken
- Tuesday
 - Breakfast – Muffin and Poptart
 - Lunch – Pizza Bread and Fruit
- Wednesday
 - Breakfast – Bagel Sandwich
 - Lunch – Chicken Pesto or Meatball Marinara w/ Breadstick
- Thursday
 - Breakfast – Breakfast Burrito
 - Lunch – Spicy Chicken or Chicken Sandwich
- Friday
 - Breakfast – Pancake, Sausage and Egg
 - Lunch – Cheeseburger or Grilled Cheese

The Last Word...

If your week at home was anything like mine, you realized that organizing kids, work, and family is more than a full-time job. One of the areas my wife and I struggled with early in the week was keeping our children organized and sane. We realized that our two 10 year old's and 13 year old did not have the skills yet to organize themselves at home for a multitude of activities. So what we enacted on Thursday, and when I say we I mean my wife, was a schedule of routines that each one helped fill out.

My son's looked like:

10:00 Wake up, eats breakfast and make his bed (I know...it must be nice)

10:30 Typing club

10:40 Writing activity

11:00 Exercise for 30 minutes

11:30 Math activities for 30 minutes

12:00 Lunch

12:30 Play in the backyard (basketball or pass a volleyball with his sisters)

1:15 Chores: (does two of the following - fold laundry/put clothes away/clean up lunch/empty dishwasher/vacuum/organize his room)

1:30 Science for 30 minutes

2:00 Social Studies for 30 minutes

2:30 Creative activity – Art or Music

3:00 Schools out – 30 minutes of free screen time

6:00 He gets another 30 minutes of free screen time

8:00 Read for 40 minutes before bed

His twin sister's looks very similar except for the order of her academic activities as well as the games and exercise she chooses.

Structure is essential when creating new routines, and what we found with the schedule they created is they know when free screen time is, which typically motivates them to do a few more academic activities in between. It also helps manage the amount of time they have on screens.

Which leads us to another dilemma...how much screen time should our children get during a shelter in place? A common recommendation for children ages 5-18 is one to two hours of screen time during the week. I read a good article a few days ago about how to

manage screen time with people sheltering in place and social restrictions. ([How to manage your kids' screen time during coronavirus](#)) Some of the recommendations are to be:

- Flexible
- Create structure for time online and offline
- Check the content
- Watch together when you can
- Use screens to connect

With more and more time spent online for school, home and social connectivity it is important to begin to develop a plan and routines to support our children in this new way.

Thank you again for all that you do to support your children and please do not hesitate to reach out to me with any questions or concerns.

Be safe and be well.

There is no place like Rheem,

Mr. Sullivan