

March 24, 2019

Dear Rheem Team Families,

There is a lot going on at Rheem this week. From "**Spirit Week**," to a **Spirit Assembly** to top things off on Friday, you will want to keep reading to make sure you don't miss anything.

\*Remember: this Friday, March 29th is a minimum day with all students getting out of school at 12:12 PM

\*\*Remember: Spring Break is the week of April 1st-5th

## **This Week at Rheem:**

### Monday, March 25th:

- Spirit Week: Rheem Spirit Wear and/or blue & gold....this can also be everyday of Spirit Week
- Cultural Proficiency Meeting from 3:30-5:00 at LP

### Tuesday, March 26th:

- Spirit Week: "Favorite" Day - interpreted as whatever your favorite thing is (favorite color, animal, band, clothing item, socks, etc.)

### Wednesday, March 27th:

- Spirit Week: Wacky Wednesday...dress wacky (stripes and polka dots, lots o' colors, mix-matched socks and shoes)
- PTA Association Meeting from 9:30-11:00 in the Frank
- Coordinating Council meeting from 3:30-5:00 in the JM Library

### Thursday, March 28th:

- Spirit Week: Sports Team Day - wear your favorite team gear (professional, college, swim team, baseball team, Rheem team)
- Student Wellness Committee meeting from 3:30-5:00 at Rheem

### Friday, March 29th:

- 2nd Trimester Report Cards go home
- Spirit Week: Pajama Day
- Minimum Day: All students are early arrival (8:25 AM) and get out at 12:12 PM

- Spirit Assembly
  - K-2nd 8:30-9:10
  - 3rd-5th 10:30-11:10

Monday, April 1st-5th:

- NO SCHOOL – SPRING BREAK

## School News and Highlights

- Rheem’s 3rd Annual Variety Show was another smash hit, as over a hundred and fifty people relished the opportunity to partake in the amazing talents of our Roadrunners. There was something for everyone as close to 60 performers shared their singing, dancing, magic, stand-up comedy skits, and musical talents. It was a night those in attendance won’t soon forget. A big “Thank You” to our PTA for providing yet another opportunity for our children to grow as students and citizens in a nurturing environment. There were countless people who helped put on this year’s show but a special thank you once again to the amazing duo of Courtney Pickering and Jill Balazs for all their hard work.
- A special “Thank You” to Esther Jun from Humble Yoga for last week’s “Yoga Night” at Rheem. There was a strong showing of families in the Frank, doing all they could to calm their minds and center themselves.

## Spirit Week at Rheem

This week has been declared “Spirit Week” at Rheem. Please be sure to join in the fun as each day will have a clothing theme, culminating with Pajama Day on Friday. See the schedule below for a daily reminder.

- **Monday:** Rheem Spirit Wear and/or blue & gold....this can also be everyday of Spirit Week
- **Tuesday:** "Favorite" Day - interpreted as whatever your favorite thing is (favorite color, animal, band, clothing item, socks, etc.)
- **Wednesday:** Wacky Wednesday...dress wacky (stripes and polka dots, lots o' colors, mix-matched socks and shoes)
- **Thursday:** Sports Team Day - wear your favorite team gear (professional, college, swim team, baseball team, Rheem team)
- **Friday:** Pajama Day

## **Deadline To Order Your Child's 2018-19 Yearbook is Friday, March 29th!**

If you would like to purchase this year's yearbook and have not done so already, please click the following link to purchase as the deadline is this coming Friday the 29th. Click [HERE](#) to purchase a yearbook.

## **Moraga School District Board Vacancy**

Former Governing Board President Joe Rosenbaum resigned from the Board in March having moved out of the area. We are grateful to Mr. Rosenbaum for his steadfast commitment, creative solutions and leadership as Board president.

Tuesday, March 12, 2019, the Governing Board voted to approve appointing a new Board member to complete Mr. Rosenbaum's term.

Governing Board members serve as the primary body for setting school district policy and direction, and overseeing District finances in order to provide all Moraga children with the education they need now and in the future. The vacancy will be filled via an appointment process. Once appointed, the new Governing Board member will serve in office until the December 2020 Governing Board meeting. To continue serving beyond December 2020, this Governing Board member will have to file for candidacy and run in November 2020 for a four-year term as an elected Governing Board member. The formal announcement for filling the vacancy can be found [HERE](#). Information about the application and appointment process can be found [HERE](#). An informational meeting will be held at 7:00 PM on Tuesday, April 9, 2019, at the Joaquin Moraga Intermediate School library for persons who are interested in learning more about the appointment process and the roles and responsibilities of Governing Board members. Applicants are welcome to contact Governing Board members and the superintendent about the process, commitment, and responsibilities of Board members.

## **The Last Word...**

I read a great article recently on [Executive Functioning and Self-Regulation](#). The article was published by Harvard's Center on the Developing Child and discussed providing the support children need to build essential, life long skills at home and in the classroom.

The article mentions that, "executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully." For children, and adults, to do these things appropriately and successfully it takes practice. The article goes on to explain the three types of brain

function that support executive functioning and self-regulation: working memory, mental flexibility, and self-control.

- **Working memory** governs our ability to retain and manipulate distinct pieces of information over short periods of time.
- **Mental flexibility** helps us to sustain or shift attention in response to different demands or to apply different rules in different settings.
- **Self-control** enables us to set priorities and resist impulsive actions or responses.

The article eventually provides a series of great links that introduce executive functioning activities for children. From card games to physical activities, or music and dancing to brain teasers and quiet activities that require strategy and reflection, I strongly recommend you take 10 minutes to check them out.

For Kindergarten thru 2nd grade click [HERE](#), and for 2nd grade through 5th grade click [HERE](#). (Click [HERE](#) in the event you have middle school and high school age children).

Thank you for taking the time to read this week's RHEEMARKS all the way the through...that in itself helped you practice your own executive functioning and self-control skills.

There is no place like Rheem,  
Mr. Sullivan