

March 29, 2020

Dear Rheem Team Families,

I hope you are well. This week marks the oddest Spring Break on record. Spring Break has always represented a week off from school where families are able spend more time with one another. (spending more time with family is not something most of us are in short supply of) Through all of this, I feel the silver lining is we are able to connect more with our children (as well as pets...or at least I've been told). Where we once dropped them off on Laird or saw them off to the bus stop, we now get them started on a new routine at home. Keeping a balanced schedule for our kids is important. Reading, exercise, academics and free time are all important things, but more than that is quality time with loved ones. So do your best to schedule that as a part of your daily routine. (I've played more cops and robbers in the last two days than I ever had in my youth)

In the coming week you will receive more information on Moraga School District's distance learning plans, which will begin Tuesday, April 7th. While your children wait for distance learning plans, I encourage you to utilize some of the same resources they have been using over the past couple weeks by way of Clever. (or this document [HERE](#) which has other resources in addition to Clever).

I appreciate all that you do to make this community a special place. Be well and please see what else there is in this week's RHEEMARKS.

This Week in the Community:

Monday, March 23rd:

- Chromebook sign out from 10:00-12:00 at District Office
- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS.
(Please note the new time during Spring Break from 10:30am – 12:30pm)

Tuesday, March 24th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS.
(Please note the new time during Spring Break from 10:30am – 12:30pm)

Wednesday, March 25th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS.
(Please note the new time during Spring Break from 10:30am – 12:30pm)

Thursday, March 26th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS.
(Please note the new time during Spring Break from 10:30am – 12:30pm)

Friday, March 27th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS.
(Please note the new time during Spring Break from 10:30am – 12:30pm)

Chromebook Distribution for Families in Need of an Internet Device

In the event you do not have a device for your student to use to access the internet, you will want to stop by the District Office (1540 School Street) on **Monday, April 6th** between 10:00am-12:00pm to sign out a Chromebook to ensure they can participate in the district's distance learning plan.

Free Breakfast and Lunch for Children Available for Pick Up

UPDATED SPRING BREAK HOURS

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.

New Spring Break pick up times are from 10:30am - 12:30pm at Campolindo High School (300 Moraga Rd).

Rheem Library Update:

A Message from Mrs. Gillbanks

Dear Rheem Families...

Nearly every Rheem student currently has books checked out from the Rheem Library. I realize this goes without saying, but please do not worry about returning them at this time. They can be returned once school reopens. If you also have books checked out from the public libraries, please make sure to double check the catalog labeling on the books to assure that you do not return Rheem Library books to the wrong location. During the Shelter in Place, I encourage you to read aloud to your children and also have them read aloud to you. Studies show that "Reading Aloud to Young Children Has Benefits for Behavior and Attention." (for more read:

<https://www.nytimes.com/2018/04/16/well/family/reading-aloud-to-young-children-has-benefits-for-behavior-and-attention.amp.html>) I believe the benefits extend far beyond the young child. There are many eBook and read-aloud sources available though many different online sites, but here are a couple free ones to consider:

<http://ccclib.org> If you do not have a public library card, you can sign up for an e-card on their site to access their extensive eBook library.

<https://jlg.ipublishcentral.com/bookshelf> The Junior Library Guild's collection. I had sent this link and info out to your teachers to share earlier last week.

Also to consider: Scholastic's free <http://kids.scholastic.com/kids/games/homebase/> which is "an online multiplayer game for kids where they can meet their favorite book characters and explore books worlds, write stories, and hang out with other readers in a safe, moderated place."

I miss all the Rheem students and look forward to hopefully seeing them soon. But in the meantime, they will be able to see and hear me for Read Aloud as a part of our Distance Learning Plans.

I hope all Rheem families stay healthy and safe during these uncertain times.

Sharon Gillbanks

Rheem Librarian

The Last Word...

My father was born in the 1930s in a small town called Anaconda, Montana. It was a mining town with a population of a little over 10,000 people. To hear the stories of his youth always captivated my siblings and me. He spoke about playing sports with his brothers, hiking in the barren hills, and fishing on the Big Hole River with his friends. His everyday life seemed so interesting to us. A common theme in many of his stories was how people always seemed willing to lend a helping hand in Anaconda. I have to admit, some of his stories seemed a bit far-fetched but we really had no reason to doubt any of them because my father himself was always willing to lend a helping hand. Whether it was a family member asking for help installing a light fixture or electrical outlet (my dad was an electrician by trade), a neighbor needing help building a fence, or the local youth sports organization in need of a coach. He always seemed to make time to help those in need.

As a child, what really made an impact on me was his willingness to even help a stranger. It seemed like he always pulled over to the side of the road when there was driver in need, or reached into his pocket for a homeless person (and always with a kind word or two). The best thing about it was he never made a big deal of it. So, my siblings and I grew up thinking that's what everyone did. Please don't get me wrong, my father had other character traits that made him a little (or lot) less friendly and helpful, but he modeled this helpful kindness often.

My father died almost 30 years ago, and the reason I bring him up today is because this past week my mother took a spill while on a walk in her neighborhood. While on the walk she got dizzy, lost her balance and fell to the sidewalk. Thank goodness she didn't break any bones but she wasn't able to stand up because the dizziness continued. As she sat on the ground waiting to come out of her dizzy spell she later reported that nobody stopped to help her. Several cars drove by. A couple walking their dog across the street noticed her but looked ahead and kept going. Another gentleman parked his car right across the street from her and looked at her as he entered his house. Eventually she called my sister, who lives about 15 minutes away, for help. My sister didn't pick up her phone so my mom called me. I could hear the fear in her voice and told her I'd come get her but if she is in a lot of pain she needs to call 911 right away. Her response startled me. She said, "I can't go to the hospital. I might get sick." So, as I climbed into my car and drove down Moraga Road toward the freeway I thought to myself what on earth would compel someone to simply ignore another who needs help? I realized the fear she felt about going to the hospital, was the same fear those people felt about helping her. They feared she would get them sick.

What a world we currently live in, what once was second nature in stopping to help someone has now become a dangerous dilemma.

In these uncertain times people are feeling many things. Some feel anxiety, fear and helplessness. Fear in itself can be a paralyzing feeling, and when fear overtakes our lives, the sense of helplessness can become a default. Others are feeling a call to duty, where sharing their time, talent or resources fill their days. Most are probably feeling a little bit of each.

My hope is that through all of this, we grow stronger as a community and world. That compassion fuels our action, not fear when faced with the chance to help a fallen neighbor or a homeless stranger.

Thank you for being someone your children and family can count on. It is always the first step to helping others.

There is no place like Rheem,

Mr. Sullivan