

April 12, 2020

Dear Rheem Team Families,

I hope you are in the midst of an enjoyable weekend and you have been able to get some fresh air and exercise while enjoying your family's company.

Last week we all embarked on Distance Learning, a first for Moraga Schools, and I am so proud of the work our Roadrunners put in and have just as much pride and admiration for the work our teachers put into their lessons. From technology to student independence, we now look to address any challenges that have presented themselves as well as support the needs of all learners. Like all new (meaningful) endeavors it is a work in progress.

If you have not gotten a chance to fill out a [MSD Distance Learning Family Survey](#), I ask that you take a few minutes to do so. To get a better understanding of all learners we ask that you fill one out for each of your students (I filled out three myself and can tell you my responses varied for all three).

## **This Week in the Community:**

### Monday, April 13th:

- Distance Learning Daily Lessons resumes
- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30

### Tuesday, April 14th:

- Chromebook sign out from 10:00-12:00 at District Office
- School Board Meeting: 7:00-10:00 (via Zoom)
- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30

### Wednesday, April 15th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30

### Thursday, April 16th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30

### Friday, April 17th:

- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30

## **MSD Distance Learning Family Survey**

In the event you have not done so already, please take a moment to fill out a survey for each of your student's experience with distance learning. The survey ends on Tuesday, April 14th, and your feedback is vital in helping us support the needs of students across the district.

[CLICK HERE](#) to take the survey.

## **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, please to be sure and stop by the District Office (1540 School Street) on **Tuesday, April 14th** between 10:00-12:00 to sign out a Chromebook to ensure they can participate in the district's Distance Learning Plan. This will be the last day of distribution at the district office.

- Tuesday, April 14, 10:00-12:00

To help with safe and efficient distribution please do the following before coming:

- Fill in this [online form so we know to expect you](#).
- [If possible, print and complete this form in advance](#). We will have copies of it outside the District Office as well.

## **School Board Meeting – Tuesday, April 14th**

April's School Board meeting will be held this Tuesday from 7:00-10:00PM via Zoom.

Zoom link: <https://zoom.us/j/713189392> **Meeting ID: 713 189 392**

***or dial by location +1 669 900 6833 US Meeting ID: 713 189 392***

Individuals are requested to complete and submit this [Public Comment Form](#) to provide public comment on items not on the agenda and items on the agenda. Comments must be submitted before the item is to be considered by the Board. Submitted comments will be read aloud during the meeting. Submit a separate form for each public comment item. Click [HERE](#) to see the Board Agenda

## **Parent Ed: Parenting Under Pressure**

*Tuesday, April 21st: 2:00pm – 3:30pm*

During times of inordinate stress, it is challenging, but extremely beneficial, for parents to remain positive and respond to their kids with respect and compassion. Parenting Under Pressure, presented by Charlie Appelstein, highlights the benefits of using a positive, strength-based parenting approach.

This free online webinar outlines proven strategies for helping parents deal with the difficult feelings they are experiencing and teaches parents how to respond instead of reacting when tensions are high. Click [HERE](#) to RSVP and learn more about the seminar.

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

A very dear friend shared a video link with me this morning with a succinct message, “I can’t think of a better way to send joy and hope to you!” As I clicked on the link I was delighted to find to find a music video commemorating the 50th anniversary of [“The Weight” by The Band](#) (some people know it as Take a Load Off Fanny). The video is actually a compilation of over 20 artists from all over the world performing the song and it is beautifully done. It struck me as so poignant that this song, which shares the struggles of doing something good for others can often carry a significant weight, was performed by musicians spanning the globe. Never in our recent history has the weight of our struggles been shared by so many, and the idea that it is difficult to shoulder the load by ourselves rings true.

And so it is with the work we have taken on with Distance Learning from home. It can be a struggle, and one that is definitely not meant to be shouldered alone. So, as we continue our journey together please take solace in knowing there are others willing to help with the weight and “take a load for free.” The Rheem Team is here for you.

Please DO NOT hesitate to contact me if you have questions, concerns or struggles I can help with. Be well and I encourage all of you to take the 5 minutes and 30 seconds to give it a watch. [“The Weight” by The Band](#)

There is no place like Rheem,

Mr. Sullivan