

April 19, 2020

Dear Rheem Team Families,

I hope you had an enjoyable weekend and were able to get some fresh air and exercise. As mentioned in my email Friday, starting this week, Monday will be a day dedicated to students participating in Art, Music, and PE lessons with opportunities for them to also take part in “Second Step” social emotional lessons, a citizenship lesson, core curriculum extension activities as well as make up any incomplete work from the prior week. (The link for those lessons and activities can be found [HERE](#)). Classroom teacher led lessons will continue Tuesday thru Friday in reading, writing, math, phonics, science and social studies.

Please see what else we have on tap this week, and thank you again for all that you do to enrich the lives of your children and families.

This Week in the Community:

Monday, April 20th:

- [Distance Learning Monday Lessons and Activities](#)
- Free breakfast and lunch available for children ages 18 and younger for pick at Campolindo HS from 10:30-12:30 (**Monday-Friday**)
- Red “C” Rising community building event (details below)

Tuesday, April 21st:

- [Tuesday through Friday Distance Learning Lessons](#)

Wednesday, April 22nd:

- Kindness Club: Join in via FlipGrid (password KindnessClub)
- Earth Day

Thursday, April 23rd:

- Science Fair Due Date Extended

Friday, April 24th:

- Spirit Friday: Join in via FlipGrid (password SpiritFridays)

Science Fair Update – Due Date Extended

As submitted by the Science Fair Committee

As each of us knows this year has seen a lot of changes and has impacted how we participate in Science Fair. **We no longer have a due date** and we hope you will use the

extra time to complete your experiments. As ever, please communicate with your Science Fair Committee member and complete a final report. Once you finish your experiments, we encourage you to try a new way of presenting them—by video!

Please consider having your parent help you to create a short video from smartphone, iPad, computer, or other device to upload to our private Facebook group. Access to the group will be granted by our Science Fair Chair to maintain the privacy of this group and its contents. Your parent will need a Facebook account and search for the group called "[Rheem Science Fair 2020](#)." Join the group by clicking on the upper right "join" box. Once you are confirmed, you may post your video and a short message to allow others to see your work. You can also encourage your fellow scientists with words of encouragement in the comments section under their video. Thanks for being a part of the Rheem Elementary 2020 Science Fair!

Questions? Contact the Science Fair Committee at RheemSF@gmail.com

Town of Moraga and Campolindo HS Present: *Red "C" Rising this Monday the 20th*

Rise Up, Stay Strong!

Monday, April 20th, Moraga residents are encouraged to take part in a community building event where we "paint (or decorate) the town red" to show our support for all the students in town, particularly graduating seniors from Campolindo's Class of 2020. It's a great opportunity for us to show community spirit and support each other.

Please click [HERE](#) for more information on how to participate.

The Last Word...

As we prepare for our third week of distance learning, I hope you and your family are adapting to this new method of instruction and delivery. Across the world there has been a huge paradigm shift in all things, with our schools being at the forefront of this change.

My hope for everyone as we continue on this journey, is that we can all keep a few things in mind, especially in those tough, uber challenging moments. Self-Care, while it can sound indulgent at a time of crisis, tops the list. I'm not talking about learning a new trade, mastering French cooking or a foreign language. I'm talking about Your own oxygen mask first. Dr. Denise Pope from Stanford (Challenge Success) has some great suggestions on

how to focus on safety, health and well-being, for students and families. Here are a few ideas to help you keep your self preservation intact:

- **Reading for pleasure:** For kids of all ages, this is one of the best “academic” areas for you to encourage. Re-reading childhood favorites, reading aloud, reading interactively with a family member, and listening to audiobooks are all excellent ways to support literacy skills.
- **Personal interest projects:** Find time for students to dive more deeply into their own interest areas. Give them voice and choice to explore something they are curious about or have always wanted to learn.
- **Social time:** Kids will likely be missing the social aspects of school more than the academics. Encourage them to connect to friends near and far through Facetime, social media, phone calls, and even handwritten letters. Leave chalk messages on driveways or ask kids to brainstorm other creative ways to interact with neighbors and friends.
- **Family time:** While you might feel like you have nothing but family time right now, make sure you actually spend time together as a family unit. Prepare and eat meals together, play games, or take a walk. Use this time to check in on how your family is coping; calm fears and let your children know that you are there to keep them safe.
- **Chores:** We often believe that our children are too young or too busy to help with household chores, but contributing to the family in this way can foster responsibility and independence. Use the time now to practice important skills like making their bed, cleaning their room, clearing their dish from the table, cooking, or doing laundry.
- **Service:** Find big or small ways to be of service to somebody else. Pose this as a problem that your family might solve together: How might we help others? You may want to organize a food drive where neighbors leave canned goods on their porches and one healthy adult delivers them to a food bank, or reach out to seniors to see what they might need.
- **Exercise and meditation/deep-breathing:** This is important for kids and adults alike. Go for a run, do family yoga, or put on some music and dance. This is a great way to build in family time while also developing positive coping skills.
- **Good sleep:** Most kids do not get the 9-11 hours they actually need each night. Use this time to develop good sleep hygiene by keeping devices out of bedrooms, turning off screens at least an hour before bedtime, and getting to bed at an appropriate hour. You can also let your child wake up later than usual now that they do not have to get dressed and ready for school.

- **Sensible screen time:** Try to balance work time (yours and your child's) with ample breaks and time to connect. It might feel like everyone is spending too much time on screens right now, especially if you need to use the television or the computer to keep kids occupied while you get some work done, but it's ok. Try to strike a balance with non-screen activities as much as possible, especially during evenings and weekends.

If you would like to learn more about "Challenge Success Family" I encourage you to read more from Dr. Pope [HERE](#), as well as listen to [her as the featured guest](#) on Distance Learning with Senator Steve Glazer's Town Hall.

In closing, one of the main focus points for our staff is developing the whole child and creating as much balance in the lives of our students as possible, and in doing so we have nurtured the "growth mindset approach." A growth mindset unlocks our ability to learn and grow especially during challenging times. Little did we know how important this growth mindset would be for all of us this year. Because of this experience and our growth mindset, I believe we all will be stronger when we come out on the other side of the COVID-19 Pandemic. History is being written and we hold the pen, and together, we will write the best story for our children!

There is no place like Rheem,

Mr. Sullivan