

April 21, 2019

Dear Rheem Team Families,

We have another busy week at Rheem culminating with our Science Fair on Thursday and Friday. Please be sure to read what else is happening on Laird.

This Week at Rheem:

Monday, April 22nd:

- Earth Day/Buddy Clean Up

Tuesday, April 23rd:

- JM Counseling Team (Ms. Alvarez, Herbert and Inzeo) visit 5th grade classes
- Bus Driver Appreciation Day

Wednesday, April 24th:

- PTA Executive Board Training in the Frank from 10:00-11:30
- Coordinating Council Meeting at JM from 3:30-5:00

Thursday, April 25th:

- Science Fair 5:30PM - 7:00PM in the Frank
- Science Fair Student Presentations in the Frank (3rd grade 8:30-9:15AM; 4th grade 9:15-10:05AM; 5th grade 10:30-11:15AM)
- Student Wellness Committee meeting at Rheem from 3:30-5:00 (Room 25)

Friday, April 26th:

- Science Fair Walkthroughs (K – 2nd grade classes 8:30AM – 10:00AM)

School News and Highlights

- This past Wednesday the entire school took part in an Earthquake Drill at the end of the day. This drill was extensive and allowed students and staff alike to practice their roles more thoroughly in the event of an earthquake (we even had a dozen families take part in a mini-family reunification drill, where we practiced getting students off campus and into the hands of their loved ones). A special thank you to Chief Jon King, Officer Ortiz and Rheem's very own Mrs. Cathy Ghiselli from the Moraga PD for taking part in the drill and for all the great insight and feedback to make our preparedness even better.
- To celebrate "Earth Day" Rheem students will be working with their buddy classes for a "Campus Clean-up and Garden Day" this Monday.

- 5th grade science camp received rave reviews. Students were able to experience science and nature in the beautiful Marin Headlands. Thank you to our parent chaperones for sharing their time and talent with our students, and a very special thank you to Mrs. Cavallero, Mr. Greer and Mrs. Gubser for their continued efforts to make 5th grade an experience our students will always remember.
- This Tuesday, April 23rd is Bus Driver Appreciation Day. In the event your child rides the bus be sure to remind them to give a high five or an extra thank you to Ms. Kim, Ms. Yesenia or Ms. Kenisha as a sign of appreciation for all their hard work. And if you want to go the extra mile, encourage them to make a card.

Don't Miss this Thursday's Science Fair

Science Fair Update: All Families Invited

Rheem scientists...great work getting this far!!! We're all excited to see your amazing posters and hear about your experiment results this Thursday the 25th!

Next steps:

1. Drop off your team's completed poster board on Thursday in the Frank/MUR before the bell rings. For poster instructions and layout click [HERE](#).
2. Class presentations will be given to your grade during school Thursday. (Click [HERE](#) to see guidelines for a script, IF NEEDED. Yes, notes/papers can be used during presentation.)
3. Come to the science fair in the evening, 5:30PM-7:00PM in Frank Hall.
4. K-2nd grade classes will do a walk-through of all the boards on Friday and we will take down the boards to be given back on Friday.

Parents are welcome to attend the morning class presentations.

3rd grade: 8:30 - 9:15

4th grade: 9:15 - 10:05

5th grade: 10:30 - 11:15

If you have any questions please contact rheemsf@gmail.com

Thank you!

Rheem Science Fair Committee

Did You Know?

Attendance Update

Below are the year over year statistics for Rheem's attendance to date:

	2018-19	2017-18
Attendance	97.0%	97.2%
Truants/Unexcused Absence	451	441
Tardies	843	1068

Thank you for your continued efforts to support your student's academics. With 7 weeks of school remaining, I want to remind everyone that attendance is the greatest factor when it comes to student learning. Over the course of the year we have steadily declined in our attendance rate, which is not uncommon during a school year, however one of the more significant concerns is the number of truants, (which have more than doubled since January) and tardies which have increased disproportionately as well. I strongly urge all families to try and have perfect attendance for the next 7 weeks. There is a great deal of amazing work your children will do during this time and for them to benefit fully their attendance is key.

Parent Ed Opportunity

Courageous Conversation About Race™

A Protocol to Engage with Students and Families around Race.

- Monday, April 22, 6:00–7:30pm, Acalanes High School Library
- Sponsored by the Acalanes Union High School District, Acalanes High School, and the Moraga iKind Project, this interactive seminar will highlight why we need to engage in productive dialogue about the role of race in society and our schools. Campolindo hosted this seminar earlier in the year and it was a powerful opportunity to dialogue about this critical topic.
- See the following website for full details: [An Introduction to Courageous Conversations About Race™](#)

The Last Word...

If your day was anything like mine, you had a chance to spend it with some family and friends. I was able to share a lovely brunch and got a chance to catch up on the happenings in each of their lives. I love family get togethers, as stressful as it can be to host a gaggle of people, there is little that can take the place of sharing your time, laughter and love with those who mean the most.

As challenging as it may be to get together with extended family it can feel just as challenging to do the same with our immediate family. I find my wife and I are constantly dividing and conquering when it comes to sustaining our children's busy schedules. With that said, as busy as things can get research shows how important it is to spend time together as a family unit. What better time to do that than dinner. A study from Stanford's Children Health highlights some of the important things that come out of breaking bread on a regular basis with your immediate family. They are:

Communication

Dinnertime is a time of respite from the hustle-bustle of everyday life. Your family can review the day that's passed and plan for the day that's coming.

Teach by example

Divide tasks, so Mom alone is not responsible for preparing food, serving, and washing dishes. The chores and joys of feeding, nurturing and cleaning up should be shared.

Don't discuss things that would embarrass or humiliate family members. Certain subjects children may want to discuss might require more compassion, or more individualized listening. Otherwise, there are no taboo topics.

Build self-esteem

Dinner is a perfect opportunity to build self-esteem in children. By listening to what children have to say, you are saying, "I value what you do; I respect who you are and what you're doing; what you do is important to me."

Mealtime can be looked at as an opportunity or as a chore. If it's viewed as an opportunity, then all sorts of possibilities are created; if it's viewed as a chore, then the possibilities don't exist. And it doesn't matter if the food is filet mignon, or pizza and salad.

Seating

Parents should let children choose their own seats. If they fight over a favorite seat, help settle the dispute peacefully.

Family dynamics

One parent may feed the kids early, with the intention of protecting the other parent from a raucous meal. But this actually can isolate the absent parent from family dynamics and create distance. Certain scheduling conflicts cannot be avoided, but carving out family meal time on a regular basis can enhance family dynamics.

This past Friday two sisters were walking down Laird from Rheem, and I was so moved by the friendship and support they were sharing with one another that I mentioned to them the most important team they are ever going to be a part of is their family. The same hold true for us, not matter how things are at work, or in our personal lives nothing is more important that the love we share with our family. Making time for family dinners reminds me of a favorite quote, “There is never enough time to do everything, but there is always enough time to do what’s most important.”

There’s no place like Rheem,

Mr. Sullivan