

August 16, 2020

Dear Rheem Team Families,

Sheesh!! It's hot!!! As difficult as it may be, I hope you are all staying safe during this heatwave.

Sticking with the toasty theme, your children and teachers were really cookin' this past week with their distance learning. I cannot tell you how proud and impressed I was with each and every virtual classroom I visited. Students and teachers were hard at work building classroom comradery, while setting the rules and expectations for the year to come.

I look forward to another good week and I encourage you to dive right in to the rest of this week's Rheemarks.

This Week at Rheem:

Monday, August 17th:

- 5th Grade "Back to School Night" 4:00-4:45 pm
- o Zoom links have been sent to you by your child's teacher
- Week 2 Daily Schedule:
 - o 8:25 – 11:00 am classroom instruction via Zoom
 - o Pull out classes (Art/Music/Library/P.E.) begin
- Rheem New Family Meet and Greet + Q&A
- o 7:00 – 8:00 pm (see more info below)

Tuesday, August 18th:

- Week 2 Daily Schedule:
 - o 8:25 – 11:00 AM classroom instruction via Zoom

Wednesday, August 19th:

- Week 2 Daily Schedule:
 - o 8:25 – 11:00 AM classroom instruction via Zoom
- Parent Education: Keeping Kids Engaged in Distance Learning
- o 6:00-7:00 via Zoom (<https://zoom.us/j/99895140846?pwd=UE1LRjZjQ2VSNIVGd2VOMHISMfZkdz09>)

Thursday, August 20th:

- Week 2 Daily Schedule:
 - o 8:25 – 11:00 AM classroom instruction via Zoom
- Parent Education: Social Emotional Learning for Students and Adults

- 6:00-7:00 via Zoom
- o 1:00-2:00 PM (<https://zoom.us/j/91246677611?pwd=VEZMRVBHZkcyU2NTUElCci9ocXJqdz09>)

Friday, August 21st:

- Week 2 Daily Schedule:
- o 8:25 – 11:00 AM classroom instruction via Zoom

Heatwave in Moraga – PG&E Power Outages

It is supposed to remain hot tomorrow. In the event there is a power outage, and your teacher is not able to connect to the internet, the school will contact you via email alerting you to the situation. As soon as your teacher is able to log back on prior to 11:00 AM they will email you to have your student reconnect via Zoom. If your power or internet service is disrupted please contact the school's main office via email (lfitzinger@moraga.k12.ca.us) or phone (925-376-4441).

Specialty Classes Begin this Week

Art, Music, Library and P.E. classes will begin this week for your student(s). Classroom teachers will be sharing the necessary links and times with children, and specialty teachers will provide live instruction. They are looking forward to connecting with students more this year than what was possible last spring.

Attendance is required during all specialty classes and if your student is not able to make a class please be sure to email the specialty teacher directly and Cc Mrs. Fitzinger in main office (lfitzinger@moraga.k12.ca.us)

Art: Larysa Larson (llarson@moraga.k12.ca.us)

Music: Laura Arvindan (larvindan@moraga.k12.ca.us)

Library: Sharon Gillbanks (sgillbanks@moraga.k12.ca.us)

P.E.: John Studebaker (jstudebaker@moraga.k12.ca.us) and Matt Kirby (mkirby@moraga.k12.ca.us)

5th Grade Back to School Night Schedule

5th Grade families will have an opportunity to visit with their students' teachers this Monday from 4:00-4:45. Teachers have shared the necessary link for you to join their presentations. If you have not received the link please be sure to reach out to your classroom teacher.

Rheem New Family Meet and Greet + Q&A

It's not easy moving to a new school or town. New surroundings and neighbors take time to get acquainted with, but when you throw in a global pandemic, it can make it that much more challenging. We are thrilled to welcome 48 new families to the Rheem Team this year! Please join us for a meet and greet and Q&A session on Monday, August 17 @7:30pm.

Join Zoom Meeting:

<https://zoom.us/j/92465766958?pwd=MUs4ZTg1WXhkY2RRMUE0bGRuZ3phdz09>

Meeting ID: 924 6576 6958

Passcode: 279486

Back to School Parent Education: Distance Learning Edition

Over the next two weeks MSD will be providing parent education opportunities for “Distance Learning.” Presentations will include keeping kids engaged, social and emotional learning and how to support executive functioning during DL. I encourage you to join in if you have the opportunity, however if you are not able to make the presentation you will be able to access a recording of it on the district website.

· Keeping Kids Engaged in Distance Learning: Wednesday, August 19th from 6:00-7:00pm (<https://zoom.us/j/99895140846?pwd=UE1LRjZjQ2VSNIVGd2VOMHISMFZkdz09>)

· Social Emotional Learning for Students and Adults: Thursday, August 20th from 1:00-2:00pm (<https://zoom.us/j/91246677611?pwd=VEZMRVBHZkcyU2NTUEICci9ocXJqdz09>)

· Supporting Executive Functioning Growth During Distance Learning: Wednesday, August 26th from 6:00-7:00pm <https://zoom.us/j/97327800181?pwd=YWh3eW9kd3FSZFJCbTdjNOZDZVjBJQT09>

The Last Word...

When's the last time you noticeably felt humidity in Moraga? Walking to my car today I made the comment, “It feels like the East Coast right now.” To put that in context Moraga's humidity index is 27% and New York City's is 81%...so we are still really spoiled when it comes to humidity, but nevertheless it is really hot.

The American Red Cross shares some great tips on how to stay safe during a heatwave. They are things we probably already know, but it never hurts to get a reminder. They include:

- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat.
- Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your animals frequently to ensure that they are not suffering from the heat.

This heat spell is supposed to continue into the early parts of this coming week, so please be sure to do everything you can to stay safe, and do not hesitate to reach out if you are in need of any assistance.

There's no place like Rheem!

Mr. Sullivan