

September 8, 2019

Dear Rheem Team Families,

With only four days to fill last week, we were super busy. 3rd graders began coming full day, our early late schedule started for K-2 students, and we had a picture day to commemorate the year for posterity sake.

Please see what we have on tap for this week.

This Week at Rheem:

Monday, September 9th:

- Regularly scheduled Monday
- "California Admission Day"
 - This Day in History: On September 9th 1850 California was admitted to the Union becoming the 31st state.

Tuesday, September 10th:

- School Board Meeting from 7:00-10:00 in the JM Library

Wednesday, September 11th:

- Regularly scheduled Wednesday
- Early dismissal for K-5th grade at 1:50

Thursday, September 12th:

- Regularly scheduled Thursday

Friday, September 13th:

- Regularly scheduled Friday

Job Opportunity at Rheem

We are currently in search of a classroom teaching assistant here at Rheem to help with the general supervision and support of students. Applicants will have the opportunity to work under the direct supervision of a classroom teacher and be expected to assist with the implementation of instructional plans while also supporting students' social and emotional development.

There are few things that compare to helping children learn and grow. It is a special responsibility we have as parents and educators to provide children with opportunities to reach their full potential. For more information please reach out to myself or Mrs. Fitzinger.

lfitzinger@moraga.k12.ca.us

Did you Know?

Drop off/Pick up Times:

Please do not drop your child off before 8:10 am (early) or 9:10 (late).

There is NO supervision prior to those times.

If a student is dropped prior to 8:10 or 9:10 (official supervised times) they will be brought to the office and/or sent the Roadrunner Club (which may result in a charge).

Supervision after school is provided for 15 minutes after the dismissal. Students not picked up within 15 minutes will be brought to the school office. Any student not picked up within 20 minutes after their dismissal will be sent to Roadrunner Club (which may result in a charge).

Thank you for making sure students arrive and are picked-up according to the above supervision schedule to insure their safety.

Moraga Odyssey of the Mind

Looking for a fun way for your child to develop self-confidence, team work, and problem-solving? Consider Moraga's Odyssey of the Mind program which will be holding an information meeting on Wednesday, September 25th at the Moraga Library (1500 St. Mary's Road) from 7:00-8:00 pm. Please click [here](#) for more information.

Picture Day Photos

Please take a look in your student's folder for the website link and directions to follow from iClick Studios. There is a code unique to every student which allows families to view their student's pictures from Thursday's photo shoot.

Need of Volunteers for Late Arrival Supervision

We are still in search of a few more volunteers to help supervise and keep students safe who arrive between 9:10-9:25. (All teachers and teaching assistants are providing instruction and support in the classroom between 8:25-9:25). If you are available to help provide supervision for our students from 9:10-9:25 on either a Monday, Tuesday, Thursday or Friday, please reach out to myself or Mrs. Fitzinger (lfitzinger@moraga.k12.ca.us).

The Last Word...

At this year's Back to School Night I spoke about several topics, but one in particular is something we should never lose sight of (especially as parents)...time is our most precious commodity. I'm not sure I've ever heard a parent say, "I have way too much time on my hands."

And so, for every kindergarten parent who can't believe five years has passed so quickly and their child is ready for school, the same can be said by a 5th grade parent who wonders where the last six years have gone.

One way to make time more useful is to prepare more. I read an article recently about the pitfalls of social media use in middle school ([Why Social Media is Not Smart for Middle School Kids](#)) and the importance of parents being more connected (no pun intended) than ever to their children during these years. A few of the big takeaways from the article were:

- Social media was not designed for them.
- Social media is an addictive form of entertainment.
- Social media keeps children from learning the hard-social skill of dealing face to face with their peers
- Social media can cause teens to lose connection with family (and replace it with friends and “likes.”)

Things we can do to help our children:

1. **Delay access**– the longer we delay access, the more time a child will have to mature and be able to use technology more wisely.
2. **Follow their accounts**– Remember that nothing is private in the digital world, and so a child’s online activity should not be private to parents. Make sure privacy settings are in place but also encourage your child to have private conversations with peers over the phone or in person instead of using social media.
3. **Create family accounts**- Instead of individual teen accounts, look to create family accounts. This can allow children to keep up with friends in a safer social media environment.
4. **Allow social media only on large screens**– By having your child only interact on social media using a laptop or desktop in plain view, they will use it less. When it is used on a small private phone they can put in their pocket there are more potential problems with reckless use. (The more secret the access, the more potential for poor choices)
5. **Keep an eye on the clock; they will not**- The average teen can spend up to nine hours a day connected to social media. To help with this, set one time each day for three days a week for your child to check their social media.
6. **Plan face-to-face time with their friends**- Remember that children don’t need 842 friends; four-to-six close friends are enough for healthy social development. Help them learn how to plan real, in-person, social get-togethers such as: a leave-phones-at-the-door party; a home movie night; bowling, board games; cooking pizza; or hosting a bonfire. They crave these social gatherings so encourage them to invite friends over and help them (as needed) to organize the event.
7. **Spend more real non-tech time together**- Teens who are strongly attached to their parents and family show more overall happiness and success in life. They still need us now more than ever. By attaching to family, teens are allowed to detach from social media drama. Your child needs to feel like they can come home and leave the drama of their social world behind for a few hours. They want you to help

them say no to social media and yes to more time with the family. They are craving those moments to disconnect, so make plans and encourage this at home.

I realize for many of you, this issue may be way off on the horizon, but take it from someone who remembers his 7th graders first day of kindergarten, it'll be here before you know it...and the only way to make better use of time is to prepare more.

There's no place like Rheem!

Mr. Sullivan