

January 5, 2020

Dear Rheem Team Families,

A belated Happy New Year and hearty welcome to the 20's. I hope you had an enjoyable break and are ready for school to start back up. Each New Year brings with it new hopes and goals, but one thing remains constant: "Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved." I look forward to our continued support of one another and to making Rheem an even better place than ever.

January is a jam-packed month so without further ado please dive in.

This Week at Rheem:

Monday, January 6th:

- NO SCHOOL: Staff Development Day

Tuesday, January 7th:

- Kindergarten: All students are early start (8:25-1:55)
- School Site Council meeting in Room 20A (3:15-4:30)

Wednesday, January 8th:

- Regularly scheduled Wednesday (8:25-1:50)

Thursday, January 9th:

- Mrs. Cavallero's class on a field trip to Martinez Courthouse

Friday, January 10th:

- Regularly scheduled Friday

School News and Highlights

Spirit Assembly: the Friday before Winter Break we had a Spirit Assembly. It was a great way for everyone to learn more about the Life-skill "Integrity" and celebrate the accomplishments of classmates by pulling Gold Slips. Students learned that we have integrity when we: are honest; respect others possessions; and take responsibility for our words and actions. Nine 5th graders performed short skits depicting what integrity looks like and did an amazing job of bringing integrity to life with their acting. Kudos to each and every student for all they've done to support their friends, peers and themselves in 2019. Here's to a successful 2020 as well.

Rheem Parent Elected School Board President

On December 10th Moraga School Board Member, Heather Davis, was elected to serve as Board President. Mrs. Davis was elected to the Board in 2018 and most recently served as the Board's vice president. President Davis is well known throughout the community for her dedicated work with the Moraga Education Foundation (MEF) where she served as President before joining the school board. Congratulations President Davis and thank you again for your continued commitment to the children and families of Moraga.

Measure V Construction Update

Phase II of Rheem's Measure V construction is completed (save a few last items). Starting Monday all classes that were situated in the portables (1st grade, 2nd grade and two 3rd grade) will be starting the new year in a fresh/new Wing 3.

Phase III of Measure V construction started over Winter Break. Construction is scheduled to take us through the end of the school year and calls for two kindergarten classes to relocate to portables and the office to relocate to Room 1 in Wing I. (You can access Room 1 by using the steps just across from the original office)

Hot Lunch Ordering Open

Hot Lunch orders are open for the coming weeks, and months. Please be sure to click [HERE](#) to sign in, or sign up for a healthy and hearty hot lunch for your student(s).

Did you Know? Professional Development Days

Four days a year Moraga School District staff take part in professional development days. These days are dedicated to providing teachers and staff opportunities to grow in their professional practices. This Monday staff will be taking part in a school safety training in the morning and building on their teaching practices in the afternoon. Rheem teachers and staff continually dedicate themselves to improve their craft and in the words of Benjamin Franklin, "without continual growth and progress, such words as improvement, achievement and success have no meaning."

The Last Word...

In case you've not been counting, your student is wrapping up their 16th day of Winter Break. Getting back into the routine of school can be a challenge so I thought I would share with you again some helpful tips from last year's RHEEMARKS and the San Diego Family magazine:

Unplug and Get those ZZZs

Much like summer, winter break brings loosened reins on TV, computer and other media. It's easy for kids to become night owls when they know they can sleep in the next morning. Both of these habits can make the first week back to school challenging, even for the most motivated student. Before sending him/her back to the grind, taper back on screen-time and ease back to a reasonable bedtime.

Remember Breakfast

If your family adopts a "fend-for-yourself" attitude about breakfast during vacations, it's time to change gears. Healthy, filling breakfasts are one of the most important factors in a child's ability to focus in class. If they arrive at school hungry, they will likely be sluggish and distracted from the get-go. If the breakfast they did eat consisted of sugary cereal or doughnuts on the fly, they will often experience an energy decline an hour into the day. Start their day off right with a nutritious and filling breakfast.

Get Organized

Take inventory of your child's school supplies. Do they need refills on paper or pencils? Is their binder exploding with old papers and pages of doodles? Does their backpack have granola bar wrappers crumpled at the bottom? Help them return to school with pencils sharpened and notebook organized. Their teacher will thank you!

Read...

and not just with your child. Get back into the habit of scanning the notes that come home from school. For many kids, their initial enthusiasm for filing these notes in an organized way will have waned. Take the time each day to check for letters and flyers from the school. Though some of it may not be pertinent, this habit will make life much easier for everyone when the time comes for permission slips to be turned in or sign-ups for parent volunteers.

Check In

You may have had a parent-teacher conference just before the holiday season. If not, take a moment this month to check in with the teacher about your child's progress, especially if you have concerns. It is still early enough in the year to work on behavior or skills that are holding them back from reaching their full potential in their current grade. If you are confident your child is cruising along quite nicely, a quick email to ask their teacher if there is anything you need to know or can do at home will help keep the lines of communication open.

Back to Homework

Just like at the start of the year, your child will have to get back into the habit of regular homework. So will you. Decide if what you were doing in the fall was the best schedule for fitting in homework, and reconfigure it if necessary. The more often you can make yourself available to help your child, the better.

Cheers to a memorable decade and to a happy and healthy 2020 to come.

There is no place like Rheem,

Mr. Sullivan