



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

25 South Hill Court, Oakland, California 94618 (510) 549-4900

SCHOOL & COMMUNITY NEWSLETTER

SEPTEMBER 14, 2009

Dear Kaiser Families,

Back-to-School Night was a wonderful event! I appreciate how so many of you took time out of your evenings to come and hear about the program that we are offering your children. And I appreciate your putting up with the heat and the odd lighting in the multipurpose room as you listened to the presentations from me and our PTA. You are an enthusiastic and appreciative crowd. Your applause gave me chills!

If you missed the program here are a few highlights:

- Our test scores went up from 66% to 69% proficient/advanced in ELA and 70% to 76% in math.
- We have satisfaction rates in the upper 90% levels!
- We have nearly 80% volunteer rate (meaning nearly 80% of our parents volunteer at least once during the school year)! Wow!
- Please be on time for school and don't pull out your child early.
- On the traffic circle, pull all the way around before letting your child out.
- Avoid chewing gum and cell phone use at school.
- Monitor your child's homework and school performance—your involvement will encourage them!
- Please read the Pink Panther and teachers' newsletters to keep informed about school events and class news.
- I received an invitation to speak at the Association of California School Administrators about the achievement of our African American students. We are one of the top nine schools in the state in this category. Go team!

The heat is on! Literally! We've had many days of heat on the playground. Please feel free to send your child to school with a water bottle, which they are also permitted to use during class, on these hot days.

Let's remember our Islamic friends and neighbors as they partake in Ramadan this month. We also recognize the Jewish holiday of Rosh Hashanah beginning this Friday evening. We are all lucky to live in a society where everyone has the freedom to worship.

Keep cool!

Mr. Mel Stenger, Principal

Getting In The Know

Announcements:

Lunch is \$2.25 and milk is 40 cents. To prepay, write a check payable to Food Services, put it in an envelope with your child's name and teacher's name, and turn it in to the office.

A gentle reminder: According to OUSD Board Policy, dogs are not allowed on campus at any time. We regret the inconvenience this may cause.

We have a lower than expected enrollment. We hope to increase our classes in Grade 2, 3, 4 or 5. If you know of any children who may be looking for a wonderful school, please let us know!

KAISER CALENDAR

DATE / DAY	EVENT
Sept. 16	SSC Meeting, 4 p.m.
Oct. 9	No School
Oct. 12-16	Conference Week 1:25 dismissal all week
Nov. 14	Kaiser Auction

The SSC meeting will be held on Wednesday, September 16, at 4 p.m.

How to Reach Kaiser School

Our phone number is **(510) 549-4900**
(includes a 24-hour message service).

To participate in the school community group,
go to (and join) this website:

[http://groups.yahoo.com/group/
kaiserelementaryschool_group/](http://groups.yahoo.com/group/kaiserelementaryschool_group/)

How to be in the *Pink Panther*

To include your story or information in your school newsletter: forward your news, questions, or article to **both** of the editors by **5 p.m. on Sundays** via e-mail:

carriemail2001@yahoo.com – Carrie Shepherd
jolie@earthlink.net – Jolie McRae

Please put "Pink Panther" in the subject of your email to ensure that it is not deleted accidentally!

**The Pink Panther is also available at
www.KaiserElementary.org.**

Pink Panther's PTA Sponsors

PTA President: Kimberlee White

Pink Panther Staff

Co-editors: Jolie McRae & Carrie Shepherd

Copy editor: Wendy Harcarik

Art Class Notes



Welcome back to a wonderful school year of creativity. Last week was a thrill to be back with your children! We talked about the great Leonardo and started out with a cactus project. This will be a two-week project that incorporates cutting. If you remember from last year, we found a big need for cutting skills. You can assist your child by encouraging them to cut at home. It might be to decorate their binders, or maybe pencil boxes, or perhaps cutting out words from magazines to increase word building.

This year we will be sending home a lot of their work. They will always keep one project in their portfolios for potential displays or shows but I would like you to feast on what they are doing. Now, first of all make sure that you have a very special place to preserve their pictures. This is particularly important for the 4th and 5th because they will need portfolios if they choose to apply for the Oakland Arts School. The truth is that it is important at all ages. When they bring their work home, don't overreact and gush over their work. Ask them how **THEY** like their piece. If they say they like it share with them specifically what you like, try to stay away from the globals of it is wonderful or fantastic. If they say they don't like it, don't try to convince them they should like it but rather ask them what they don't like and how would they do it different if they did the picture again. Art is very personal and we can do great damage by either over praising or trying to convince them how they are supposed to feel. They are exploring what they like and don't like and how to try new things. They will probably like something very much that to you doesn't look like much because they are attaching meaning from their own process.

Go see *Ponyo*. It is a very inspiring film, very age appropriate and will be part of a project we will all do together. Think oceans, anime, manga, watercolor, imagination, Japanese art forms—more later.

Much love and inspiration,
—Ms. Leonardo, Art Teacher

VOLUNTEERS STILL NEEDED

It is not too late to help out. Volunteer sign-up will remain posted until the end of this week (Sept. 18).

We **immediately** need volunteers for Sally Foster.

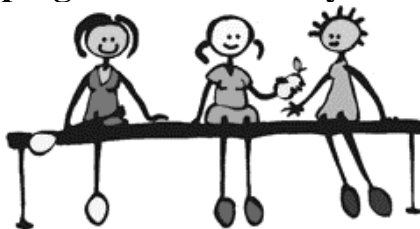
Also we need volunteers for the following:

- Membership Drive
- Emergency Preparedness
- New Classroom Gardening Program
 - 2nd Grade
 - 3rd Grade
 - 5th Grade
- Child Care during PTA meeting
- Morning Greeter
- Math and Science Night
- Asian Heritage Potluck
- Pledge Drive
- Wellness

If you have any questions please contact:

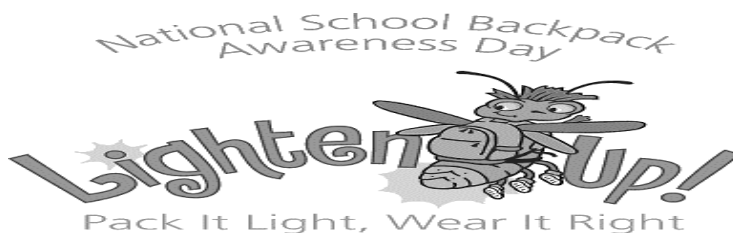
Renee Sanchez at 510-536-6761, or Maggie Hunter at Hmlhunter2000@yahoo.com

Kaiser Elementary School Wellness Council Helping to Raise Healthy Children



September 16 is National School Backpack Awareness Day.

According to the American Occupational Therapy Association each year over 5,000 school children go to emergency rooms because of injuries related to over-weighted backpacks, and in a recent study 60% of school age children reported chronic back pain related to heavy backpacks. Occupational therapists recommend that a student's backpack weigh no more than 15% of their body weight. Please take a few minutes and weigh your child's backpack.



Here are some tips from www.kidshealth.org.

Use and pick up the backpack properly. Make sure kids use both shoulder straps. Bags that are slung over the shoulder or across the chest—or that only have one strap—aren't as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the backpack to fit closely to the body and sit two inches above the waist.

Encourage your child to use his or her locker or desk frequently throughout the day instead of carrying the entire day's worth of books in the backpack. Make sure kids don't tote unnecessary items—laptops, CD players, and video games can add extra pounds to a pack. (And may not belong at school anyway!) Encourage kids to bring home only the books needed for homework or studying each night. Picking up the backpack the right way can also help kids avoid back injuries. As with any heavy weight, they should bend at the knees and grab the pack with both hands when lifting a backpack to the shoulders. Use all of the backpack's compartments, putting heavier items, such as textbooks, closest to the center of the back.

September is also Whole Grains Month.

Whole Grains Month is a great time for everyone to add some healthy variety to their diets. Using whole grains reduces risks of heart disease, stroke, cancer, diabetes and obesity. Here are a couple simple things to do to improve your over all wellness! Try a new [breakfast cereal](#) with at least 16 grams of whole grain per serving. Buy some [whole-wheat pasta](#) and try it. Make pizza for the kids with whole wheat pita as the crust. *Try this for a snack the whole family will love.*

Southwest Salsa Rice Bites

Ingredients

3 cups cooked brown rice, cooled
1 cup shredded pepper jack cheese
4 eggs
1 16-ounce jar medium (or hot) thick and chunky-style salsa
1/2 cup sour cream
1/2 teaspoon salt
1/2 teaspoon pepper
3/4 cup crushed corn or tortilla chips
Additional salsa and sour cream for garnish (optional)

Instructions

Preheat oven to 350 degrees.

Combine rice and cheese in large bowl; set aside. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well.

Spray miniature muffin pans with vegetable cooking spray. Spoon approximately 1 1/2 tablespoons rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of spoon.

Bake 15 to 20 minutes, or until lightly browned. Serve warm with additional salsa and sour cream, if desired.

Janet Gilbert - 2007 "Rice to the Rescue!" Recipe Contest Winner, Best Whole Grain Brown Rice. Courtesy of USA Rice Federation.

If you have a health or wellness topic you would like to see addressed, let us know. We recognize everyone is busy! Raising kids is a 24/7 job. Eat right; get plenty of sleep, exercise. We all know the drill...look for next week's issue for more ideas to help you raise healthy children!

—Barbara Blaser, RN

Contact PTA volunteer Debby Goldsberry at sayplease@sbcglobal.net to join the Kaiser Wellness Council.

LOOKING FOR MYSTERY DONOR OF GENEROUS PTA PLEDGE

Last week, a Personal Money Order in the amount of \$120.00, made out to KAISER PTA was left in an envelope in the PTA drawer. The money order was issued by Wells Fargo Bank on Sept. 4, 2009. There was no PTA membership form or any accompanying information with it to identify who has made this donation to the PTA. If this is your money order, please contact Karen Orsulak, VP of Membership at Hkaren.orsulak@gmail.com or at 510-610-3682. We would like to attribute the membership and donation to you and your child. Thank you.