



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

SEPTEMBER 28, 2009

Dear Kaiser Families,

At the end of this week on October 3, China's Mid-Autumn Festival will be celebrated. The festival is the second most important festival after the Spring Festival to Chinese people. Every year when the festival comes, people go home to meet their family and have dinner with them.

Why is the Mid-Autumn Festival so important? It is sometimes called the Moon Festival. In Chinese culture, the full moon (Oct. 3) is a symbol of peace and prosperity. Its roundness symbolizes wholeness and togetherness. In the middle of the eighth month of the Chinese calendar the moon is full, and eight is also a popular number in Chinese culture, symbolizing wealth and prosperity. The day is packed with lucky symbolism!

The main celebrations during the Mid-Autumn Festival are appreciating the moon, eating moon cakes together and making Chinese Mid-Autumn Festival lanterns. These three celebrations have been passed from generation to generation. In some places in China people celebrate the festival in different ways. In Chaozhou, Guangdong Province, people eat taro to celebrate the festival, because the taro harvest occurs at the same time as the festival. They eat taro and hope the harvest is good in the next year. In Nanjing, people cook duck with sweet-scented osmanthus, because Nanjing people think sweet-scented osmanthus is a symbol of peace. In some places people make fires inside towers to celebrate the festival, because they think the fire is a symbol of good business.

Happy and Joyous Moon Festival to you, your family and friends!

I was away at the end of last week at a principals' retreat. We spent the majority of the two days talking about **student engagement** and its importance in terms of student achievement. I will be talking with our teachers about student engagement in the classroom, but of course it really begins with parents: we can't teach the kids if they're not here. So here are a few reminders:

- Please help your children arrive on time so they can gather in the yard to say hello to their friends and enter with their class.
- Please do not pick them up early to avoid 15 minutes of traffic. Teachers are reviewing and helping them prepare for homework.
- Please schedule appointments for inservice days and holidays (our next one is Oct. 9) or after school.
- As you drive to school please ask your kids what they're going to do that day, and on the way home, what they did. Your questioning will put them in the routine of anticipation and remembering, because they know they'll be answering to you!

Mel Stenger

Getting In The Know

SSC Meeting on Wednesday

The School Site Council will be meeting this Wednesday, September 30, at 4:00 in the library. The SSC is a committee that oversees the spending of a small amount of categorical funding. Beyond that, it is a committee that reviews student progress and other information and to whom the principal reports about the school as a whole. This week we will establish membership and calendar. All are welcome to attend.

LUNCH SUPERVISOR NEEDED

Interested in being a lunchtime yard supervisor? We need another lunchtime supervisor. This person would work under the supervision of the principal and in conjunction with classroom teachers. Duties include monitoring the children's behavior, helping pass out and collect play equipment, supervising the passing of kids to and from lunch, monitoring the lunchroom, administering first aid, helping to solve social conflicts, as well as other duties related to the position. The required schedule is 11:30-1:00 daily. Experience in supervising children is preferred. If you are interested, please contact the principal at mel.stenger@ousd.k12.ca.us.

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!

KAISER CALENDAR

DATE / DAY	EVENT
Sept. 30	School Site Council meeting, 4 p.m.
Oct. 9	No School
Oct. 10	Berkeley Project Work Day
Oct. 12-16	Conference Week 1:25 dismissal all week
Oct. 16	Latino Heritage Potluck 6:30 p.m.
Oct. 30	Halloween Parade
Nov. 14	Kaiser Auction

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/)

**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

PTA CORNER

ATTENTION ALL VOLUNTEERS

Our wonderful school administration has provided us a great opportunity to efficiently track “Volunteer” hours. Please sign in and out through the **attendance computer** in the office whenever you **Give the School a Day** in the classroom, on the yard, etc. For those of you who lend a hand on the weekend and/or after hours, please record those hours on the Volunteer Timesheets located on the PTA table next to the office entrance. Thank you for helping!!

EARTHQUAKE/EMERGENCY PREPAREDNESS

Justin Sanchez is our super qualified Site Safety Coordinator. In addition to working hard to protect the city of Oakland as a Firefighter/EMT, he works diligently to keep our school emergency equipment/packets updated as well as making sure our students are prepared by organizing, collecting and storing the earthquake emergency packets. If you have not yet turned yours in....please do so TODAY or submit a check for \$10 in the PTA drawer in the office. **SPECIAL THANKS TO JUSTIN** and all of you for keeping our community safety prepared.

SALLY FOSTER ORDERS DUE TODAY!

Thank you so much for showing such enthusiasm in early fundraising. Although orders need to be turned into teachers by Tuesday morning....**YOU CAN CONTINUE TO ENCOURAGE SALES through ONLINE ORDERING ALL YEAR!** Just send our school **account number 370976** to family and friends near or far.

KAISER AUCTION INSTANT WINE CELLAR

Last year our INSTANT WINE CELLAR was a huge hit and a heck of a lot of fun. Let's have an even BIGGER cellar this year! To participate, please pick up a bottle of wine valued at \$10 or more, then simply drop off the bottle of wine in the empty box provided in the nurse's station in the principal's office. We will collect them every day.

Last year's INSTANT CELLAR raised over \$700. for our school. It would be great if every family would donate a bottle. It's an easy way to help out the school.

For extra convenience, we will have a drive-through drop off. Someone will be in the circle Wednesday mornings starting at 8:15 a.m. to grab your bottle as you drive around and drop off.

Any questions???

Call Liz Hall (510) 325-7803

probossliz@pacbell.net

PTA CORNER

Announcement from School Board Director JODY LONDON

District 1 - **TOWN HALL MEETING**
Meet Oakland's New Superintendent
Dr. Tony Smith

Wednesday, September 30, 2009
7:00 - 8:30 p.m.

Oakland International High School
4521 Webster Street
Oakland

Refreshments Provided

RSVP to Jody.London@ousd.k12.ca.us
or 510-459-0667

Stay Connected

- Join the Kaiser community message **Yahoo Group:** kaiserelementaryschool_group. Click on Join Group and email the moderator with your student's name and teacher to be verified and granted approval to become a member.
- Kaiser's also now on **Facebook!** Become a fan!

DAY ONE FITNESS.....MORNING BOOTCAMP!!!

WORKOUT: Abs, Core, Cardio & General Fun with Exercise!!! Specifically designed for KAISER PARENTS ON THE GO!

Sessions: Monday through Thursday, 9-10 a.m.

Special Kaiser Fee: \$20 PER SESSION (an average of only \$5 per day)

SUPER STIMULUS PACKAGE - THE FIRST 10 SIGN-UPS PAY ONLY \$10 PER SESSION!!!!

Register Free Online at: www.speedtechsports.com

or Call MIKE LEE 510-205-1883

Classes also available on Saturdays in Castro Valley at 10:00 a.m.

PTA CORNER

HELP YOUR CHILD'S CLASS CLIMB TO THE TOP OF THE KAISER PTA MOUNTAIN!

The race is on to see which classroom will have the most PTA members in total and the highest percentage of class membership! The top two classrooms will earn a party! Ms. Hunter's class is currently in the lead in both categories, with 17 families joining the PTA, equaling 68% of the class! Ms. Haruyama's class is running a close second with 15 PTA families equaling 65% of the class! Great enthusiasm! There's still time for parents to join and help your child's class reach the top! Look for ongoing results in the lobby "Kaiser Mountain" display case throughout the next month. The deadline for membership is October 30! Additional membership forms are by the PTA box by the office. If you don't have a form, you can also just write down your children's name and teacher's name along with your check made out to Kaiser PTA and put it in PTA box.

DON'T DELAY, JOIN TODAY!

Teacher	PTA Families	Total Students	Percent
Hunter	17	25	68%
Haruyama	15	23	65%
Banks	13	24	54%
McGhee	13	25	52%
Apaydin	12	20	60%
Araki	12	23	52%
Gorham	11	18	61%
Neat	11	26	42%
Bailey	11	25	44%
Yang	10	20	50%
Ross	8	26	35%

If you have any questions, call me at 510-610-3682 or email at karen.orsulak@gmail.com. Thank you so much to those parents who have already become PTA members and for the very generous pledge donations! So far, we have a total of 182 members out of 255 students. GO KAISER! "Life's a climb, but the view is great".

—Karen Orsulak, VP of Membership

Berkeley Project on October 10

For several years now, students from UCB have come out to Kaiser Elementary on their in-service day called the Berkeley Project.

This year it's on Saturday, October 10, and we are pleased to have been included again as one of their worksites. In past years, BP students have helped us to rebuild the raised bed planters and build the redwood benches, as well as generally clean up our windows and grounds. It's a great opportunity for our school to get lots of hands working on our school all at once. Feel free to drop by and join in the fun. We welcome any student and parent helpers available to guide our college volunteers in their tasks.

For more info, see their website: <http://berkeleyproject.org/>

Here's a list of the projects we plan to work on:



General sprucing up

- weeding
- window washing
- policing the perimeters for trash and eradicating invasive species



Gardening

- Tree planting: holes need to be dug for planting fruit trees
- West Circle Garden: remove weeds, loosen soil to prepare for planting, re-establish pathway
Improve stone paths by lifting and relaying individual pavers



Carpentry

- Empty the last of our raised bed planter, rebuild it, and refill it to prepare it for planting
- Finish building tall bench
- Sand and seal all the wood benches to make them shine!

Food

- Greeting Snacks: coffee and bagels
- Lunch: grill hotdogs, etc.

Kaiser Elementary School Wellness Council

Helping to Raise Healthy Children



One of the ways we hope to help raise healthy children is by using the wellness calendar published by the National Health Information Center. It looks like most months there are 15 to 20 areas of health concern designated on the calendar. The hope is to raise awareness. It isn't easy trying to sort through all the information available, from TV commercials to flashy banners on Yahoo, is itbb? September is, among many other wellness issues, National Reye's Syndrome Awareness Month. It is also Fruit and Veggies—More Matters Month.

Let's start with Reye's Syndrome Month.

As we go into flu season it is important to remember that there is a rare disease called Reye's Syndrome that can occur in children and young adults. It generally appears **after** a flulike infection, upper respiratory infection, chicken pox or other viral illness like an eye infection. Reye's Syndrome usually occurs 3 to 5 days after the initial infection, frequently just as the person is feeling better.

The early signs are:

- * **Continuous vomiting**
- * Listlessness
- * Loss of energy
- * Aggressiveness
- * Confusion
- * Irrational behavior

Medicines can mask symptoms. **Please do not routinely give your child aspirin or anti-nausea medications.** According to the National Reye's Syndrome Foundation, over 90% of the patients with Reye's had taken aspirin or aspirin products. Tylenol and Ibuprophen do not contain Salicylates and can be used as a fever reducer.

Before taking any medication check with your doctor first.

Call your doctor immediately. Reye's Syndrome is always a medical emergency. For more information, you may want to look at www.webmd.com or www.reyessyndrome.org.

Fruit and Veggies—More Matters Month



The Center for Disease Control suggests eating a variety of fruits and vegetables daily as part of a healthy lifestyle. Its website has designated September as More Matters Month and on their calendar, the fig is the fruit of the month and the chili pepper is the vegetable of the month. Check out www.fruitsandveggiesmatter.gov/month for more information. In the meantime, try this as an after-school snack. It sounds yummy.

Fig Banana Smoothie

Makes 4 servings; each serving equals 1 cup of fruit or vegetables

Source: California Fig Advisory Board

Ingredients

1 cup chopped dried figs (stems removed)
1 cup 1-inch banana slices
1 cup plain nonfat yogurt
3 cups crushed ice
1 Tbsp honey
mint leaf or berry garnish

Place all ingredients except garnish in a blender (not a food processor), and blend until smooth, approximately 2-3 minutes. Strain liquid and pour into tall, chilled glasses. Add garnish.

Nutritional analysis per serving: Calories 200

Remember your mom saying, “You want to grow up big and strong, eat your vegetables!” Well, surprise, mom was right. Turns out that fruits and vegetables are sources of many vitamins, minerals and other natural substances that may help protect you and your family from chronic diseases. The Center for Disease Control says to add color to your diet. By eating fruits and vegetables of different colors, you give your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Next time you are at the supermarket look at the green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. Try to shop your local farmer’s market for fresh produce!

Saturday at Grand/Lake and Sunday at Jack London Square are just two of the many markets that offer colors, sights and smells to entice even me to try new varieties of peaches or peppers. Who knew colors could taste so good?

That reminds me! Please keep sending your favorite recipes for the Kaiser cookbook fundraiser to barbarablaser@sbcglobal.net. Use the same email address to join the cookbook committee. See last week’s Pink Panther for the details.

Till next week,
—*Barbara Blaser*,