



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

NOVEMBER 16, 2009

Dear Kaiser Families,

It seems like a simple thing to say “thank you” to someone, to appreciate what the other person has done for you, given to you. If we let ourselves stop and think about it, the experience of gratitude can be a point of change and transformation. It can be a heart-opening experience. Sometimes gratitude can be the start of doing good for other people. When we experience thankfulness we learn about the generosity of others firsthand, and sometimes it leads us to act generously ourselves. I read recently that we rehearse our way into our beliefs. We don’t need to *feel* particularly grateful to start *acting* generous, but the strange thing is, we will start to feel grateful by acting generous. One of those wonderful paradoxes of the human heart!

Here are some others thoughts about gratitude:

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. --H.U. Westermeyer

You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you. --Sarah Ban Breathnach

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion into clarity. It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. --Melodie Beattie

Give thanks for a little and you will find a lot. --The Hausa of Nigeria

Gratitude requires a kind of deep courage. It's a choice we can make not only for ourselves, but as a way to connect with everyone else. That's where the beauty lies, in this sense of connection that, in the end, sustains us. --Jack Kornfield

If the only prayer you ever say in your entire life is thank you, it will be enough. --Meister Eckhart

I thank God for my handicaps for, through them, I have found myself, my work, and my God. --Hellen Keller

It’s the week before Thanksgiving break. It’s the time for some reflection on gratitude, thinking about our accomplishments and how our lives have been graced. I know some of the teachers are leading their students through the process of discussing and writing about gratitude and the things they are grateful for. You can also take this time as an opportunity to guide your own children in developing their sense of thankfulness.

There is so much to be thankful for. Act generously! Have a wonderful week off!
Mel Stenger, Principal

Getting In The Know

If you know people who are interested in bringing their Kindergartner to Kaiser next year, have them call the office. We have an information night scheduled for Dec. 3 at 6:30pm.

WANTED: YOUR EMPTY PRINTER CARTRIDGES

Once the ink is gone, your empty printer cartridges still have some use! Please bring them in and leave them in the box in the office. Our parent volunteer Andrea Kiefer periodically sorts them and redeems them for funds for Kaiser.

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

The online Pink Panther includes information from our Wellness Committee

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
Nov. 18	SF Opera "Daughter of the Regiment," 11 a.m. (5 th grade only)
Nov. 18	School Site Council Meeting, 4:30pm
Nov. 19	PTA Board Meeting 7:30 – 9:30
Nov. 23-27	No school (Thanksgiving recess)
Dec. 3	Kindergarten Info. Night 6:30pm
Dec. 9	Picture Retake Day 10:45-11:45am
Dec. 9	Winter Performance, Grades K-3 6:30 p.m.
Dec. 17	Winter Performance, Grades 4-5 6:30 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/

Pink Panther's PTA Sponsors

PTA President: Kimberlee White

Pink Panther Staff

Co-editors: Jolie McRae & Carrie Shepherd
Copy editor: Wendy Harcarik

Congratulations to the 2009 Auction Team!

Auction Co-Chairs: Leticia Avalos and Dora Pulido-Tobiassen

Decorations Chair: Monica Lannon

Bar Chair: Liz Hall

Checkout Co-Chairs: Matt and Valerie Rogers

Food Committee: Leticia Avalos, Linda Pulido-Esquivel, Kimberlee White, Elise Chan, Audrey Ng, Mer Hastings, Mark Hochman, Dora Pulido-Tobiassen, and Karen Ursulak

A special thank you to Linda Pulido-Esquivel for sharing many sleepless nights planning and supporting Leticia and Dora and she wasn't even on the committee.

An extra special thank you to Tom Rust, **Auctioneer**

A very big thank you to the fabulous **solicitations volunteers** whose persistence and many treks around town have made it possible to have such a wonderful collection of bidding items: Elise Chan, Mae Chan Frey, Mari Cocek, Janice Grossman, Annie de Jong, Jessica Forbes, Leslie Littleton, Suzy Kim Tran, Kimberlee White, and Monica Yu.

2009 Event Volunteers

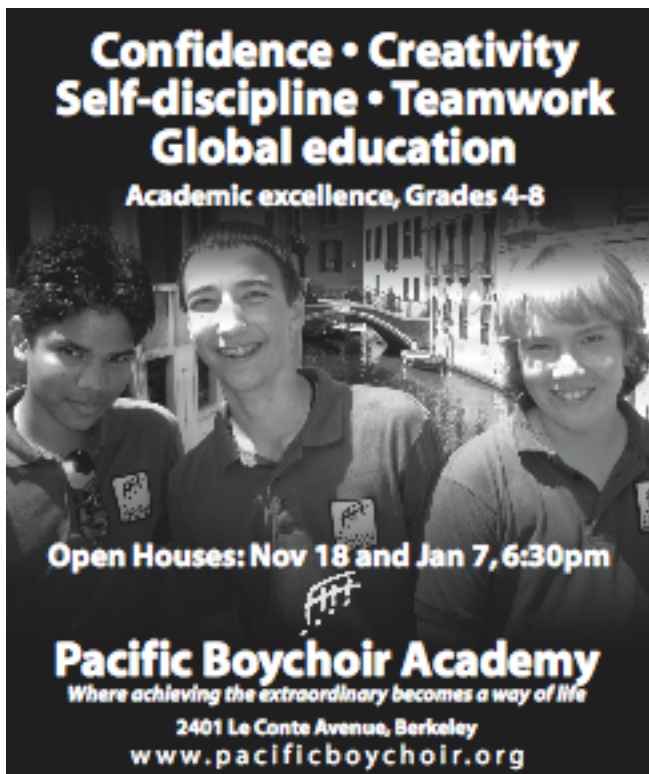
Joanne Hewitt, Mari Cocek, Pamela Campbell, Jim Moxon, Mal May, Barbara Liepe, Janice Grossman, Mel Peppas, Anne McGuinness, Melissa Kleker, Lisa Downes, Armando Ornelas, Rachel Gonzales-Levine, Robert and Robin Sasada, Paul Bailey, Christine Kizziah, Lisa and Charlie Cartolono, Cheryl Ting, Wendy Harcarick, Tom Henke, Anne Smith Rainey, Mad Dog, Sal Esquivel, Frank Tobiassen, Bill Hall, Justin Sanchez, Isa Estrada, Jane Henderson, Lola Hussey, Lori Admokom, Karen Orsulak, Susan Foley, Audrey Ng, Alison May, Sarah Hastings, Isabella Arellano, Angel Rodriguez, Mark Hochman, Anne Holcomb, Solin Phann, Mike Weber, Carol Dowell

Peralta Elementary Parent Volunteers

Erin McDevitt, Star Lightner, Erin French

NOCCS Parent Volunteers

Clara Chow, Sally Engelfried, Adriana Taranta, Melissa Gomes, Rachel Hogan, Kim Cobb, Becca Durke, Sam Cappurowhl



Coat Drive

The Kaiser Girl Scout troop is sponsoring a "One Warm Coat" drive beginning Nov. 16th-Dec. 11th. We are sponsoring local schools in need. They really have a big need for boys/girls coats sizes K-2. You can donate hats, gloves, sweatshirts or outerwear that keeps a child warm too. We need coats of all sizes as we will be giving coats to family members too. Thank you in advance for thinking of someone in need and helping our coat drive help others.

Girl Scouts Camp Thanks for Technology

Thanksgiving Break Day Camp
Nov. 23 and Nov. 24

Technology shows up in the most unlikely places, like bubbles and even your backpack! Learn about science and technology in unlikely places by playing games and doing activities like building a catapult, designing a bag, or making your own bubble solution. Join us for two fun-filled days just before the Thanksgiving holidays to give thanks to the small technologies that help us every day.

- Who: All girls in grades K-8
When: Monday, Nov. 23 and Tuesday, Nov. 24
Time: 9 a.m.-4 p.m.
Where: Camp Twin Canyons, Lafayette
Cost: \$65.00 for Girl Scouts / \$77.00 for non-Girl Scouts (includes membership)
Register: To register visit www.GirlScoutsNorCal.org/events , under search type keywords, Thanks for Technology. Registration closes Nov. 19.
Questions: If you have any questions, contact Heather Vilhauer, 510-562-8470 ext. 153
hvilhauer@girlscoutsnorcal.org

Shop for the Holidays at Pendragon Books December 1-6 and Help Our School!

Pendragon Books, which supplied our fall book fair with an amazing selection of reading material, has extended their generosity again. From Tuesday December 1st through Sunday December 6th, Kaiser will receive 15% of all sales from people who identify themselves members of our Kaiser community. Proceeds will go directly to our library/classroom book fund.

With children's books, art books, best sellers, sale books, used books, blank books, cards, and calendars, Pendragon is sure to have something for everyone on your holiday shopping list. Even special orders and online purchases qualify for the Partnership Days program (just write "Kaiser Elementary" in the comments field).

Pendragon is located in Rockridge at 5560 College Avenue and online at www.pegasusbookstore.com. If you have questions about the Partnership Days, please email our Fall Book Fair Coordinator, Janice Grossman, at mwandjg@earthlink.net.

Kaiser Elementary School Wellness Council Helping to Raise Healthy Children



Nightmares and Things that Go Bump in the Night

I am hoping to retire sometime soon. I am a grown woman, the mother of 4, grandmother of 7. I have been a nurse over 40 years. For all intents and purpose, I am a mature adult. Really. A mature adult. And yet, I have a recurring nightmare that when it happens is so real I am out of the bed before my husband can catch me. It doesn't seem to be triggered by anything. It just happens. In the light of day, I can talk about it and know it isn't real but at 2am...I am outta here. It seemed a good time to explore the subject of nightmares for all of you who might have children who are currently having nightmares. You are not alone.

For some of us, we first become aware that our child is having nightmares when they come crying and screaming into our bedrooms. Please comfort your child. I know you are tired, but getting angry and sending them sobbing back to bed isn't going to be much help.

One of the first things to do-in the light of day-explore the dream. Even very young children can tell you what it was....a big dog tried to bite me, a stranger tried to take me, someone tried to kill me. Mommy was gone! All very scary. Talk about it. Assure the child they are safe. Never make fun of a nightmare. Repeat that-*Never make fun of a nightmare*. They can feel very real and they can be very scary.

If you don't have a bedtime routine, start one that includes no violence on TV or video games before bed. No high energy snacks or drinks that might disturb sleep patterns. Nothing with caffeine and that includes chocolate. Nothing with sugar. Play soft music, read a book, give the child a soothing massage.

Here are some ways that Dr. David Lowenstein suggests for **helping your child handle nightmares:**

- Reassure and cuddle your child:
- Explain to your child that she/he was having a bad dream
- Sit on the bed until she/he is calm
- Offer to leave the bedroom door open (never close the door on a fearful child)
- Provide a night-light, especially if your child fears the dark. Leave the hall or bathroom light on.

Help your child talk about the Bad Dream during the day:

- Your child may not remember what the dream was about unless you can remind him of something he said about it when he woke up.
- If your child was dreaming about falling or being chased, reassure him that lots of children have this dream.
- If your child has the same bad dream over and over again, help him imagine a good ending to the bad dream.
- Encourage your child to use a strong person or magic weapon to help him overcome the bad person or event in the dream.

Be creative. Ask your child what the two of you can do to make them feel safe. Check all the doors twice to assure they are locked? Please do it. Check again to make sure the stove is off, please do it. Hang a dream catcher in the window to catch some of the bad dreams. Partner with them. You will all sleep better for it. Trust me. That's what families are for.



That's right-it is time to make a plan for National Family Week. Dust off some of those board games no one has been playing recently. Sit down together and play a few rounds of anything from Candyland to Monopoly. Try playing charades-there is a whole generation who may not even know what that is. Bake cookies together. Eat a family meal at the table. No TV, no reading during the meal. Go take a hike in the Redwood Regional Parks.

Remember the families at Kaiser are one of our greatest resources. Some families have perhaps 1 parent. Some may have 2 moms or 2 dads. Maybe a grandparent or 2 live in the home. Brothers, sisters, aunts, uncles....all sizes and all colors. From countries near and far. Imagine the number of different languages spoken in the homes of our Kaiser students. And we have room for more!

As the holiday season approaches, celebrate National Family Week with those you love and care about! Be safe and be happy. *Barbara Blaser, RN*