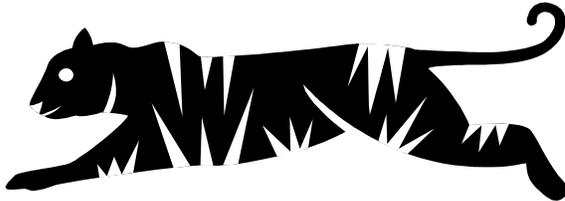


THE PINK PANTHER

H. J. KAISER ELEMENTARY SCHOOL NEWSLETTER
WWW.KAISERELEMENTARYSCHOOL.COM

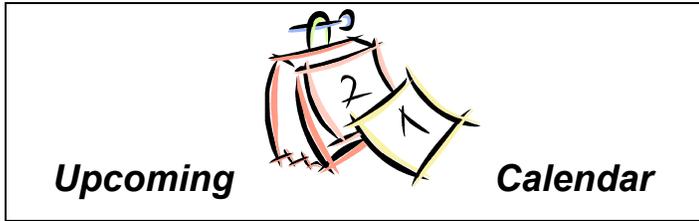
MAY 17TH, 2005



PRINCIPAL'S MESSAGE

[~Note: Message missing from PDF
formatted Pink Panther.]

Katie McLane



Wednesday, May 18 School Site Council
Fri & Mon, May 27 & 30 Memorial Day holidays

Monday, June 6 Old and New PTA Board Meeting-
 Preliminary budgeting
Tuesday, June 14 Spring Performance
Wednesday, June 15 School Site Council
Thursday, June 16 Spring Performance
June 20-June 22 MINIMUM DAYS
Tuesday, June 21 5th grade Promotion

Wednesday, June 22 End of Regular School Year
 for Students

KAISER ELEMENTARY – SCHOOL SITE COUNCIL

Thursday May 18, 2005

MEETING AGENDA

Meeting Roles

Facilitator: Renato

Notetaker: Malia

OUTCOMES

- ◇ Progress report on 2004-2005 SPSA
- ◇ 2005-2006 Single Plan for Student Achievement (SPSA) Update
- ◇ School Site Council Elections discussed.
- ◇ Positive School Climate Committee Discussed

3:45 Welcome and Agenda

Overview

- ✓ Approval of April 7, 2005 Minutes

3:50 Report of Progress on 2004-2005 SPSA Implementation

- ✓ How did we do?

4:00 Single Plan for Student Achievement Discussion and Authorization

- ✓ Updates from what we submitted

4:10 School Site Council Elections

- ✓ Terms that are up

4:20 Positive School Climate

- ✓ What role can we take leading a “Diversity” Initiative?

4:50 Public Input

5:00 Debrief & Adjourn

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contact . The available weeks are June 27-July 1 or August 15-19 and the value is \$90 for the half day camp.

SONYA BROOKS AVAILABLE FOR TUTORING THIS SUMMER

Families who are interested in having on-going academic support from our educational consultant who is skilled in connecting with children and supporting their growth, should contact Sonya at school 879-1710. She will be tutoring at school throughout the summer.

FEELING OF ABANDONMENT

We have had several children who are left here after school express to our staff and school psychologist that they worry that their parents are not coming to get them. Most of the children do not know how to reach their parent (no cell phone or home phone) and the records in the office are incorrect. Our school closes at 4:00 p.m. and some of the children are here until 5:30 or 6:00 p.m. Some of our Adventure Time parents have expressed deep concern about how late children are left unattended and unsupervised. The principal has, on occasion, had to call Child Protective Services. Please don't put your child in this position!

SET A BEDTIME ROUTINE AND STICK TO IT SO EVERYONE IN THE FAMILY CAN GET A GOOD NIGHT'S SLEEP- excerpted from the Seattle Times



WEEK AT JACK

HYDE SOCCER CAMP

We received a donation of a week at Jack Hyde Soccer Camp for our auction and didn't have a chance to auction it off. If you are interested, please

Pre-school and School-age

More than any other age group, preschoolers stall and resist going to bed. Keep an extremely consistent bedtime routine, such as reading three books and singing two songs. Never vary or they'll keep pushing for more. Make a poster with pictures outlining the routine. "Then the poster becomes the bad guy."

A child who races around or seems hyper is not getting a "second wind", he's overly tired.

- Be boring. If a child keeps getting up, don't give him any attention. Read instead of watching television.
- Serve a snack such as a muffin or fresh fruit an hour or two before bedtime.
- Let children listen to stories on tape or music to encourage them to stay in bed. "If you can keep them horizontal, they will go to sleep."
- Make sure they get regular exercise, but avoid physical activity near bedtime.
- Cut back on TV time or extracurricular activities if these make it impossible for children to finish homework and get to bed in time to get nine to ten hours' sleep. It's a common misconception that school-age children only need eight hours of sleep- many need ten.

For those of you with teens

- Set a realistic bedtime. Teens starting as young as 13 are biologically inclined to fall asleep most easily about 11 p.m.. Try 9:45 or 10 p.m. as a compromise. Expecting teens to be in bed too early can actually contribute to insomnia.

- Advocate for high schools to delay start times to better fit with adolescents' physiological clocks.
- Suggest teens rearrange their evening so they end with calming activities. Shower at night, which also frees up more morning time.
- Cut off contact with friends an hour before bed. This means no phones, no instant messaging, no email. Fragmented sleep from teens waking up to cell phone txt messages is a new concern.
- Enforce a curfew so teens don't mess up their sleep rhythms with too-late nights. Experts say "catching up" on sleep over the weekend doesn't work.

Parents

- Don't sacrifice sleep, especially for moms. "Women are usually the first ones to get up in the morning and the last ones to go to bed. When kids wake at night, it's nearly always Mom who goes to them, according to research.
- Pregnancy can bring such sleep-related problems as sleep apnea (often because of weight gain) and restless leg syndrome (linked to iron deficiency).
- Don't drink before bedtime. As people get older, waking up to go to the bathroom is a common sleep disturbance.
- Don't underestimate your lack of sleep. One hour a day for a week adds up to a whole night of sleep lost.
- Use a fan or other type of white noise. Don't worry you won't hear nighttime kid noises.





repeats...



TIME FOR INTER-DISTRICT PERMITS !

If you are living outside Oakland and wish to continue to have your child attend Kaiser Elementary, you must go to your local school district and request an Inter-district Permit. The rationale, among others, can be “continuing student”. These requests need to be made and forwarded to Student Services by the end of this school year (June 22nd). Please take the time to follow through on this important responsibility because we need to have the paper work approved by your home district and our school district before we can register your child for the fall.

Thank you for taking care of this in a timely manner.

QUICK AND EASY WAY TO IMPROVE FLUENCY!

Students read each story several times following a specific series of steps designed to make sure they learn to read correctly, learn to read fast and understand what they read.

1. **Read Along.** Students read the story aloud while listening to an audio of the story. This teaches them how to pronounce new words and reviews and reinforces words they may already know.
2. **Read Alone.** After reading along, students read alone several times. By practicing the story, they master the story and many of the words in it.
3. **Raise Your Score!** Students time themselves before and after they read along and read alone. A graph of their growth can help motivate them to keep improving.

Several of our classes use this model which has been successful in helping many children recognize how easily they can develop their reading skills. There is a program for at-home support which is called “One Minute Reader” and the email address is: info@oneminutereader.com

NEEDED:

WALKMEN (WITH TAPE RECORDERS)

Many of our students could benefit from building their reading fluency and one of the best ways to do so is to have access to appropriate leveled books on tape. We have some in our classrooms and in our library and there are plenty available at the public library.

If you were planning to give away your old tape walkmen, please donate them to Kaiser so that we can give them to some of our families to help increase the English language learners’ and early readers’ fluency and comprehension.

Hey Kaiser families!

This year Vanessa Wittmer (1st grader) is the Girl of the Year honoree for the Leukemia & Lymphoma Society’s Spring fundraiser, Man/Woman of the Year. Sean Callinan, a candidate for Man of the Year, has created a very fun fundraising opportunity and would love it if you (and your friends and families!) wanted to join him and the Wittmer family for the first annual Walk-A-Dog-Athon in San Francisco.

This will be an exciting one and half hour 4.5 mile walk along San Francisco's Crissy Field Park, and Golden Gate Bridge. This will be a very memorable and energetic way to spend your Saturday morning outdoors with your dog and friends. All walkers and dogs donating \$50 or more will enjoy A Special Goodie Dog Bag, T-Shirt, and Raffle Tickets. All personal donations accepted.

The Bridge is 1.7 miles long and it is recommended that walkers wear comfortable shoes and layered clothing. Roller Blades, Skateboards and Roller Skates are not permitted. Dogs are permitted only if under control and on a leash at all times.

Date: Saturday, May 21, 2005

Location: Sports Basement Presidio Store Location
(Across from Crissy Field at back Loading Dock area)
610 Mason Street, The Presidio San Francisco, CA
94129

Time: 9 AM Registration, 10 AM Walk Starts

There are more details available on line at:

<http://www.walkadogathon.org/press.html>

<<http://www.walkadogathon.org/press.html>>

It will be alot of fun for families and dogs.
Adoptable-Dogs-For-A-Day will be available if you have friends who don't have their own dog. Isn't that cool?! Please spread the word on this family friendly and FUN fundraiser to support research to find a cure for leukemia.

Thanks,
Trish Dolan Wittmer
(Salina & Vanessa's mom)

