



Henry J. Kaiser, Jr. Elementary School

25 South Hill Court, Oakland, California 94618 (510) 879-1710

School and Community Newsletter September 27th

Note from Principal Katie McLane

Dear Families,

Hooray! Our first healthy foods sale was a hit, and, with the addition of the special "fruit freeze" that was blended for the kids on the spot, we netted as much as we generally do with a sugary sale! Congratulations to the families from Mr., Rust's class who creatively prepared delicious, healthy foods.

Have you noticed the extra support for healthy foods lately? Two bills signed into law by our state legislators establish food standards for all K-12 schools and extend restrictions on the types of beverages that can be sold in elementary and middle schools. The guidelines appear in a separate article in this week's *Pink Panther*.

I am getting so excited about the upcoming auction, that today I ordered tickets for the new production of ACT's "Christmas Carol" so I can offer that as an auction item. The staff is also planning to offer some fabulous meals, parties, services, child-centered outings, etc. Every day in the office I hear about a donation from the Port-affiliated parents who are lining up boxes to see the Raiders (with full meal service), and the Giants, or A's tickets in fabulous seats. Sports fans are going to be in seventh heaven!! Also, a new Oakland venue, "The Uptown" has been opened by the Frattis and they are looking forward to a party of Kaiser folks enjoying the music and libation that their newly renovated building on Telegraph will offer. I hear there will also be another game of Bunko hosted by some Kaiser women which promises plenty of fun!

The *Parents' Magazine*, which will come home today also highlights earthquake safety and fire prevention (P. 9 and 10) and should be carefully read. We are working on outfitting the shed with potable water, emergency supplies and food and will give you updates on how the project is unfolding. Please be sure to send in your check for \$7.00 per child for food supplies.

Let's work together to help our children learn that physical pushing, pinching, choking or hitting is absolutely not okay at Kaiser. We have a Second Step program which help improve children's social skills and prevent violence. Most of the aggressive behavior begins with "play" but ends up with someone getting hurt because the children are not yet using the skills that we are trying to impart. If you have a child who is particularly aggressive, or one who seems to be "in the mix" a lot, you might want to check out the video for parents that outlines the steps we encourage kids to take to avoid confrontations.

Here's to a safe, fun-filled and healthy year!

Katie

Getting In The Know

LATINO HERITAGE POTLUCK - FRIDAY OCTOBER 14th



Save the date!

Our first PTA sponsored potluck is fast approaching!

You won't want to miss this evening of delicious food, celebration of Latino culture, and a wonderful opportunity to connect with others in the Kaiser community.

If you would like to help organize this event, please contact Susan Ruiz at suziruiz@msn.com or 567-9742.

How to Reach Kaiser

Our phone number is (510) 879-1710 (includes a 24 hour message service).

Principal Katie McLane's email address is Catherine.Mclane@ousd.k12.ca.us

How to use the Pink Panther

To include your story or information in your school newsletter: check with Katie McLane, then forward to both editors by 5:00 p.m. on Sundays, at cara_eva@hotmail.com and kbradley@ix.netcom.com

KAISER CALENDAR

DATE / DAY	EVENT
Oct 3 Monday	PTA Board Meeting
Oct 8 Saturday	Beautification Day
Oct 14 FRIDAY !!	Latino Heritage Potluck
Oct 24-28 Monday - Friday	MINIMUM DAYS - Parent/ Teacher conferences
Oct 25 Tuesday	Individual and Group Picture Day
Nov 1 Tuesday	VOTE!
Nov 5 @ 6pm	Kaiser Auction @ The Linen Life Park Avenue Gallery

Kaiser Related Events

DATE/TIME	NOTES:
Tuesday Sept 27 6:00 pm	Oakland Youth Chorus – OYC Parent Orientation Potluck 2501 Harrison St. (at 27 th) Reidenbach hall (First Congregational Church)
Wed. Sept. 28th 10:35- 11:00 a.m.	Pacific Boys' Choir at Kaiser
Nov 5 6pm - midnight	AUCTION: The Linen Life Gallery 1375 Park Ave. Emeryville, CA 94608

How to use the Kaiser School Website

For our public information, be sure to visit and browse www.kaiserelementaryschool.com and to participate in the school community group go to, http://groups.yahoo.com/group/kaiserelementaryschool_group/ and join!!

Auction/Dance - An Evening in Tuscany

“An Evening in Tuscany” Kaiser's 31st Auction/Dance

Date: Saturday November 5, 2005

Time: 6pm - 12pm

Place: Linen Life Park Avenue Gallery
1375 Park Avenue Emeryville, CA 94608

*Wonderful Atmosphere, Good Food,
Great Company, Noteworthy Cause*

*Get your bidder cap and put on your dancing shoes
and prepare yourselves for one of the year's funnest
events.*

Child Care: Provided by –
Head Over Heels Gymnastics (2 blks from the gallery).
1250 45th Street, Suite E
Emeryville, CA 94619
Time: 5:30pm - 12:00am

*The children are guaranteed to have a wonderful
time as we dance the night away. They will enjoy
being in groups of 4 with their own private
gymnastics trainer for the evening. Their skills
will be challenged by the circuits created
especially for them, and there's delicious Round
Table Pizza for dinner, and of course a movie with
popcorn to end their night of fun.*

REGISTRATION:

(Early Bird) Sept. 12 - October 10

Auction : (1) \$25.00 or (2) \$40.00

Childcare: \$22.00 per child

**For auction donations/information contact:
Andrea Nobles (510) 326-5078**

**SEE ATTACHED FORMS: Auction registration and
childcare registration. If childcare is desired, you
must complete a waiver and return it with your
registration for participation. The waiver is provided
in the school office. Please turn in completed forms
with payment to the office of PTA Auction envelope**

Dance...Dance...Dance...

You don't want to miss the opportunity to hear your favorite songs from the 50's, 60's, 70's, 80's, 90's, and today's hits while dancing the night away with our Kaiser family. There will be music for all of us to reminisce upon! This is a great event to extend an invitation to your family, friends, and neighbors.

Head Over Heels

What a special treat for our children as we bid on those coveted items and dance the night away. We are limited to 40 children and it is on a first come first serve basis. Be sure to reserve your space and take advantage of the early bird special (see listed advertisement). **Minimum age requirement: must be potty trained.**

Solicitations/Donations

We are in high gear obtaining and soliciting donations for the night's events. As one of our greatest fundraisers, this is a time where we can all come together and ensure that we obtain our goal of \$30,000. We are asking those who can assist to identify (5) items or individuals within your sphere of influence for donations. Attached is a solicitation letter that you are able to make as many copies needed, along with a donation form and auction ideas sheet for your use. Together we can obtain the goal of 200 wonderful items for us to bid on. Thank you for supporting and making this event magical. Information/donations: Andrea Nobles (510) 326-5078 or aynobles@sbcglobal.net.

VOLUNTEERS

It takes the hands of many people working together to make anything great. There are various areas that you can assist with. Please sign up on the volunteer board located in the hall. Katherine Fratti, auction volunteer coordinator, will contact interested individuals with specifics.

Kaiser School Messages

HEALTHY SNACK SALE GUIDELINES

Have your children help you shop for healthy foods. They can begin to look at the labels and determine whether or not items are healthy. SB12 states that an individually sold snack may have no more than the following:

- 35 percent of its calories from fat (excluding legumes, nuts, seeds, non-fried vegetables and cheese packaged for individual sale.)
- 10 percent of its calories from saturated fat (excluding cheese packaged for individual sale.)
- 35 percent sugar by weight (excluding fruits and vegetables)
- 175 calories- elementary schools
- An individually sold entree may have no more than 4 grams of fat per 100 calories and not exceed 400 calories.

SB 965 extends restrictions on the types of beverages that can be sold in elementary schools.

- Fruit and vegetable-based drinks that are at least 50 percent fruit juice without added sweeteners
- Drinking water without added sweeteners
- Milk products including 2%, 1% nonfat, soy, rice and other similar non-dairy milk
- An electrolyte-replacement beverage that contains no more than 42 grams of added sweetener per 20-ounce serving



Thanks for helping to re-educate our kids about what "HEALTHY" really means. They will thank us later for helping them not become overweight.

WHAT IS *SECOND STEP* ?

Second Step helps children change the attitudes and behaviors that contribute to violence. The curriculum teaches social-emotional skills to reduce impulsive and aggressive behavior in children and increase their level of social competence. Current research links academic success with these skills. *Second Step* school and family components are important parts of any comprehensive plan to improve children's social skills and reduce violence.

The skills being taught include empathy, impulse control and anger management. Research also indicates several reasons that children do not use pro-social behavior, including lack of modeling, lack of opportunities to practice the behaviors, and inadequate reinforcement. *Second Step* addresses this research by teaching, modeling, practicing and reinforcing skills in empathy, impulse control, problem solving and anger management. The content of the lessons varies according to grade level, and the skills targeted for practice are designed to be developmentally appropriate.

I have found, when speaking to children who end up in a situation where someone has gotten hurt, that most of the incidents began with "rough play." Some of the children tell me they are using karate kicks, some say that when they are with their daddies that they play rough and tough and one little girl told me that she is a "kicking kind of girl" and that's how she gets her way with her dad. The stories that our kids tell!

Anyway, please help us by reviewing these videos and asking your children to talk to you about the *Second Step* lessons that by now all teachers should have started.

We have two videos that we would happily share with our families that want to know more about the processes that the children are being instructed to use.

Kaiser School Messages

...WHAT IS THE WHEEL??

Our fourth and fifth graders are participating in a new program this year that was designed by Renae Briggs in an attempt to allow all students in fourth and fifth grades to learn to play an instrument and also to incorporate art, science and P.E. Into the "wheel" of courses offered from 10:35 to 2:30 on Mondays and Thursdays.

A student will travel from class to class, based on the instrument he or she is playing, and will have a 45 minute instrumental music class, science, art and P.E. Instruction. Our 4th and 5th grade teachers alternate teaching the science and P.E. classes during this block of time, and learn from the art instructor so that they can provide on-going integrated opportunities.

There has always been difficulty trying to offer the instrumental program as a "pull-out" during the core subjects. Now, this time is set aside for focused learning and no child has to miss any other subject in order to play an instrument.

Thanks to Renae and our creative staff for implementing this win-win program. We look forward to hearing our children throughout the year at family events.

Reminders from Last Week...

SAVE THE DATE!!

The PTA will be participating in the **Cody's Books School Benefit Daze** for four days in **November (11-14)**. Cody's designates four shopping days each year at their three stores and via their website to benefit the area's schools. They will donate 15% of our net sales to the Kaiser PTA. We will collect all the receipts, submit them to Cody's, and receive 15% of net sales.

All you need to do is:

1. Make a purchase at one of their three retail stores or via their website between November 11-14.
2. Turn in your original receipts to the office.

You may purchase books, magazines, journals, calendars, gift cards, paper gift certificates, stationary, special orders, bargain books and more. Teachers will be compiling a list of "books wanted" for their classrooms and library so look for those soon.

Cody's store locations are 2454 Telegraph Ave., and 1730 Fourth St. in Berkeley, and 2 Stockton St. at Market in San Francisco. Their website is www.codysbooks.com If you have any questions please contact Lisa Downes 532-5913, lisadownes@sbcglobal.net.

Update on Vanessa Wittmer and call for Support

As most of you are aware, on October 13, 2003 second grader Vanessa Wittmer was diagnosed with Acute Lymphoblastic Leukemia. She has been fighting her battle with remarkable grace and courage and the good news is she is responding well to the treatment. She is on her last 90 days of chemotherapy!

Many of you have offered support over the past two years which Vanessa and her family are truly grateful for. I would like to continue that support by updating a list of people willing to occasionally bring dinners to the school for Trish to pick up. If you are interested in helping with this effort please contact me at 510-532-5913, or lisadownes@sbcglobal.net.

For more information on Vanessa's journey please visit <http://www2caringbridge.org/ca/vanessa.wittmer/>

School and Community

CHILDHOOD BEDWETTING

Bedwetting is hard on a family- for the kids and their parents, too. Approximately 5 to 7 million children ages 6 and over wet the bed. Bedwetting is not usually a mental or learning problem or done on purpose, and punishing a child is never the solution. In fact, a child who is punished for bedwetting may develop emotional problems. Most bedwetters are simply late in developing the right amount of the hormone that controls urine at night. Without a certain level of this hormone during sleep, the bladder may overflow and bedwetting occurs.

Bedwetting runs in families and it is important to reassure your child that he or she is not to blame for their bedwetting. Be sure to talk to your healthcare provider because there are now safe and effective medical options available.

PACIFIC BOYS CHOIR PERFORMS ON WEDNESDAY

Members of the Pacific Boys' Choir will be performing from 10:35 to 11:00 a.m. On Wednesday, Sept. 28th for our students in the multi-purpose room. The choir is also having auditions beginning this week and hopes to interest some of our boys in becoming part of the group of fine young singers. If parents have time to come to school on Wednesday, especially if you have an interest in encouraging your son to sing with an established group, you are more than welcome to join us.

srandol@berkeley.edu

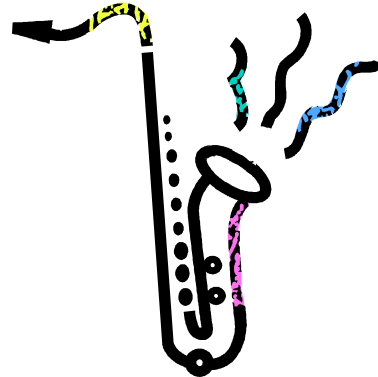
FRIDAY GARDENING

Dear Volunteers,
The 4th Fridays of the month folks are working after school from 3:15 - 5:00 in the school garden. It would be great to see you there. We are getting ready for a number of projects to prepare the gardens for winter.

Please join us.

Janan & Tom

FREE JAZZ CONCERT NEXT SUNDAY, OCTOBER 2ND



The "Four Flavors of Jazz" will be featured in a FREE concert at Woodminster Amphitheatre, 3300 Joaquin Miller Road, just off the Warren Freeway at the Joaquin Miller exit. This concert is sponsored by the City of Oakland and the Montclair Business Association and you can make reservations by calling 238-3092. Featuring Khalil Shaheed, Belinda Blair Quartet, Du Gadjo & Joyce Grant, the concert is from 3:00 p.m. to 7:00 p.m. and food and VIP seating is available.

Although the concert is free, there will be an opportunity to donate to the Hurricane Katrina victims. Bring family and friends and a picnic and enjoy a warm Indian Summer afternoon.

Kaiser PTA Page

Message from the PTA

This year the theme for the membership drive is:

Climb to the top of the Mountain!

Only parents and faculty can help the kids do this. The incentive to the class that signs up the highest percentage of PTA members is a climbing trip to Ironworks climbing gym! So, strap on that harness and get climbing.

Along with becoming a member you will also receive a membership card and a school directory.

Look for a table set up this week and next at drop off and pick up. Forms are also available in the office.

Reminder:

Single parent family \$ 7.00

Two parent family \$ 14.00

Have your check ready made out to Kaiser PTA.

Include your child's name and teacher.

See you at the top
Kelly & Cindy

EScrip Sign Ups

Hello friends and staff of Kaiser Elementary School in Oakland, California!

If you haven't already done this..... please consider signing up!

The eScrip program will reward the Kaiser PTA with a percentage of the money you already spend when you shop at Safeway, Vons, Macy's, Office Max and other participating stores. Other merchants include Carnival Cruise Lines, Century 21 Real Estate and Sierra Trading Post! Escrip will also reward Kaiser PTA with a percentage of purchases made through a registered credit card.

I went online and signed up in about 5 minutes. The only part that took time was digging through my wallet to find out what my card numbers were. Everything else was a snap!

Just go to the Kaiser website

<http://www.kaiserelementaryschool.com/getinvolved/escrip.html> and click on register with eScrip or click here:

<http://www.escrip.com/>

The name of the group to support is:

Kaiser Elementary School PTA

Our zip code is 94618

School Directories are in the Works!

Do you have any connections to a printing or copy company? We are in the process of putting together the PTA school directory and need to find an inexpensive resource for having it printed. If you have any leads please contact Kelly Bartlett at 595-9533 bartlettsmith@sbcglobal.net, or Cindy Hobbs 534-0593 cindyhobbs@excite.com
Thanks.

Anyone ready to assist?

Special **Still-To-Do's** with the Board:

- Book Faire: see Cynthia Thompson
- Assemblies: see Andrea Nobles or Katy DeVecchi