



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

FEBRUARY 26, 2006

Wednesday, February 28, is
Robin Sasada Appreciation Day!

Stop by and show your appreciation for Robin,
Our Administrative Assistant for 10 years!

Dear Kaiser Families,

Well, it's true. The rumors you may have heard are indeed based in fact. Robin Sasada's last day is Friday, March 2. She is leaving to take another position in the district, and we wish her all the luck in the world!

If you have time on Wednesday please stop in and say goodbye; it will be our official Robin Sasada Appreciation Day, but if you miss Wednesday feel free to stop in anytime next week. It will be very difficult to find someone to do as many things as she has done for us, and to do them as well as she has. She has been secretary, clerk, receptionist, nurse, budget analyst, disciplinarian, guard supervisor, staff manager, file clerk, attendance clerk, community liaison, keeper of the community history and memory, the one who remembers absolutely everything, assistant principal, substitute mother and father, first aid coordinator, parent contact for everything, medicine deliverer, the keep-me-on-track-what-was-I-doing?-where-are-my-keys-oh-thank-you-Robin, and the heart of Kaiser School. We will miss you terribly!

Another person we fondly remember is our former principal, Katie McLane. Margaret Yang, one of our third-grade teachers, reports that the Katie McLane tile mural has been installed and really is a remarkable community art project.

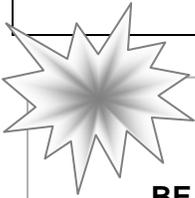
Ms. Yang has submitted the following list of thank you's: thank you to all the students, parents, and staff who took the time to paint a tile to honor Katie and contribute to enhancing our school. A special thanks to the families of the two contractors, Brian Donaldson and Mark Elliott, who donated their Saturday morning to cement the tiles. Thank you to Janan Apaydin for co-chairing this project and to Robin Sasada for helping with the organization. Ms. Yang says that the mural was a joy to plan and to facilitate. Our special thanks to her. Please take a look at the mural on the right side of the multipurpose room if you haven't seen it yet.

We're also saying goodbye to Malcolm Ryder, the editor of our newsletter. We appreciate your work, Malcolm; we thank you so much! *(By the way, if you'd like to take his place...see page 2 inside)*

Over the last week I've received a lot of information about developing our new three year plan. Our tool for getting your input is a "Use Your Voice" survey. Please look for the survey to come home with your child this week. The survey is supposed to be anonymous so please don't put your name on the survey itself, but do put your name on the outside envelope. Thanks so much for your help with this survey.

- Mel Stenger, Principal

Getting In The Know



EXTRA EXTRA!

BE THE PINK PANTHER'S NEXT CO-EDITOR

The Pink Panther Staff is changing into the new season. You and your partner editor can have your first new issue published **as soon as March 5th !!**

If you're ready to drive Kaiser's primary weekly newsletter from the front seat, **we need you now!**

Contact Malcolm Ryder (outgoing editor), Kim Karl (VP Communications) or Lisa Downes (PTA President).
mryder@ix.netcom.com
kcarl@berkeley.edu
lisadownes@yahoo.com

Teacher Parent Conference week is coming up the week of March 12.

Please watch for a conference reservation form from your child's teacher.

Good communication between teachers and the parents/guardians help children perform.

Kaiser Permanente will be doing a series of presentations to our 3rd, 4th, and 5th grade students. It will culminate with a dinner and presentation to parents and students on **Tuesday, March 27.**

KAISER CALENDAR

DATE / DAY	EVENT
Feb 28 Wednesday	Robin Sasada Appreciation Day
Mar 2	Gardening Day
Mar 5	New Pink Panther Editor. Is it YOU ??
Mar 8	General PTA Meeting (note new date)
Mar 12 through 16	Parent Teacher Conferences: Minimum Days all Week
Mar 21	SCC Meeting
Mar 29	PTA Board Meeting

The Kaiser School Web Site

<http://www.kaiserelementary.org>

- Info about fundraising events
- After school programs
- Teacher classrooms online

How to be in the Pink Panther

To include your story or information in your school newsletter:

forward your news, questions or article to the editors by 5:00 p.m. on Sundays to:

lisadownes@sbcglobal.net

and

kcarl@berkeley.edu

How to Reach Kaiser School

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

To participate in the school community group, go to (and join) this website (use full address shown here):

http://groups.yahoo.com/group/kaiserelementaryschool_group/

Kaiser Kiosk

Teacher Appreciation Day is coming up in March.

We appreciate the generosity of so many families that bring us treats to eat during that week, but often on that Friday we end up throwing things away, and it makes us sad.

Working with the PTA we've come up with a new plan: to distribute your generosity of the next four months we've assigned the following classes as responsible for treats.

March 6 - McGhee, Pessin-Whedbee, Apaydin

April 17 - Bailey, Yang, Neat

May 1 - Ross, Reese

June 5 - Haruyama, Gorham, Rust

Please expect a call from your room parent inviting you to participate. Thank you so much!

Wanted: a place for a staff retreat

We're looking for a place for a staff retreat to take place on a weekend in May, or early September.

The retreat will be a group of about 15 staff members, and we would like to do an overnight stay.

If you have a house in the country, or in Tahoe, or know of someone who would rent it to us at a low price, please contact Mr. Stenger in the office.

Thank you to those who responded to our call for membership in the **SSC (School Site Council)**.

We welcome onto the committee:

- Linda Meldman,
- Patricia Broadbent, and
- Socorro Jauregui.

PTA Meeting Changes

The PTA meeting for March 7 has been rescheduled -- for Thursday, March 8. It will include a math night hosted by Tom Rust as well as a science fair kick off presented by Eric Ross.

The PTA meeting on April 4 will include "Thriving Families", a dinner presentation by Kaiser Permanente, the science fair awards and the PTA board elections.

Lost: a Sony hand-held camcorder in a black bag...

We're just winding down here after the African American Potluck, and someone called me to report a missing camcorder. The owner was sitting at the end of the second table on the left, as you face the stage. It disappeared right after the end of the show. If you picked it up by mistake, or saw someone else, please return it to the office. No questions asked. The owner had recorded the show and the memories are priceless!

2006-2007 Pink Panther Staff:

Copy Editors: Wendy Harcarik
Carrie Shepherd
Pink Panther Editor: Malcolm Ryder (thanks, & good bye!)

Pink Panther's PTA Sponsors:

PTA President: Lisa Downes
VPs Communication: Kim Carl
Kiki Bradley

Forward into the Past

Getting There From Here

Dictionary.com Unabridged (v 1.1)

her-it-age –noun

something that comes or belongs to one by reason of birth; an inherited lot or portion: *a heritage of poverty and suffering; a national heritage of honor, pride, and courage.*

Kernerman English Multilingual Dictionary (Beta Version)

heritage –noun

things (especially valuable things such as buildings, literature etc) which are passed on from one generation to another

American Heritage Dictionary

heritage –synonyms:

These nouns denote something immaterial, such as a custom, that is passed from one generation to another: a *heritage* of moral uprightness; a rich *inheritance* of storytelling; a legacy of philosophical thought; the *tradition* of noblesse oblige.

In February, observing **African-American Heritage Month**, many years offer a special attention due to the emergence of one or more key figures in the contemporary social arena who cause us to look back and look forward at the same time, and who raise the question, "what is African, what is Africa, in America?"

This year, this month, while various persons could be mentioned in the arts, sciences, business or politics, it is unavoidable that the key figure is Barack "Barry" Obama. Running for President of the United States, he brings a personal history as the son of a Kenyan, as the only African American currently in the U.S. Senate, but also as a man who was mainly raised in a middle-class family by his white Kansan mother. This generally suggests a person with broad perspective. But particularly, being an author as well as politician, Obama writes that his religious convictions only formed during his twenties, when, as a community organizer working with local churches, he came to understand "the power of the African American religious tradition to spur social change..."

There is no saying at this point whether Obama will, or even should, be the next U.S. President. Other candidates bring equally complex and important histories to the table. But in considering how heritage becomes a part of the future, the next six months will have the global audience, the national media, and our local communities all intently aware of how this key individual tries to carry the received values of his inheritance into the legacy of the next generation.

– M. Ryder

New Orleans -- Keeping It Alive

(This article references or presents excerpts from Wikipedia.org)

In the still rolling wake of hurricane Katrina, New Orleans surfaces daily as the embodiment of the "irrepressible spirit", one whose tap-root of energy is nowhere seen more than in Mardi Gras, home of *the Good Times*...

Mardi Gras (French for "Fat Tuesday") is the day before *Ash Wednesday*, and is also called "Shrove Tuesday" or "Pancake Day". It is the final day of *Carnival* -- a celebration now famous for parading and masquerading that is held just before the beginning of the Christian liturgical season of *Lent*.

Carnival is often a [Roman Catholic](#) and, to a lesser extent, [Eastern Orthodox](#) celebration. The largest Carnival celebration is held in [Rio de Janeiro, Brazil](#). Mardi Gras arrived in North America with the Le Moyne brothers, Pierre Le Moyne d'Iberville and Jean-Baptiste Le Moyne de Bienville, in the late 17th century, when King Louis XIV sent the pair to defend France's claim on the territory of *Louisianne*, which included what are now the U.S. states of Alabama, Mississippi, and Louisiana. The two explorers eventually found the mouth of the Mississippi River, sailed a while upstream and named the spot *Point du Mardi Gras* (French: "Mardi Gras Point") 60 miles downriver from present-day New Orleans.

One theory states that Mardi Gras originates from the Latin *carrus navalis*, which was a Greek cart carrying a statue of a god in a religious procession at the annual festivities in honor of the god Apollo. Most commonly the season began on Septuagesima, the third from the last Sunday before Ash Wednesday, but in some places it started as early as Twelfth Night, continuing until Lent. This period of celebration and partying had its origin in the need to use up all remaining meat and animal products such as eggs and butter before the fasting season.

In the modern day, Mardi Gras Carnival celebrations have become an annual event highlighted by lavish balls and masked spectacles. Some may be small, private parties with select guest-lists, while others are raucous, public affairs. The celebration of Carnival ends on "Mardi Gras" the day before Ash Wednesday, when the rigors of Lent's 40 days of fasting and sacrifice begin. It sometimes lasts until *Piñata Weekend*, the first Saturday and Sunday of Lent.

Healthy Lifestyles... Healthy Children

Every year all Californian 5th graders are given a physical fitness test. Here is the percentage of Kaiser 5th graders who tested in the "Healthy Fitness Zone" for the 2004-05 school year and 2005-06 school year. Our percentages are consistently higher than those of the Oakland Unified School District as a whole.

Task	Kaiser 05-06	Kaiser 04-05	OUSD 05-06	OUSD 04-05
Aerobic Capacity	75%	77.3%	49.1%	52%
Body Composition (body mass index)	52.8	86.4	64.8	64.5
Abdominal Strength	94.4	95.5	76.7	75.6
Trunk Extension	Not tested	95.5	80	79.9
Upper Body Strength	100	95.5	67	65.6
Flexibility	75	86.4	64.9	64.7

Here is how the test is administered as described on the website of the California Department of Education:

Aerobic Capacity. This is perhaps the most important indicator of physical fitness and assesses the capacity of the cardiorespiratory system by measuring endurance.

The Pacer (Progressive Aerobic Cardiovascular Endurance Run). This is a multi-stage fitness test set to music, which provides a valid, engaging alternative to the customary distance run. It is strongly encouraged for students K - 3 but may be used for all ages. The objective is to run as long as possible back and forth across a 20-meter distance at a specified pace that increases each minute.

One Mile Walk/Run. The objective is to walk and/or run a mile distance at the fastest pace possible.

Walk Test. The objective is to walk a one mile distance as quickly as possible while maintaining a constant walking pace the entire distance. This test is for students ages 13 and older. It is scored in minutes, seconds, and heart rate.

(continued on next page)

Healthy Lifestyles, Healthy Children

Here is how the test is administered as described on the website of the California Department of Education (continued from previous page):

Body Composition. Body composition results provide an estimate of the percent of a student's weight that is fat in contrast to the "fat-free" body mass made up of muscles, bones, and organs.

Percent Fat. Measurements of the thickness of the skinfold on the back of the upper arm and the inside of the right calf are taken using a device called a skinfold caliper. A formula is used to calculate percent body fat using these measurements.

Body Mass Index. This test provides an indication of a student's weight relative to his or her height. Height and weight measurements are used to calculate a body mass index number. Although not as accurate an indicator of body composition, districts and schools find this measurement less controversial than skinfold measurements.

Abdominal Strength and Endurance. Abdominal strength and endurance are important in promoting good posture and correct pelvic alignment. Strength and endurance of the abdominal muscles are important in maintaining lower back health.

Curl-up Test. The objective of this test is to complete as many curl-ups as possible, up to a maximum of 75, at a specified pace.

Trunk Extensor and Flexibility. This test is related to lower back health and alignment.

Trunk Lift. The objective of this test is to lift the upper body 12 inches off the floor using the muscles of the back and to hold the position to allow for the measurement.

Upper Body Strength and Endurance. This test measures the strength and endurance of the upper body and is related to maintenance of correct posture. It is important to have strong muscles that can work forcefully and/or over a period of time.

Push-up. The objective of this test is to complete as many push-ups as possible.

Modified Pull-up. The objective of this test is to successfully complete as many modified pull-ups as possible.

Pull-up. The objective of this test is to correctly complete as many pull-ups as possible.

Flexed Arm Hang. The objective of this test is to hang with the chin above a bar as long as possible.

Overall Flexibility. This Test measures joint flexibility which is important to functional health.

Back Saver Sit and Reach. The objective is to assess the flexibility of the lower back and posterior thigh. The student should be able to reach a specified distance while sitting at a sit-and-reach box. Both the right and left side of the body are measured.

Shoulder Stretch. This is a simple test of upper body flexibility. The student should be able to touch the fingertips together behind the back by reaching over the shoulder and under the elbow.