



# The Pink Panther

## Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

JUNE 1, 2009

Dear Kaiser Families,

At the music performances the week before last, I made the comment that we believe that a complete education is much more than what can be tested in English/Language Arts and Math. I said that we at Kaiser believe that a full, well-rounded education also includes experiences in the visual arts and music. The audience (you) applauded. It was one of those things that just slipped out of my mouth without really thinking about it, and yet its importance has come back to me several times since.

Recently I received word that the budget I prepared for next year had to be cut by about \$15,000. We also did not receive a large grant that has partially supported our primary music program for the past eight years. And since many measures for school funding did not pass in the elections last Tuesday, I will be looking at the school budget (from the district) for next year once again to see what gets cut. And this Wednesday evening I will meet with the new PTA Board to set its budget for next year. The district supports the teachers, upper grade music, P.E., office staff, lunch program, tutors and me, as well as PG&E, maintenance, and custodian services. Our PTA supports weekly art and primary music programs (both partially supported by grants), a librarian, computer instructor, clerical aide, and assembly program. Last year and this we've also benefited from a small gardening grant that allows a former parent to educate small groups about dirt, seeds, and plants!

The PTA (that's you!) is responsible for a huge part of the expansion and enhancement of our base program here at Kaiser. The programs in place reflect the values I mentioned above, and give you the opportunity to "put your money where your mouth is." And you do! In addition to the regular programs listed, you pool efforts and money to enhance your children's educational experiences. Our PTA hosts several evening programs every year to celebrate (and educate about) different ethnic groups. Just last Friday evening we had a Kaiser Family picnic to celebrate Kaiser Alive!, a relatively new program to encourage kids and families to get up, get out and get involved; happily, it's become an annual part of our total program. Informally you support the expansion of classroom programs by driving on field trips, volunteering the in the classrooms, and running snack sales to fund extra projects. All these efforts show that you support us in the full education of the children at Kaiser School.

As you reflect back on this year and think about next, remember our appreciation for your support, and consider the ways you can pitch in next year. Maybe you can serve on a PTA committee, volunteer in a classroom, drive on a field trip, help with gardening, participate in a snack sale—there are many ways for everyone to join in our learning community.

That's what it's all about, really, becoming a learning community. I've worked in elementary education for so long because it's been delightful to be around the curiosity, questions, and wonder so often displayed by our children. I believe that we have the responsibility of (and reap the joy from) promoting those types of thinking. Consider some of these ways to expand your child's thinking: change your travel pattern to school, do something different for dinner (maybe eat outside), cook something new, visit a different part of town for shopping, watch an old movie together, find a bug and look it up, go to a museum or park or library. During all these events talk about what you're doing. The kids will learn language and concepts through your questioning. Ask questions that require descriptions and opinion and evidence rather than simply answered ones. What a wonderful way to become part of a learning community and to expand your child's thinking!

Mel Stenger

## Getting In The Know

### Spring Pledge Drive

Thank you very much to all of our Kaiser Families who have donated to our pledge drive. If you have been waiting for our Spring Pledge Drive, now is the time! We are asking families to help us support the great programs offered at Kaiser School by making a pledge donation. We recommend \$75 per child.

We thank you for your support. Checks should be made payable to Kaiser School and may be dropped off in the PTA box in the office.

### THANK YOU!!!

*A BIG thanks to Rick Frey for his donation of over \$600 worth of fruit trees and blueberry bushes to Kaiser School, and for all his help with the gardening projects!*

#### 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!

#### 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/)**

### KAISER CALENDAR

DATE / DAY	EVENT
June 5	Ice Cream Social for New Families, 6:30 p.m.
June 9	Gardening Day, 2 p.m.
June 9-11	Minimum Days: 1:25 p.m. dismissal
June 10	5 <sup>th</sup> Grade Promotion, 1 p.m.
June 11	Last day of school
August 31	School Starts, 8:45 a.m.

**Please resolve any missing library book or textbook issues. District policy is to hold report cards until these issues are resolved.**

#### Pink Panther's PTA Sponsors

PTA President: Janice Murphy

#### Pink Panther Staff

Co-editors: Jolie McRae & Carrie Shepherd

Copy editor: Wendy Harcarik

**The Pink Panther is also available at  
[www.KaiserElementary.org](http://www.KaiserElementary.org).**

## Congratulations to Jake McRae!

A big kudos to Jake McRae (Ms. Yang's class) for his hard work and outstanding achievement during Kaiser ALIVE! Jake completed every task in the Kaiser ALIVE! passport for a total of 420 points—the highest point total for the entire school. This is quite an accomplishment, and Jake deserves huge kudos for his success.

Congratulations, Jake, for a job well done!

### SUMMER PIANO LESSONS!

Where: Kaiser School  
When: June 15 - August 12 (1x week)  
Cost: \$20 per lesson + book  
Call: Marilyn Marsh (at Kaiser since 1994)  
Phone: (510) 923-1620

SPACE LIMITED -- CALL SOON!

### SUMMER TUTOR AVAILABLE

College student available to tutor in Spanish, English, Math, and other subjects this summer.

Please contact Victoria Robertson at [vikaus\\_2000@yahoo.com](mailto:vikaus_2000@yahoo.com) if interested.

## Three Cups of Tea Project Thanks

Profound thanks to all the participants in the Three Cups of Tea Project. Thank you to the 4th and 5th graders for the wonderful murals.

Thank you to the students who did the "Peoples of the Mountains" and the "Healing Herb" drawings. Thank you to all the students who shared their small books. Thank you to all the Teachers for their support and help. Thank you to Ms. Pessin and the 2nd graders who did such a good job taking pictures to document the whole project. We will be sorting them and placing them on the school website soon.

A special thanks to the following parents for all your work and support preparing the dolls for students: Monica Lannon, Susan Cheung, Terry McGlynn, Susan Foley, Lucinda Igarashi, Jennifer Benjamin, Christine Kizziah, Isa Estrada, Alison May, Dora Pulido-Tobiassen, Mae Frey, Jennifer Sedlachek, Bill and Liz Hall, and Lori Admokom.

Finally, thank you to all of the Kaiser Community for your donations for Pennies for Peace. The 1st graders will soon be counting our contributions so you still have time to empty your change into the container in the hall.

Have a wonderful summer. Make sure it is filled with creativity and lots of joy (remember to cut a lot). I look forward to next fall and our grand adventures in art.

—Ms. Leonardo, Art Teacher

*You are cordially invited to a*  
**Full Moon Garden Celebration**  
*and the First Meeting of the*  
**Kaiser Elementary Wellness Council**

Kaiser Elementary School Gardens  
Sunday, June 7, 2009  
12:00 - 2:00 PM



Speakers and information  
Live jazz music and art with Ms. McGhee  
Playground fun with Mr. Toomer  
Free food and drinks

*Bring your family and, if you want,  
a healthy potluck dish to share.  
Everyone is welcome to join!*



To join the Wellness Council or volunteer for this event,  
email parent volunteer Debby Goldsberry at [sayplease@sbcglobal.net](mailto:sayplease@sbcglobal.net),  
or phone 510-812-9538. Thanks!

## Kaiser Elementary School Wellness Council

### Helping to Raise Healthy Children



#### Healthy Summer Fun and Safety Ideas for the Whole Family

Type that into Google and you get 50,400,000 hits. Mind boggling—there are 50,400,000 ideas on the web for summer fun for kids. How can that be? If memory serves, before June 15<sup>th</sup>, kids all over the country are usually heard to say, “Mom, I’m bored, there is nothing to do!” Right? So how can you help make this a healthy, happy, fun filled summer?

Here are some ideas.

**Have a plan.** Experts recommend keeping children on the same sleep/wake cycle year around. Less confusing to the human body. Really. Ask your family to make a list of ideas they have for summer. Beach, library, museums, park, zoo, movie theatre, and play dates with friends...use everyone’s ideas to develop a tentative schedule. Don’t overplan—this is summer. Take mini trips to local area attractions; pack a cooler with ice and bring your own picnic. Picnic in your own backyard.

**Keep healthy snacks handy.** Try having things available that kids can grab and run. Here is a sample of snacks that are all healthy, tasty and refreshing on a hot summer day.

- 100% juice popsicles
- Carrot and celery sticks with peanut butter
- Cucumber sticks with ranch dressing
- String cheese
- Melon slices (watermelon, cantaloupe, honeydew)
- Deli turkey (one serving is six slices!)
- Fresh berries (strawberries, raspberries, blueberries)
- Sliced apples with 1 oz cheddar cheese
- A handful of pretzels
- 1 container of yogurt, or 1 drinkable yogurt
- Crackers spread with reduced fat cream cheese

Have plenty of cool water available. If possible, please reduce your use of bottled water. If you are concerned about tap water, a filter may help. Buy reusable bottles in everyone’s favorite colors and keep them filled with cool water in the refrigerator.

**Some safety tips:**

*Never, ever leave kids locked inside cars!* Not even for a few minutes. Look at this from the National Safety Council.

<b>Outside Temperature</b>	<b>Temperature In Car</b>	<b>Time it Takes to Reach</b>
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

*Kids and fireworks don't mix.* Even sparklers burn at 1000 degrees! According to figures from the Centers for Disease Control and Prevention, 63 percent of fireworks injuries involve burns. About 45 percent of fireworks injuries occur in children 14 or younger, and boys make up 72 percent of the kids who require some form of treatment at the hospital. About a quarter of all injuries involve the hands and fingers. Some 21 percent are eye injuries. The head and face are involved 18 percent of the time, and most of the injuries occur at homes. Enjoy your fireworks from a safe distance. Leave them to professionals. Many cities offer firework displays on July 4<sup>th</sup>.

*Prevent heat stress in exercising children.* (Source: <http://www.aap.org/policy/re9845.html> ) The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels. Before prolonged physical activity, all children should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty. Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat.

There are so many things to remember to keep our kids safe-never leave a small child unattended in a pool (or tub) even if there is a lifeguard. Bike helmets. Seat belts. No matches-practice fire safety! It can all seem so overwhelming. But oh so necessary to help assure the summer of 2009 is safe for all our Kaiser students. Please do have some fun!

**Here are some fun things to try this summer.**

- Make your own play dough-flour, salt, water! <http://www.amazingmoms.com/htm/artclayrecipes.htm>
- Learn to make homemade ice cream together. <http://www.ice-cream-recipes.com/> Have you seen the Play and Freeze ice cream maker? They sell it at REI.
- Shop garage sales for dress-up clothes and do backyard theatre.
- Get a big box from an appliance store and build a playhouse.
- Set up a tent and camp in your own backyard.

**Relax and come back for the new school year! We will be waiting!**

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Contact PTA volunteer Debby Goldsberry at [sayplease@sbcglobal.net](mailto:sayplease@sbcglobal.net) to join the Kaiser Wellness Council.