



The Pink Panther

Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

SEPTEMBER 21, 2009

Dear Kaiser Families,

If you Google API, you can find our latest school score. We are at 865. That's pretty good overall. We met our goal for improvement as a school and for our subgroup of African American students. In looking at API scores for all Oakland schools, I can see quite a number of schools who are now above 800 (the magic number for school success) and quite a few schools who have made gains of 60-100 points! Wow! For the fourth year in a row, Oakland leads the state in school improvement!

Great Schools at www.greatschools.net is a website that offers lots of information for parents. Some is general, some is specific and some is about particular schools. They include information about what is being taught at different grade levels. They also have a link for our latest test scores. Check it out!

Childhood obesity and diabetes are at epidemic proportions. I'm asking you all to take a look at what type of foods you're including in the lunches. There seems to be a lot of "junkie" type of high-fat, high-sugar items included. As a parent I'm very aware of the constant struggle to get our kids to eat right. You can always use the excuse that "those types of foods aren't appropriate for school." Sometimes kids will believe it! I received an email this week from a website that gives information and recipes for healthy eating. You might want to visit www.parentsagainstjunkfood.org and check out their offerings. Let's do our part to promote healthy diets!

At our faculty meeting we discussed an article about beliefs about diverse students. We talked about the myth of colorblind teaching, that our school staff must understand, acknowledge and affirm the ethnicities and races of the families, that it is our responsibility to review our educational materials and content to see that they are as inclusive as possible. We talked about our success with children of color, that we don't group children by race, but it is very important that we consider children's backgrounds in educating them. We talked about how it is our responsibility to invite all parents to be included in the education of their children through volunteerism, newsletters, adult organizations and school events, so that everyone feels included. We also talked about diversity of economic class and how that impacts our work. Finally we talked about the diversity of learning and diversity of intelligences; how we can work with who the children are and their specific talents in trying to reach them; and how there is a constant tension between teaching to children's strengths and bolstering their weaknesses. A very deep, rich discussion!

Autumn begins September 22, at 5:18 pm. Happy Fall!

Mel Stenger

Getting In The Know

DONATE YOUR OLD MACS!

Young writers in Ms Margaret Yang's class are looking for your used (but functional) Macintosh Computers.

Please contact: Annie de Jong at (650) 303-5276 cell or annemiekedejong@msn.com or talk to Ms Yang directly. Thank you!

KAISER CALENDAR

DATE / DAY	EVENT
Oct. 9	No School
Oct. 12-16	Conference Week 1:25 dismissal all week
Oct. 30	Halloween Parade
Nov. 14	Kaiser Auction

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/

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

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!

Pink Panther's PTA Sponsors

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Budget Crunch Affects Kaiser Elementary School

We have all been reading about the budget crunch for months. We have been hearing about it on television and the radio. Now we have read in our own Pink Panther that the school is 13 students under the projection and that translates into about a \$40,000 loss of funding. Wow. That's a lot of bake sales and car washes. And we are ready. The families of Kaiser Elementary School have always been up to a challenge.

Here is one way to help meet that need. **We can write and market a cookbook.** That's right. The Wellness Committee is planning to publish a cookbook and we need every man, woman and child to help us! And to help us **F A S T.**

Morris Press Cookbooks has been in business since 1933. Morris Press Cookbooks makes the process of publishing a cookbook easy. All we have to do is collect and sort our recipes and then send them to the company. They will typeset our recipes into one of their attractive recipe formats and proofread for accuracy. We can choose from their beautiful stock covers and dividers or let their highly skilled art staff create a special custom cover. We can add any of their options to further customize our cookbook.

According to their website, our group can raise thousands of dollars by selling cookbooks. Cookbooks can be sold for two to four times their cost, making them highly profitable. **Groups can earn anywhere from \$500 to \$50,000.**

We can do it! You can do it! I can do it! I am sitting in my living room next to my bookcase. I have no less than 15 cookbooks I bought from church groups, school groups and a local fire station. They were all between 15-20 dollars and I bought copies of the good ones for my sisters' holiday gifts. I gave a copy of one to my mother-in-law and several of my nieces got copies in baskets with my favorite ingredients as bridal shower gifts. Looking back I might have been able to singularly make up for those missing 13 students.

It will take everyone to make this a successful effort. We need recipes. Lots of recipes. Yummy recipes. Healthy recipes. Your family recipes. It will then take a committee to bring it all together. Please email Barbara Blaser, RN at barbarablaser@sbcglobal.net to volunteer for the committee. We will need to meet perhaps 3 times in the next 6 weeks. And everyone should start sending recipes. Think appetizers, soups, salads, main dishes, casseroles, desserts, school lunches, healthy snacks, vegetarian dishes, and your cultural specialty. If there is a family story to go with a family recipe, please include it.

We can get it out before the December holidays, regardless of what and how you celebrate; you will be able to buy all your friends and families a new cookbook! We need it to the printer before Thanksgiving. Start sending those recipes now. Sign up for the committee and do not buy any gifts until you see the Kaiser Elementary Cookbook!



Kaiser Elementary School Wellness Council Helping to Raise Healthy Children



Maybe you have heard it before, your happy go lucky, loves school child comes home and says, “I’m not going to school anymore and you can’t make me.” Or an otherwise healthy child becomes prone to complaints of tummy aches or “my head hurts syndrome,” usually on Mondays after a pleasant weekend. Maybe it’s nothing. Maybe you already saw the doctor and they didn’t find anything? Maybe there is a playground bully or a child who is “just teasing” but who has upset your child.

Please remember, it may not be easy being green as Kermit from the Muppets has been known to say, but it isn’t easy being made fun of or bullied either.



When is teasing just teasing and when is it bullying?

We all know many school-age children are very sensitive to peer comments. Unfortunately, because of this, many children take teasing and bullying to heart, which can be damaging to their self-esteem. According to Mary Cook, an MD at Children’s Hospital in Dallas, “The best thing parents can do is to identify their children’s strengths and areas of competence and create an environment where they feel self-assured and confident about themselves. The more confidence your children have, the less likely they are to get bullied or teased.”

“While friendly teasing that doesn’t hurt anyone is a normal part of childhood, it’s important for children to feel safe and free from bullies when at school,” Dr. Cook said. “Any time the teasing becomes brutal or the teaser is relentless with the harassment of your child, it’s time for adults to get involved.”

Here are some tips on helping your child from a book titled Preventing Classroom Bullying:

- Respond to taunts, insults, or teasing with a bland response (“Oh.” “That’s your opinion.” “Maybe.”)
Don’t let bullies see that they have upset you.
- Get away from the situation if you start to get very angry.

- Say “No” firmly and loudly if you don’t want to do something that someone tells you to do. Stand straight up and look that person in the eye when you say it.
- Refuse to let others talk you into doing something that you will be sorry for — even if they dare you!
- Report incidents of bullying to adults.

This, from maybe my years of parenting-some good and some bad – Listen when your child tells you something! Don’t just say, “They were just teasing you.” Offer support. Tell the teacher. Never try and confront another parent and don’t confront someone else’s child. Volunteer in the classroom. Volunteer on the playground. Watch interactions when you are picking up or dropping off your child. Please remember bullies come in all shapes and sizes. They can be boys or girls, older or younger. Ask Kaiser how you can help. Help your child help themselves. The National Education Association reported that almost 160,000 students miss school daily because of bullying or the effects of bullying. Wow. School should be a safe place. Be a partner in assuring it is.



Have you hugged your child today?

Give your little ones their minimum daily requirement of warm and heartfelt affection with a daily dose of hugs. When they wake up. When you take them to school. When you pick them up after school. Before bed. When they are good and not so good. Maybe sneak in a kiss here and there. You will not regret it. Promise....If nothing else-do it “Because I said so.”

Barbara Elaser, RN