



# The Pink Panther

## Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

OCTOBER 19, 2009

Dear Kaiser Families,

There should be a flyer attached to the newsletter this week about Halloween and UNICEF. This is an organization coming out of the UN which has a special day coming up. United Nations Day isn't solely an American holiday, but a holiday celebrating all of the peoples that came together to form the United Nations. It was the United Nations General Assembly that established the holiday in 1948. The date set for the holiday is October 24th, the same day that the United Nations Charter was adopted in 1945. Its purpose is more to uphold what the United Nations stands for; international economical development, security, social progress, human rights and world peace. Helping other people is one of the central values we try to teach here at Kaiser. This week you might take a few minutes with your child to look up the UN on the internet to find out how its beginnings had something to do with San Francisco. That's all I'm going to tell you!

The UN is an institution wherein nations make the time to listen to each other, or at least try to. There are times when we've all been involved in conversations where the other party wasn't listening, and we know how frustrating that is. And there are other times when people listen to us without trying to interject their own words, and it feels totally different. We feel respected. When we are heard, really heard, we tend to take the time to reflect on what we're saying and to clarify it, and even to make an effort to listen to others better. When others listen to us, we are calmed. When others recognize what we're trying to say, we feel validated and grounded. We feel more at peace. Maybe we can all listen a little better this week. Choose one person and let them talk; don't interrupt. Maybe try checking to make sure you really heard them, but don't comment on what they say. See what happens. Begin a little peace.

During conference week I was able to sit in on a handful of conversations about your children. What a privilege! What I witnessed were teachers doing their best to present their assessment of student strengths and challenges, and parents listening and offering insights: partners in nurturing the education of our children. In some cases difficult things were said; hard news had to be delivered. In some cases tender and sensitive subjects were addressed, all in respectful tones and with concern for the improvement of the child. Overall I got a view of a coalition of partners working together toward a common goal. What a rich process to witness! My appreciations go out to our teachers who took the time to prepare their comments and tailor their messages, and to you, our parents, who came with information and questions about your children and a willingness to hear what we had to say. Great work everybody!

Mel Stenger

## Getting In The Know

### Stay Connected

Join the Kaiser community message **Yahoo Group:** kaiserelementaryschool\_group. Click on Join Group and email the moderator with your student's name and teacher to be verified and granted approval to become a member.

Kaiser is also now on **Facebook!** Become a fan! Great place for messages, pictures, discussions!

Earlier this week, Alameda County received initial supplies of the H1N1 vaccine and posted details about proposed clinic dates and site locations at its Public Health website:

[www.acphd.org](http://www.acphd.org). Please consult [www.acphd.org](http://www.acphd.org) and the "[Health Resources and Information](#)" section of the [OUSD website](#) at:

<http://publicportal.ousd.k12.ca.us/19941081213927173/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=56862>

for the latest information on measures responding to the H1N1 virus.

### 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!

### KAISER CALENDAR

DATE / DAY	EVENT
Oct. 21	Picture Day
Oct. 30	Halloween Parade
Nov. 4	Dairy cow visit, upper field, 10 a.m.
Nov. 11	No School – Veteran's Day
Nov. 14	Kaiser Auction
Nov. 18	SF Opera "Daughter of the Regiment," 11 a.m. (5 <sup>th</sup> grade will be participating in play)

### 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/)

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

**The online Pink Panther includes information from our Wellness Committee**

### Pink Panther's PTA Sponsors

PTA President: Kimberlee White

### Pink Panther Staff

Co-editors: Jolie McRae & Carrie Shepherd  
Copy editor: Wendy Harcarik

## PTA MEMBERSHIP DRIVE THE RACE TO THE TOP IS ON!

The classroom race to reach the top of the Kaiser PTA Membership Mountain is extremely close! Four classrooms are vying for the lead: Hunter, Banks, Haruyama and Gorham, with each class only needing 5 more of their families to join to reach 100% membership! It is an extremely tight race-with Ms. Hunter, Ms. Banks, and Ms. Haruyama's classes each within only one membership of each other to get to the top first! It's still possible for any classroom to win. Congratulations to Ms. Bailey's class for having the greatest surge in membership in the past 2 weeks! Remember, both the classrooms with the greatest number of members and highest percentage will win parties!

Teacher	PTA Families	Total Students	Percent of Class	Families Needed
Hunter	20	25	80%	5
Banks	19	24	79%	5
Haruyama	18	23	78%	5
Gorham	13	18	72%	5
Apaydin	14	20	70%	6
Bailey	16	25	64%	9
Araki	14	23	61%	9
McGhee	15	25	60%	10
Yang	12	20	60%	8
Neat	14	26	54%	12
Ross	12	26	46%	14

For parents with more than one child, your one \$10 membership fee will cover all of your children and be counted towards all of your children's classrooms. Two parent families, you can either join as 2 parents for \$20 or just have one parent join for \$10. Only parents who are PTA members will receive a complimentary Kaiser School Directory Book when they are distributed in November. These books are invaluable references for setting up playdates, organizing birthday parties, and connecting with other parents. There will be a limited supply of extra school directories available for non-PTA members, at a cost of approximately \$15 each.

**REMAINING FAMILIES: DON'T DELAY, JOIN TODAY!  
THE DEADLINE IS OCTOBER 30<sup>TH</sup>!**

# Kaiser Elementary School Wellness Council

## Kaiser Elementary School Wellness Council Helping to Raise Healthy Children



Halloween is one of those holidays most people either love or hate. Just a few thoughts to keep you and your family safe and healthy while celebrating. Instead of candy, have healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix, or pretzels. What about pencils or fun erasers? Some families celebrate with a home party, offer a variety of fruits, vegetables, and cheeses. Apple juice from the farmers market will provide a cool fall drink. If you are expecting guests, candles may not be safe if many will be wearing masks.

### Halloween Sugar Cookies



I have to tell you, I scoured my collection of cookbooks, as well as the web for Halloween cookie recipes. Some took 10-15 ingredients! And hours to mix, refrigerate, slice and cook. I decided you are all probably as busy as me so here is how was able to work and raise kids who would come home on Tuesday and tell me I was supposed to bake 4 dozen cookies for Wednesday! Slice and bake cookies from the cooler section of the store! Buy frosting in cans and tubes. Buy food color-red and yellow mix to make orange. You can buy a black food color mix at a store like Michaels. You might also buy some colored sugar to sprinkle on. Slice, bake, decorate and enjoy! Trick or Treat!

Barbara Blaser, RN

## Going trick-or-treating? (From Center for Disease Control website)

**S**

Swords, knives, and similar costume accessories should be short, soft, and flexible.

**A**

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**

Fasten reflective tape to costumes and bags to help drivers see you.

**E**

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Hold a flashlight while trick-or-treating to help you see and others see you.

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

**L**

Look both ways before crossing the street. Use established crosswalks wherever possible.

**L**

Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**

Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

**W**

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

**E**

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

Make sure you know when your town is recommending for trick or treating. Don't go to houses that don't have porch lights on. Smile and say "Thank you."