



# The Pink Panther

## Henry J. Kaiser, Jr. Elementary School

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

SCHOOL & COMMUNITY NEWSLETTER

MAY 2, 2011

### *Walkathon Walkathon Walkathon!!!*

*Come along and join the fun!*

Dear Kaiser Families,

We're already in May! The year has just trotted by, and so much is left to do. The upper grades are busy getting ready for testing. Preparation booklets have been provided last week for all the classes, grades 2-5. Some teachers are using them in class and some are using them for homework. It's a good thing to do a bit of preparation but not over do it. Please ask your child about how their teacher is preparing them. The California Standardized Test will be happening here beginning the week of May 9. You don't need to do anything special that week except to make sure your child(ren) get lots of rest and eat a good breakfast. Things like that make a difference in children's performance. I'm encouraging all teachers in grades 2-5 to not assign any homework that week. Depending on projects in progress, it may not be totally possible, but we do want the kids to relax.

On Wednesday the faculty and I had a very good session with one of the district's psychologists, Dr. Susan DeMersseman. She is a long-time employee of OUSD and used to be here at Kaiser, so she knows us very well. She led us in a discussion about relational aggression, bullying, bystander behavior and how it can help, and breaking behavior patterns. She also gave us a few articles and a bibliography, and if you're interested in those, come see me.

Dr. DeMersseman reminded us of several ways to help our children. Teaching them healthy social skills such as approaching friends and groups, maintaining friendships, and bringing closure to relationships in healthy ways. Helping kids learn to de-escalate when they get into conflicts rather than just "giving it back, but more." And letting kids know that we expect them to be friendly with everyone, but they don't need to be friends. (That may be a little more difficult for the younger ones.)

She gave us a few hints for parents. It's not the job of parents to provide a perfectly smooth road through childhood, but to provide the skills to manage the bumps in the road. When you meet your child at the end of the day don't ask what happened to them, (which may lead some to focus on the negatives) but ask what good things happened; this subtle shift builds the expectation that we expect good things to happen at school and in turn, focuses the child on the positive. If parents have a child who is a teaser or bully, try to figure out what the child is getting out of the behavior and address the need or hunger which may be leading the child astray. And as always, compliment children on their efforts.

Dr. DeMersseman also had some message for school staff. We need to remember that parents are trying their best, and that they are advocates for their children. We need to guide children in restorative justice and apologies of actions, rather than mere apologies of words. We need to give children lessons in social skills as explicitly as we do for reading and math. And as always, compliment children on their efforts.

(Continued on page 2)

## *Getting In The Know*

(continued from page 1)

All of this work around children doing mean things needs to follow lots and lots of positive experiences. Children who are involved in their communities and have meaningful work and play do a lot less of the mean stuff. Here at Kaiser we have a program currently going on called "Kaiser Alive." Your children were told about it a couple of weeks ago. It consists of lots of activities to get kids out and about and involved in growing. There will be a Kaiser Alive picnic at the end of the school year where the winners of the contest for who did the most activities will be honored.

One of those activities is participating in the annual walkathon. It happens this coming Saturday, May 7. The money kids raise goes directly to support the enrichment programs here. There will also be a book fair, to get books for your hungry readers. More than that though, it is a big party! Parents gather to talk and get to know each other (better) and kids walk and get a sense of giving back. Kids who are involved with sports get credit for a few laps of walking. It's a fun day for everyone. Come on out!

Mel Stenger, Principal

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

***Check out the complete 2010-2011 school year calendar at  
[www.kaiserelementary.org/calendar](http://www.kaiserelementary.org/calendar)***

### **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
May 4-7 May 4	Book Fair PTA Exec. Board Meeting
May 7	Walkathon 9am-3pm with PTA Ballot Election for new officials
May 9-13 May 12 May 14	Standardized Testing, grades 2-5 & Teacher Appreciation Week 6:30 General PTA Meeting 9-12 Dad's Pancake Breakfast & Campus Cleanup
May 20	Kaiser ALIVE Booklets Due
May 27	Holiday
May 30	Holiday
May 31	<b>Important Date Change</b> ORFF Music Concert, 6:30pm
June 2	<b>Important Date Change</b> Instrumental Music Concert, 6:30
June 3	Kaiser ALIVE Picnic and Award Ceremony

### **Pink Panther's PTA Sponsors**

PTA President: Kimberlee White

### **Pink Panther Staff**

Co-editors: Jolie McRae & Carrie Shepherd

Copy editor: Wendy Harcarik

### **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/)**

## *PTA Corner*

Dear Kaiser Families,

Each Spring we look ahead to the following school year and work to put together a new group of PTA leaders to carry on the important work of supporting our school community.

As some PTA veterans are stepping down from their positions or graduating, we are looking to generate interest and enthusiasm among families-old and new-in our school community. Please review the documents: Summary of PTA Positions and Open Positions 2011-2012 which will be coming your way via the Yahoo website following this notification, and see if there is something which might fit your unique talents and abilities. If you would like to volunteer for an open appointed position or run for an elected position please send an e-mail to Annie de Jong at: [annemiekedejong@comcast.net](mailto:annemiekedejong@comcast.net) as soon as possible. We will be distributing ballots at next week's Walkathon.

Thank you!

Annie de Jong (Mama to Jack McColm-de Jong-3rd Grade) □□

PTA Nominations and Election Coordinator

### **Important Date Changes:**

Orff music night will be May 31, and the instrumental music night will be June 2. Both programs start at 6:30.

There will also be an Open House on those evening for you to see children's work.

### *Announcement:*

The main building is closed at 4:30 daily. The custodian is cleaing after that and cannot open doors.

## **Movies in the Park at the Redwood Heights Recreation Center**

All movies begin at dusk. Please note that this time changes, as the days get longer in the spring and summer. We plan on starting the movies once it gets dark enough to see it on the screen. Sunset on April 15th is around 7:30 pm.

Be sure to dress warm and bring a lawn chair and / or blanket as the grass starts to get a little damp in the evening. We will have some mosquito spray, but you may want to bring some as well.

From 6:45 - 8:45, we will be selling hot dogs, drink and chips for \$4. We do need to charge for popcorn and hot chocolate this year (\$0.50 each). All of the money goes towards our scholarship fund for summer day camp and after school Rockets program.

List of upcoming spring/summer/fall movies are as follows:

Friday May 20 - The Karate Kid (2010 version)

Friday May 27 - Megamind

Friday June 10 - Grease

Friday June 24 - E.T.

Saturday July 16 - is "A Day at Your Park" which is the day that we also have our summer carnival. Movie this night will be "Return of the Jedi"

Friday August 5 - A Bugs Life (this movie will be shown at Joaquin Miller Park in the meadow)

Friday September 2 - Pirates of the Caribbean

Friday September 23 - Tangled

Friday October 7 - Beetlejuice

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Meatless Monday!</b> Grilled Cheese (V)(WG) Vegetarian Chili w/ Cornbread(V) Garden Burger w/ Cheese (V) California Vegetable Blend 100% Fruit Juice	3 <b>PIZZA DAY!</b> Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Great Granny Smith Apple Gripz Grahams	4 BBQ Chicken Drumstick Cheeseburger (WG Bun) PB & Jelly Sandwich (V) Marvelous Mashed Potatoes Brave Bananas	5 Chicken Lo Mein Chicken Teriyaki Bowl Chicken Vegetable Medley Stir Fry Vegetables Smart Strawberries Goldfish Crackers (WG)	6 Chicken Sausage Biscuit Chicken & Waffles Eggs w/ Veggie Sausage (V) Delightful Deli Roasted Potatoes Perfect Pears
9 <b>Meatless Monday!</b> Black Beans & Rice (V)(GF) Vegetarian Chili w/ Cornbread(V) Vegetarian Stir Fry Bowl (V) Brown Rice Cool Carrots 100% Fruit Juice	10 <b>PIZZA DAY!</b> Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Powerful Peas & Carrots Perfect Pears Graham Crackers	11 Pasta & Meat Sauce (V)(WG) Wrapped Bagel Dog Cheese Quesadilla (V) California Vegetable Blend Brave Bananas	12 Chicken Suqaar BBQ Chicken Melt PB & Jelly Sandwich (V) Groovy Green Beans Outstanding Oranges Crackers (WG)	13 Chili Cheese Nachos (L) Grilled Cheese (V)(WG) Grilled Chicken Salad Celery & Peanut Butter Smart Strawberries
16 <b>Meatless Monday!</b> Bean & Cheese Burrito (V) PB & Jelly Sandwich (V) Garden Burger w/ Cheese (V) Brown Rice Crazy Corn Cobette 100% Fruit Juice	17 <b>PIZZA DAY!</b> Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Perfect Pears Graham Crackers	18 Grilled Cheese (V)(WG) Hamburger (WG Bun) Oven Baked Chicken Delightful Deli Roasted Potatoes Brave Bananas	19 Fish Tacos Pizza Pocket BBQ Chicken Sandwich California Vegetable Blend Smart Strawberries Crackers (WG)	20 Beef & Broccoli Chicken Egg Roll (WG) Chicken Teriyaki Brown Rice Excellent Edamame Beans Great Granny Smith Apple
23 <b>Meatless Monday!</b> Black Beans & Rice (V)(GF) Vegetarian Chow Mein (V) Vegetarian Stir Fry Bowl (V) Cool Carrots 100% Fruit Juice	24 <b>PIZZA DAY!</b> Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Corn Cobette Outstanding Oranges Graham Crackers	25 PB & Jelly Sandwich (V) Pepperoni Sandwich (P) Hamburger (WG Bun) Silly Spinach Salad Brave Bananas Wheat Roll	26 Wrapped Bagel Dog Southwest Chicken Bowl Groovy Green Beans Perfect Pears Crackers (WG)	27 <b>Memorial Day Holiday No School</b>
30 <b>Memorial Day Holiday No School</b>	31 <b>PIZZA DAY!</b> Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Carrots Brave Bananas Gripz Grahams	<b>Prices:</b> Full Price \$2.25 Reduced \$0.40 Free \$0.00 Milk w/o Meal \$0.40	(L) Lower Fat Poultry (V) Vegetarian (WG) Whole Grain (GF) Gluten Free (LF) Low Fat (P) Pork	 <i>Oakland schools are "meatless" on Mondays!</i>

Menu subject to change based on availability.

*We serve 1% White Milk daily and Nonfat Chocolate Milk on Mondays. All milk is locally sourced and rBST hormone free.*

NUTRIENT TARGETS	
Calories	645
Total Fat	<30%
Saturated Fat	<10%
Cholesterol	<100 mg
Sodium	<1100 mg
Fiber	6 g

NUTRIENT AVERAGES	
Calories	635
Total Fat	25%
Saturated Fat	8%
Cholesterol	49 mg
Sodium	984 mg
Fiber	8 g

