



## SUNRIDGE SCHOOL

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## CALENDAR

Thursday, January 24<sup>th</sup>:

**Kindergarten Parent Evening  
6-8pm & Lice Talk (7:30-8pm)**

Thursday, January 24<sup>th</sup>:

**4<sup>th</sup> Grade Parent Evening  
6:30-8:30pm**

Friday, January 25<sup>th</sup>:

**SunRidge Foundation Meeting  
8:30am in Library**

Tuesday, January 29<sup>th</sup>:

**Parent Tea with Rick Concoff  
1:30-2:30pm**

Tuesday, January 29<sup>th</sup>:

**1<sup>st</sup> Grade Parent Evening  
6:30-7:30pm**

Wednesday, January 30<sup>th</sup>:

**4<sup>th</sup> Grade Acorns to Oaks Tolay Park  
Field Trip**

Wednesday, January 30<sup>th</sup>:

**Valkyrie Game vs. Live Oak  
3:45pm**

Wednesday, January 30<sup>th</sup>:

**3<sup>rd</sup> Grade Parent Evening  
6-8pm**

Wednesday, January 30<sup>th</sup>:

**8<sup>th</sup> Grade Parent Evening  
6-8pm**

Thursday, January 31<sup>st</sup>:

**5<sup>th</sup> Grade Parent Evening  
6-7:30pm**

Friday, February 1<sup>st</sup>:

**Positive Images Presentation (7<sup>th</sup>/8<sup>th</sup>  
grades)  
1:20-3pm (see article)**

# SUNRIDGE BULLETIN

1/23/19

### Upcoming Parent Education & Events

- Thursday, 1/24 @ 7:30-8pm: Lice Clinic Talk – Come get your lice-related questions answered by a Lice Clinic of America representative on Thursday, 1/24 from 7:30-8:00pm in the Dragonfly Kindergarten (following a parent evening). All parents are welcome.
- Tuesday, 1/29 @ 1:30-2:30pm: Parent Tea w/ Rick Concoff – Join Rick and other parents in sharing stories and challenges as we work together to figure out some new strategies in this journey of raising our children from 1:30-2:30pm in the Conference Room. Visit [parentingpanicbutton.com](http://parentingpanicbutton.com) for more information. Stay tuned for upcoming dates.
- Wednesday, 2/6 @ 6:30-7:30pm: Positive Images – Two of their representatives will give parents an overview of the topics they covered during their presentation to 7<sup>th</sup> and 8<sup>th</sup> grade students on Friday, February 1<sup>st</sup>. The presentation will address: What is friendship? How is respect and tolerance for others demonstrated? What does it mean to be an ally? Gender and sexual orientation/stereotyping. Parents from all grades are welcome

### Faculty Meal Appreciation

We would like to thank the 3<sup>rd</sup> grade families for providing our faculty with a nutritious and delicious meal at the last staff meeting. We greatly appreciate you!

### 7<sup>th</sup> Grade Waldorf at Weill

Congratulations to our 7<sup>th</sup> grade on a beautiful performance at Waldorf at Weill last night! They were the very first performance of the night and they sang a Portuguese soccer song, which was introduced to them by their teacher Ms. Gosling and arranged by Ms. Austin. Along with Mr. Carl Sokol on piano, students played bass and percussion. We are so proud of our students who started off the whole evening with spirit and rhythm. We would also like to send a big thank you to Ms. Austin for all her hard work to make this night one to remember.

### Two Days With Kim John Payne

Kim John Payne met with faculty and staff on Tuesday to discuss practical strategies to give children social, behavior and academic support. He also brought a compassionate response practice that builds understanding of how a child's situation might influence their behavior and learning. This practice creates a common language through which the team of teachers can address a situation in a consistent way.

Today the Three Care Streams team met with Kim John Payne to discuss student leadership opportunities that can support all of the students in the school. The team met with the 8<sup>th</sup> grade class to appreciate them for creating a code of conduct and for their leadership in creating social inclusion, problem solving, and individual student support in the younger grades.

A parent brochure that describes the Three Care Streams process will be forthcoming this spring. Also, we would like to thank the parents for making arrangements for your children to be elsewhere while the faculty and staff engaged in professional development with Kim John Payne.

### Pledge Donations and Taxes

Pledge donations are tax deductible. In the interest of conserving paper and reducing mailing costs where possible, we will not automatically mail an annual donation receipt to every pledger. If you want such a receipt for tax purposes, please call or email Theresa and request one, and we will be happy to

accommodate your needs. (707) 824-2844 or [tthomasson@twinhillsusd.org](mailto:tthomasson@twinhillsusd.org).

**Library News from Dianne**

Our Book Give Away project will take place the 2nd week of February from the 11th through the 14th. We will need volunteers to oversee the tables with the books that will be set up in the main hallway near the office on each of those days. If you can help with this, please email me at [diannenamkung@gmail.com](mailto:diannenamkung@gmail.com) and I will send you a sign up list for times and dates. Even if you are only available for one of the dates or times, we would still appreciate your help. Thanks so much!

**Community Dance**

Parent Council is hosting the annual Community Dance on March 1st from 6-7:30pm in the Multipurpose Room. Doors will open at 5:45. The Community Dance is a family dance complete with a professional caller and musicians. No experience is necessary because the caller teaches and guides us through each dance. At a family dance, parents and children all dance together. One of the gifts of a family dance is that parents and older students hold the form of the dance so that the younger children can participate in an enjoyable way. Everyone dances! Playing outside the multipurpose room/gym is not permitted for safety reasons. The Community Dance is a gift from Parent Council to thank you for all the ways that your volunteer work supports our school. The dance is a free event. Donations are welcome. We look forward to seeing you and your family!

**Falling Leaves Planning Forward**

There will be a Falling Leaves meeting on January 29th, 2-3pm at picnic tables on the large playground. We will review festival feedback and plan forward for next year. All Falling Leaves representatives from last year and parents interested in volunteering for booth representatives next year are welcome to attend. Questions: [sunridgeparentcouncil@gmail.com](mailto:sunridgeparentcouncil@gmail.com)

**Donations for Rummage Sale**

Have you recently been inspired to begin "Tidying Up"? In your efforts to simplify your homes, please consider donating your unwanted but-still-in-good-condition items to the 7th grade Rummage Sale! If you are willing to hang on to things for a few more months (as we do not have storage space), we would be so grateful to be able to sell your items on April 27th!

If you have questions or want to help, please contact Erin Green (707) 235-2331, [erin.marie.green@gmail.com](mailto:erin.marie.green@gmail.com)

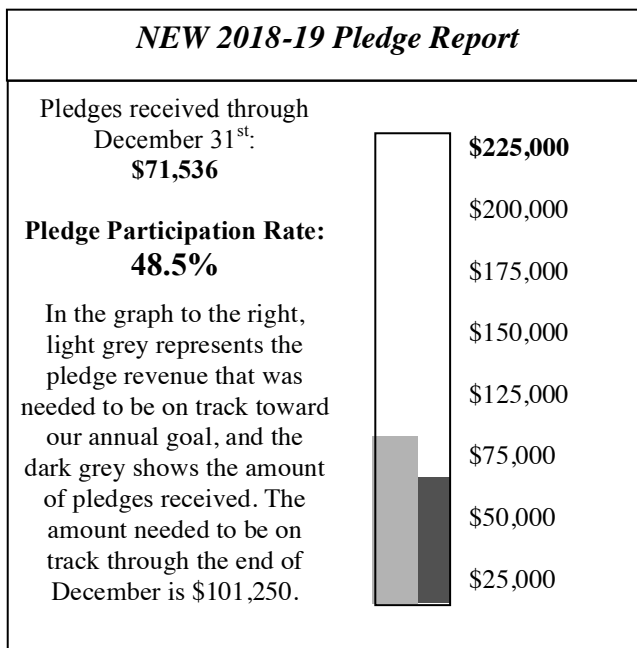
**Looking For After Care Coordinator & Assistant**

We are still seeking wonderful people for the following two positions:

- After Care Coordinator
- After Care Assistant

Job descriptions and applications are available on the Twin Hills Union School District website.

**From CyberWise: 3 Digital Resolutions for 2019**



In the new year find a way for you and your child(ren) to build a healthy relationship with technology. Here is an article to help you do just that:

<http://www.cyberwise.org/single-post/2019/01/04/Parents-3-Digital-Resolutions-for-2019>

**Attention 8<sup>th</sup> Grade Parents: Analy Course Selection Night**

Enrollment Forms for incoming 9<sup>th</sup> grade students interesting in attending Analy will delivered to the 8<sup>th</sup> grade class teacher on Thursday, January 24<sup>th</sup>. They are due to the class teacher Friday, February 1<sup>st</sup>. Analy will require that students and parents/guardians attend Course Selection and Information Night offered at Analy High School on Wednesday, February 6 from 5:30pm-7:30pm in the Theater.

**Classified + Community Events**

At the end of every week's bulletin, a section titled Community Events will appear containing happenings in the community that may be of interest to SunRidge families. The Classified section will follow containing not-for-profit ads regarding housing, items for sale, and other community needs. Please email your requests for these sections to Makena in the SunRidge office [mcollin@twinhillsusd.org](mailto:mcollin@twinhillsusd.org) for review and possible placement in future bulletins. Requests should be submitted no later than the end of the day on Monday every week.

**COMMUNITY EVENTS**

**Weaving Earth & Rx Outside Presents: Nature Connection and Childhood Development**

What: The number of children having a difficult time learning, listening and calming their emotions and behaviors is nothing short of alarming. Kathleen Lockyer, founder of Rx Outside, will discuss what is happening in the neurological system of children and how nature guides the way to best practices for child development and learning. Using a few small tolls to connect children to nature and

their sensory experiences can help kids be more attentive, focused and emotionally regulated.

When: Thursday, January 24, 2019 6:30-8:30pm

Where: The Dhyanna Center (186 North Main St. Seb.)

Who is this for? Parents, educators and anyone interested in nature's role in healthy human development

Please RSVP to reserve your spot:  
[info@WAVINGEARTH.com](mailto:info@WAVINGEARTH.com) Suggested donation at the door \$25-\$40. No one turned away for lack of funds.

Kathleen Lockyer has put her 22 years of experience as a professional Occupational Therapist and nature connection mentor into her proprietary Nature-Led Approach, based on cutting-edge neuroscience and the wisdom of nature's intelligence, to equip kids with the tools they need to succeed in our increasingly complex world.

### Super Bowl Sunday Tamale Benefit

Help support California Homemakers Association's (CHA) budget-saving Winter Survival Campaign by purchasing homemade tamales. Suggested donation: \$20 per dozen or \$10 per half-dozen. Chicken, cheese and jalapeno or black bean (vegan). Pre-order your tamales by calling CHA 591-9573 (time and supplies are limited so order today). Orders will be available for pick-up on Saturday, February 2<sup>nd</sup> from 1-6pm at Ronnie's Bar and Grill in Rohnert Park.

### Diversity & Inclusivity Summit Session #4: LGBTQ Inclusion + Support

Monday, January 28<sup>th</sup> 6:30-8:30pm  
Congregation Shomrei Torah  
2600 Bennett Valley Rd. Santa Rosa

This session will be led by Rebecca Weiner, representing Keshet. It is for all teens, parent and interested adults to gain a deeper understanding of the LGBTQI Community. This workshop will:

- Explore the LGBTQI identity and adolescent development.
- Present common terminology and developmental milestones.
- Learn about ways that we all can give support to our LGBTQI teens and become better allies.
- Through discussion and scenarios, we will have an experiential and thoughtful exploration of LGBTQI teen development

Free to attend! Dessert will be served.

#### Next sessions:

2/25: Embracing Living with a Chronic Illness or Disability  
4/8: Creating a Culture of Inclusion

### Give Kids a Smile: Free Dental Clinic

Friday, February 1<sup>st</sup> + Saturday, February 2<sup>nd</sup>  
Free dental exams and treatment are available for children 0-18 years old.  
Pre-registration required (707) 535-3302 1am-12pm & 1pm-4pm Monday through Friday.

### Child Parent Institute: Parenting Advanced

### Learners Classes

The Child Parent Resource (CPI) is offering a six-week class for parents (children ages 4-18) of advanced learners starting February 5th.

"Parenting Advanced Learners" is a six-session series that provides parents with a comprehensive overview and concrete strategies for nurturing these children, who are sometimes referred to as "gifted." The class addresses intensity, asynchronous development, perfectionism, procrastination, motivation, peer relations, social/emotional needs, self-regulation, executive function skills, existential depression, idealism, frustration tolerance, twice exceptional (gifted plus other issues), and much more.

Six Tuesday Evenings (2/4-3/12, 7-8:30pm) **or**  
Six Tuesday Mornings (2/4-3/12, 9:20-11:00am)  
Cost: Thanks to a generous grant, all parents will automatically receive a 50% discount for this class, so the full cycle of 6 sessions will cost \$60. Additional scholarships are available upon request-- no one will be turned away for inability to pay.

To register: [www.calparents.org/classes](http://www.calparents.org/classes) or by calling CPI: (707) 585-6108, x 1220 or 1240. See flyer for more information.

### 'Inspiring Girls To Love Themselves!' Talk

Tuesday February 12, 2019

7:00-9:00 PM

Free!

At the Permaculture Skills Center  
2185 Gravenstein HWY South

A Presentation by DeAnna L'am, B.A,  
Speaker, Coach, Consultant

Author of 'Becoming Peers – Mentoring Girls Into Womanhood' and of 'A Diva's Guide to Getting Your Period Wouldn't our world be profoundly different if girls were witnessed, cherished, and celebrated as they come of age?

- Since hardly any mom was empowered when she came of age, wouldn't mothers embrace practical, down to earth, guidance - on how to talk with their girls about becoming women?

Most mothers are typically at a loss regarding welcoming their daughters into womanhood. Some are petrified, others are simply embarrassed and hope the subject will just go away! This interactive talk is designed to empower moms to become confident and at ease when speaking with their growing daughters about their first period, or about becoming a woman; Guide them in planning ways to honor this transition, and lay a foundation for accompanying the girls' transition as a Community, rather than in isolation.

The talk includes references and insights pertaining to fathers and boys.

The presentation covers:

- The most common mistakes moms make with coming-of-age girls, and how to avoid them
- The shift in consciousness, which is key to mothers' feeling comfortable talking with their girls
- Practical steps moms can take right away to start getting ready for their daughters' coming-of-age
- Applications for fathers and boys

This presentation will conclude with time for an open Q & A

segment, in order to address audience's specific needs and queries. If you plan to attend please RSVP to [Lauren@permacultureartisans.com](mailto:Lauren@permacultureartisans.com)

**Regional Parks Sonoma County Discounted Annual Vehicle Pass**

Are you eligible for a \$5 annual vehicle entry pass to explore Sonoma County's parks, beaches and trails? This program for Sonoma County residents with low-income provides parking at 56 Regional Parks. For eligibility requirements and an application, visit our website "Become a Member" page at [SonomaCountyParks.org](http://SonomaCountyParks.org).

**CLASSIFIED**

(We can list rentals; parents selling used items, free items, lost and found, or trades. With the exception of private, after-school care available for SunRidge students, we do not list for-profit business ads. After 2-3 publications, ads will automatically be dropped)

**Carpool from Santa Rosa**

Please contact me if you are interested in setting up either an ongoing or occasional carpool from Santa Rosa. My daughter Caroline is in the 7th grade so ideally a family with kids in the upper grades and on the same schedule. We live in NE Santa Rosa. Call or email me to discuss (707) 758-8969 [hannegreen@sbcglobal.net](mailto:hannegreen@sbcglobal.net). Thank you!

**Piano at SunRidge Tuesdays after School**

Piano Lessons take place at your child's school. \$35 per month! Move Over Mozart mid-year piano recitals are at the end of January. This is a great time for new students to join! End of Year piano recitals are in May. To enroll in piano lessons register online at: [MozartPianoLearning.com](http://MozartPianoLearning.com)