



SUNRIDGE SCHOOL

7285 HAYDEN AVENUE
SEBASTOPOL, CA 95472

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WWW.SUNRIDGESCHOOL.ORG

CALENDAR

Wednesday, January 30th:

Valkyrie Game vs. Live Oak
3:45pm

Wednesday, January 30th:

3rd Grade Parent Evening
6-8pm

Wednesday, January 30th:

8th Grade Parent Evening
6-8pm

Thursday, January 31st:

5th Grade Parent Evening
6-7:30pm

Friday, February 1st:

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

Monday, February 4th:

Parent Education Committee Meeting
8:30-9:30am in Conference Room

Monday, February 4th:

Parent Council Meeting
7-9pm in Library

Tuesday, February 5th:

Valkyrie Game @ Sebastopol Church
(7th)
3:45pm

Monday, February 11th – Friday, February 15th:

Book Give Away: Sponsored by
Paperback Unlimited and SunRidge
Library

Monday, February 11th:

Valkyrie Game @SCDS (7th) 3:45pm

Tuesday, February 12th:

Charter Council Meeting
6-9pm in Handwork Room

SUNRIDGE BULLETIN

1/30/19

Upcoming Parent Education & Events

- Positive Images Parent Night has been rescheduled (Time TBD)

Parent Teas Concluded

Parent Tea with Rick Concoff on Tuesdays has concluded for now. Rick has enjoyed these sessions and looks forward to possibly resuming them in the spring!

Parent Survey –We’d appreciate your input!

The following survey is part of our annual process of gathering input on what the school does well and what might be good to have as school improvement goals for next year. The more input the better, so please take the 10-15 minutes needed to complete your survey. To be included, it must be submitted by Monday, February 11th. Your answers are anonymous and we thank you for your honest feedback!

<https://goo.gl/forms/lvNtlKYrXJQcAcG63>

SunRidge Auction, sign-up to volunteer today!

It is auction season and we would like to encourage every family to reach out to their personal networks for donations, sign up to volunteer below:

MSK: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction>

DFK: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction1>

1st: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction8>

2nd: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction2>

3rd: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction3>

4th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction4>

5th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction5>

6th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction6>

7th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction7>

8th: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction9>

HomeSchool: <https://www.signupgenius.com/go/60b0e48a8a829abfa7-auction10>

Thank you in advance for all your help!

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.

Book Give Away Coming -Volunteers Needed

Our all school Book Give Away will be held from Monday, Feb. 11 - Thursday, Feb 14. We are in need of volunteers to sign up for either 1 or 2 hour shifts, especially on Wed., the 13th and Thurs., the 14th. Wed. time is from noon to 3:30pm and Thurs. time is from 10:00 - 1:30pm. Please email me at diannenamkung@gmail.com for more information or if you would like to volunteer. 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!

February is Black History Month

Association for the Study of African American Life and History’s (ASALH) 2019 theme *Black Migrations* emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. While inclusive of earlier centuries, this theme focuses especially on the twentieth century through today. Feel free to visit ASALH’s website for more information: <https://asalh.org/asalhs-2019-theme-black-migrations/>

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.

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 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

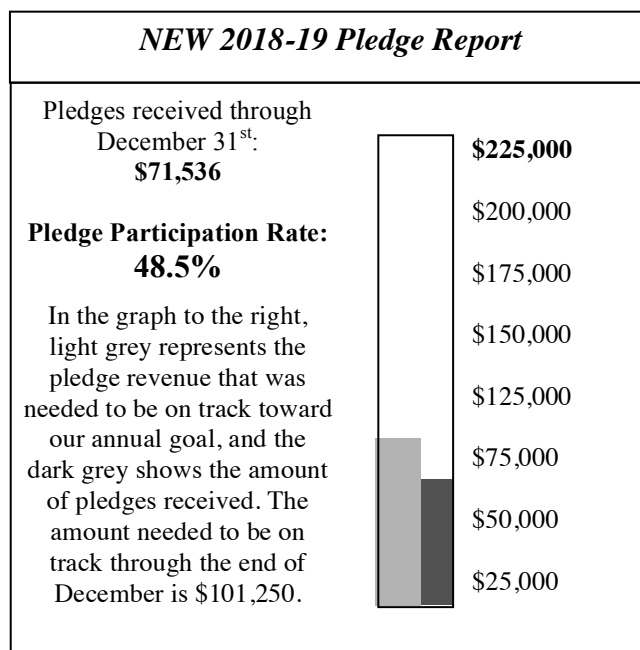
THE CARE AND FEEDING OF THE ADOLESCENT BRAIN CLASS THURSDAYS

1/31, 2/28, 3/28 and 4/25 at Twin Hills School, rm. 16 at 6pm
Come learn about the power, pitfalls and promise of the adolescent brain. Latest research shows that the adolescent brain is NOT a smaller adult brain!

1-hour class for 5th, 6th & 7th graders and their adults
Two separate classes: 1 for students and 1 for adults held at the same time & location.

\$10 per student includes up to 2 adults. Enrollment limited to 20 students.

Register by going to: www.braincare.tips
or call/text Andrea at 707.481.8213



STUDENTS will learn: Why the brain is responsible for the dramatic changes that take place during adolescence? How to protect your brain while seeking out new experiences, enjoying thrills and taking risks?

ADULTS will learn: How and why the adolescent brain is significantly different from the adult brain. What recent research tells us about the effects of sleep deprivation, drug use, screen time, and stress on the development of the adolescent brain and strategies you can use to support them.

Taught by local middle school teachers Andrea Hagan Schmitz and Mary Fitch.

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 2nd from 1-6pm at Ronnie’s Bar and Grill in Rohnert Park.

Give Kids a Smile: Free Dental Clinic

Friday, February 1st + Saturday, February 2nd
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 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

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.

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)

Piano at SunRidge Tuesdays after School

Piano Lessons take place at your child's school. \$35 per month! 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