



SUNRIDGE SCHOOL

7285 HAYDEN AVENUE
SEBASTOPOL, CA 95472

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WWW.SUNRIDGESCHOOL.ORG

CALENDAR

Monday, February 11th – Thurs., February 14th:

**Book Give Away: Sponsored by
Paperback Unlimited and SunRidge
Library**

Monday, February 11th:

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

Tuesday, February 12th:

**3rd Grade Play
9-10am**

Tuesday, February 12th:

**Charter Council Meeting
6-9pm in Handwork Room**

Wednesday, February 13th:

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

Wednesday, February 13th:

**3rd Grade Play
5:30pm**

Wednesday, February 13th:

**6th Grade Parent Evening
6:30-8pm**

Thursday, February 14th:

6th Grade Grandparents Tea

Friday, February 15th:

**4th Grade Museum of the American
Indian Field Trip**

Friday, February 15th:

Pajama Day

Friday, February 15th:

**Grades Early Release Day
12:50 Grades 1-3
1:00pm Grades 4-8**

Monday, February 18th – Friday, February 22nd:

School Closed –President's Week

SUNRIDGE BULLETIN

2/6/19

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! (February 11 – 14)

All children and their parents are welcome to join us for the Book Give Away event next week. Many classes will be coming to the tables set up in the front hallway during their usual library periods. Kindergartners are invited to come with their parents, grandparents or responsible adults right after they have been dismissed to choose a book to keep during these dates. If your student is absent during the time his/her class comes to choose a book, please encourage them to come by after school to make a choice. The tables will be open until 3:15pm Monday - Wednesday and until 1:15pm on Thursday.

Thank you again to Paperbacks Unlimited for their donations and suggesting this idea, to Brandy Rucker, who picked up boxes of books from a retired teacher and to all the students who helped sort books into age appropriate categories.

6th-8th Grade Mid-Year Reports

Progress in Main Lesson subject studies, Math, Spanish, and Choir were mailed home last week and yesterday. Please review the report with your child and celebrate their progress and achievements. If you have concerns, please address them with the reporting teacher or director.

Driving Reminder

This is a reminder to heed stop signs and drive at a safe speed in the neighborhood when dropping off your child or picking them up from school. Our neighbors appreciate this and your cooperation in making drop off and pick-

up a safe transition for everyone. Thank you!

Community Dance: One month away!

Parent Council is hosting the annual Community Dance on March 1st from 6-7:30pm in the Multipurpose Room. Doors will open at 5:45pm and music starts at 6:00pm. 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 thank you from the Parent Council for all the ways that your volunteer work supports our school. The dance is open to all families enrolled at SunRidge. A suggested donation of \$10 per family is appreciated to help cover the cost of the dance. Any money raised over the cost will be given to the classroom enrichment funds. Click on this link: <https://www.signupgenius.com/go/30E0A4FADAC22A1FF2-setup> to sign up to help with set up, cookies, safety monitors and clean up. We look forward to seeing you and your family!

Questions: sunridgeparentcouncil@gmail.com

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: <http://asalh.org/asalhs-2019-theme-black-migrations/>

Mental Health Resources

A new law requires that each school of a school district or county office of education and charter school notify students and parents or guardians of pupils, at least twice per school year, how to initiate access to available student mental health services on campus or in the community. Please see our website for three resources regarding mental health service available in our community. <http://www.sunridgeschool.org/quick-reference-information.html>

Looking For After Care Coordinator & Assistant

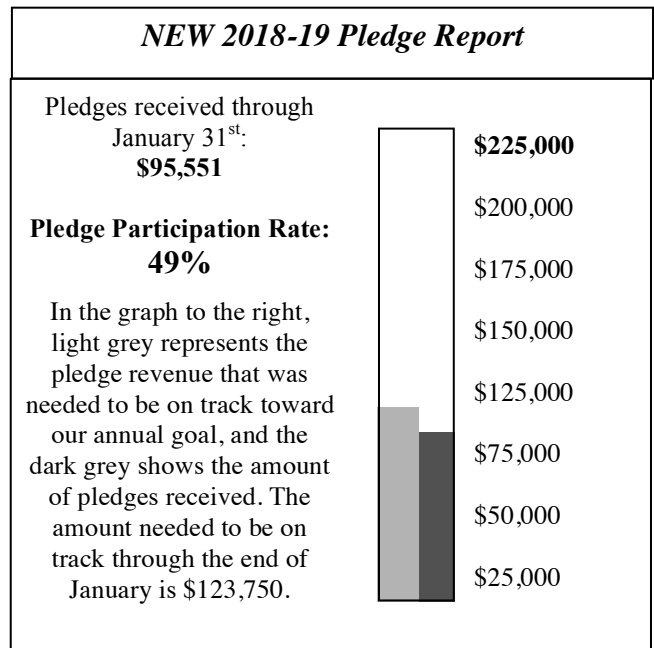
We are still seeking wonderful people for the following two positions:

- 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

Nature vs. nurture, but what about everything else? Parenting talk with Rick Concoff

Monday, February 11th 6:30-8:30pm
 Congregation Beth Ami, 4676 Mayette Ave, Santa Rosa
 We have been taught to blame psychological and behavioral challenges on parents (nurture) and genetics (nature). But there are more questions to ask and answer. Bring your thoughts and questions! Please see flyer for more information. RSVP: call (707) 528-4222 or email office@jccsoco.org.
 Questions? Email Rick Concoff at rconcoff@jccsoco.org

'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

Braving Adolescence Workshop Series

An Introduction for Parents-

Thursday, February 28,

2019 1:15-2:00pm, SunRidge Library

An introduction to a 5-week process oriented workshop for middle school age Humans.

Student Series

Thursdays 1-3pm

March 7-April 4

In this workshop we will be examining the nature of consent and becoming your authentic self through expressive arts and playful dialogical tools.

What does it take to be an authentic and compassionate person through the eyes, heart and mind of an adolescent?

Facilitators will create a brave space to explore the personal and social dynamics of becoming in the current climate of Social media, Peer pressure, Cultural Diversity, Gender identity, Sexual orientation...?

This will be an exploratory, collaborative process inspired by Freire, Boal, Volkas and various expressive art modalities. Students will be engaged through visual art, role playing, poetic dialogue, movement, music and more!

Please contact co-facilitators for more information and to register:

Joy Jaco- jjaco@mymail.ciis.edu
707-666-5170

Baron Coenen- el3ring@gmail.com
510-504-7382

Suggested donation (for materials & snacks) \$10/class or \$40/series.

Space is limited.

THE CARE AND FEEDING OF THE ADOLESCENT BRAIN CLASS THURSDAYS

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.

Braving Adolescence Workshop Series

An Introduction for Parents-

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2019 1:15-2:00pm, SunRidge

Library

An introduction to a 5-week process oriented workshop for

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