

REACH

A Creative Arts Magnet Program
Brook Haven Middle School, Sebastopol, California

Monday, December 3, 2007

A Weekly Newsletter from the REACH Parent Foundation

Weekly Announcements

- **December Pledges Due** – Please drop off your pledges this week in the school office, or feel free to mail to: REACH Parent Foundation, 708 Gravenstein Hwy North #203, Sebastopol CA 95472.
- **Congrats** to October Students of the Month
8th-Jasper Lane, 7th-Ava Ghirann
- **Kudos** to Hana Rabin and Becca Graff for taking time every Wednesday at the beginning of Leadership class to help Kathy redo the lettering on the signboard in front of the school. She is thrilled to have reliable helpers who always show up and take total responsibility for completing this regular task.
- **TB tests are required by state law** for all volunteers, including enrichment teachers, working with students in the Sebastopol district. Most of the regularly scheduled volunteers have been contacted and notified of this requirement. Anyone else who thinks they might wish to volunteer regularly should get the test done this coming week when the district is providing them for free. The tests will be given at Brook Haven on Tuesday, Dec. 4, between 11:00 and 2:00. You will need to return on Thursday, Dec. 6, between 11:00 and 2:00 to have them read. Please let Nancy Higham know right away that you will be coming, if you haven't already. Or if you have had a TB test within the last four years, please give Nancy a copy of the document showing the results.
- We are missing some of Janny Tansil's colorful silverware and colorful dishes she loaned us for the Thanksgiving Feast. If anyone has seen them please contact her or Nancy Higham.



www.reach-program.com

Mark Your Calendar

Tues. Dec. 4

4/5 Parent Meeting in the classroom to discuss Fort Ross. 6 p.m.

One parent from each family needs to attend.

Wed. Dec. 5

4/5 Drama
Full dress rehearsal-
both casts

Thurs. Dec. 6

Madame Butterfly
8th grade
Meet at school at 5:00 p.m.

Fri. Dec. 7

Parent Coffee
sponsored by 6th Grade
7:45 a.m.

Wed. Dec. 12

4/5 Drama show
Cast A 1:30
All are welcome to attend

Thurs. Dec. 13

4/5 Drama show
Cast B 1:30
All are welcome to attend

Fri. Dec. 14

4/5 Field Trip to Oakland
Museum. Need drivers and
chaperones.
8:30 a.m.-2 p.m.

Winter Celebrations Around the World



The teachers are planning a holiday celebration on Thursday, Dec. 20, the last day before the break. It will take place in each of the classroom 4th, 5th, and 6th period, starting at 11:55 and finishing up at 3:05. Students will be grouped in smaller groups of 4 crossing grade levels and move in half hour blocks from classroom to classroom.

Each classroom will have activities around a different theme. In Ms. Hall's class students will experience Hannukkah, Steph will present activities surrounding celebration of the winter solstice. Ms. Jatton will focus on Christmas customs around the world, and Ms. Dalessio will present Dewali, a celebration that takes place in India. Activities in the classrooms will include some history, songs, art projects, stories, and representative food. And this is where parents come in to the picture. If you have knowledge to share for

any one of these different venues, please contact that teacher directly this week please. If you are available to help let the specific teacher know. We welcome ideas, food assistance, those who can talk about the history of the events that are celebrated, and ideas for art projects.

—Nancy Higham

Enrichment Grades

On the report cards your students received, you will find grades for advanced band, PE, woodshop, and ceramics – all the classes students attend 5 days a week taught by Brook Haven teachers. In addition, there is another grade with the label Enrichment. That grade is a composite of all the grades given in the various classes taught by teachers hired by the REACH Parent Foundation. The grades in those classes are weighted by the amount of time the student has the class every week (some twice a week, others once, and poetry is a half a class every week since it is offered twice a month). Each of the enrichment teachers gave a grade to each student based on participation, cooperation, and follow-through on assignments given. The grades for these classes were given a point weighting and the total points resulted in the one grade.

There are no grades given in clubs. The point of clubs is exposure to different skills and ideas. If you have questions, please contact Nancy Higham.

4/5 Class Visits Kule Loklo

On Monday the 19th, the 4/5 class went to Point Reyes.

We took a nice walk and saw birds and lots of banana slugs. We learned about dwellings that the Miwok people lived in and about how they survived and got their food. We watched a great movie about the coast of



Point Reyes and all the varied sea life and spectacular views. Lastly we explored the interesting museum. There we learned about the climate and weather of the area and about all the animals that live there. This field trip was a great way to explore Point Reyes and all its beautiful secrets. I really enjoyed this field trip and had lots of fun. I am very happy that we got to investigate this breath-taking place. — Milla Kapur, Grade 4

3-D Topographic Maps from Ms. Hall's 4/5 Class



Brookhaven Winter Ball

Friday, Dec. 7th, is the festive Brookhaven Holiday Dance planned for 6, 7, and 8th graders by the Student Council. Students get a \$1 off for dressing up for the occasion - boys in shirt and tie, girls in skirts, dresses, or nice slacks. Brookhaven is seeking REACH parents to volunteer as chaperones and to contribute refreshments. There is also a need for someone with a digital camera and a printer to take photos of the students. Nancy has an independent photo printer if there is someone who would be willing to come take pictures. Please contact J.T. O'Neill at 829-4590 regarding your willingness to chaperone or to take pictures. —Nancy Higham

The Green Zone

I was recently given a fascinating cookbook, *Nourishing Traditions*, by Sally Fallon, which is much more than a cookbook. A doctor I've been seeing prescribes dietary recommendations from the book and sells it in her office – I'd heard about the book for a number of years, but the doctor's advise got me to finally buy it. It's based on research conducted by dentist Weston A. Price on numerous traditional cultures across the globe. (See *westonaprice.org*) Dr. Price synthesized his dietary recommendations by studying the diets of the healthiest peoples amongst all of them (those with the best teeth, best health, and healthiest children), ranging from many continents and climates.

Some of his key findings involve the use of 'good fats' in the diet, (particularly raw milk and plentiful amounts of grass-fed cow butter), and other things like overnight-soaked and cooked cereal grains, gelatin-rich bone broths (made by simmering chicken or other meat bones for 6-12 hours), fermented foods such as kefir, yogurt, kombucha tea, "kvaas" (a Russian fermented drink), and sauerkraut. All of these promote good enzyme production and therefore good digestion, a cornerstone of good health. The resulting health benefits are numerous.

By coincidence as I was strolling through the Sebastopol Copperfield's bookstore during the Thanksgiving Break, I found Sally Fallon herself delivering a talk and book signing before a packed audience. (Good old Sebastopol!) She mentioned that raw milk has been secretly legislated out of the stores in CA, starting January 1, 2008. [I don't know how many have been converted to its benefits, but if you have, visit the website (above) for details on where to send letters asking for the bill to be repealed.] After the reading, I ducked next door into Many Rivers Books & Tea for an anniversary tea sampling event. I told the woman next to me where I'd just been, and she said, "Oh I have that cookbook, my doctor recommended it to me!" —Diana Badger

Ann Buller's Corner

A Magical REACH Evening

The stage was beautifully set Friday night for the REACH Winter Social as my husband and I drove down the long, dark narrow lane. It was reminiscent of a winter's night and I felt transported to another time and place. Maybe the only thing lacking was a layer of snow sparkling and glistening in the moonlight. But my imagination quickly colored it in, especially as we approached the long driveway lined with torches of light and the sight of a southern mansion covered with tiny white lights. Once parked, we strolled through a sweet arch lined with cedar branches and more tiny white lights guiding us to a grand porch held up by stately white columns. I hope that everyone noticed the driftwood artwork donated by our friend Tony McGuigan, placed just before the stairs up to the porch. We asked Tony to use his amazing talent to create something for us in the name of peace, which we thought would be perfect using materials from the sea. Tony graciously created this piece upon our request; thank you Tony!



As we continued up the stairs, large ruby red poinsettias welcomed us at the door, creating a grand feeling of being in a holiday card. Inside we were greeted warmly and enthusiastically by our hosts Ann and Bill Akers. As we proceeded up to the main level our eyes feasted on a glorious sight - a deliciously warm and inviting fire, framed by a decorated mantel. The lights set low created a warm and fuzzy feeling. To the right, a marble bar awaited with fine choices of wine donated by our very own incredibly talented wine creators, Judi and Fred Scherrer and Greg Bjornstad. A huge gracious thank you goes out to these wonderful parents for their donations. As guests started to arrive the familiar sounds of laughter and chatter filled the rooms. Food as glorious as it gets seemed to appear out of nowhere. (I am such a foody, if you couldn't tell, and I always think I am going to get to taste everything but somehow I never do – how does that happen? I guess visiting and gabbing gets in the way, as it should!)

I enjoyed meeting new parents and was glad to see so many of you coming to enjoy one another as a new community. This night was a relaxing opening to the coming holidays, and my husband and I loved the warmth that greeted us. Thank you to all who came and spent their precious time at our celebration. the beginning of new friendships during the coming years, bringing to our lives a commitment to our program, our children, and our community..



REACH Activity Night



Games



Snacks



Karaoke



RPF Board Meeting Report

The RPF had a second meeting last month on 11-28. Following were the principle topics discussed:

Spanish: We discussed Spanish program ideas and the feasibility of being able to afford adding a 4/5 teacher back in. Progress was made in developing the vision of where we want to be and the path to get there. Nancy will continue to pursue teacher options, as it was concurred that having this language component in the REACH program is important.

Exit Interviews: Discussed the process for interviews with parent(s) of departing students. Nancy will be in contact with families that have already left, and will draft proposals for future process.

Student Advisory Committee: Nancy to work with teachers to identify and solicit volunteers for this group.

Parent Survey: We have located an individual with excellent, relevant experience to help develop this.

January Parent Meeting: Reviewed agenda and proposals for individual class meetings with teachers and mediators. Nancy to pursue.

Lunch: Nancy to follow up with Kent Cromwell on enforcement of having kids sit for a minimum of 10 minutes for lunch, so that REACH students have some time among themselves at the start of this break.

Enrichment Class Behavior: Discussed proposals for improving students' understanding that expectations for behavior and respect in enrichment classes is the same as for all regular classes.

Sixth Grade Play: Discussed play postponement from Jan 31st toTBD

Newsletter: Will start putting a newsletter on the exterior of Steph's classroom window.

Finances: Donations are not keeping up.

Yard Duty: We are short on volunteers on Fridays. Discussed options, particularly for rainy days.

RACI Process: Reviewed RACI (Responsible, Accountable, Consulted, Informed) Process for clarifying roles and responsibilities on taking actions and decisions. RACI charting is a technique to identify key activities, decisions, and the people involved, to help run the day-to-day of school business effectively.

RPF Board Retreat: Planned tentative dates for RPF /SUSD retreat. Feb. 2 or 3 possible.

Parent Meeting Feedback: Discussed breakout session feedback from last parent meetings. Topics included: Diversity, Parent Communication, Spanish, Lunch, Brook Haven interface.

Learn a Page Layout Program

The REACH newsletter needs a page layout production person to take over the weekly job of production its newsletter. If you ever wanted to learn a page layout program now is your chance to help the REACH program, become proficient in learning page layout and design while staying in touch with the news and events going on at REACH. Please contact Amy at amy@djunadesign.com for info.

COMMUNITY EVENTS

Sing-Along Messiah - Interested in joining annual sing-along? Rehearsal: Dec 9, 4 to 6. Performance: Dec 15 at 3. Sebastopol Center for the Arts, 6780 Depot St, Sebastopol 707.829.4797, Mon-Fri, 10 to 5; Sat-Sun, 1 to 4.

A Winnie-the-Pooh Christmas Tail - All the friends of the Hundred Acre Wood make sure that gloomy old Eeyore has a merry holiday. Through Dec 29, Sat at 11 and 1. \$6-\$8. Sonoma County Repertory Theater, 104 N Main St, Sebastopol (North Bay), 707.823.0177.

Patrick Amiot - Local artist known for spreading his vision throughout Sebastopol talks about his art and sculptures and signs Folk Art for Schools calendar. Live music and hot apple cider. Dec 2 at 3. Free. Copperfield's Books, 138 N Main St, Sebastopol (North Bay), 707.823.2618.

Guerneville Library - "Altered Books: When Books Become the Objects of Art," mixed media by Kim Leigh. Guerneville Library, 14107 Armstrong Woods Rd.

CLASSIFIEDS

Want to Advertise?

REACH classifieds for for-sale items, events, and interest matches are free for individuals in the REACH community. We also have business classifieds. If you'd like to advertise your business in the REACH News, it's \$10 a month or \$50 a year for a classified ad or \$100 a year for a 2" x 2" ad. Kid businesses advertise free.

1 Bedroom Holiday Rental: For Family or Friends Very nice, newly remodeled one bedroom weekly rental 'house'. Thinking of renting this sweet place (next to our house) by the week, for anyone's extra family over holidays, or beyond. All new inside: cute gas fireplace, skylights gas stove, queen bed, laminate floor, dishes, towels, small deck, tub and shower, and nice laundry inside. Sunny and private, with nice trees. \$550 per week. 2 people. Pleasant Hill and Lynch area. Can e-mail pictures. Call: 823-8878