



# ∞ The CDS Weekly ∞

## Catching Up on the Coming Weeks

(415) 861-5432  
January 22, 2004

### Words From Rick

#### *The Man Who Changed The Rules*

Last week Scotty Yaffe told me the following story:

On Friday his Kindergarten daughter, Kira said, "Today we talked about Dr. King."

"Dr. King?" Scotty asked. "Who's that?"

"You know, Dad, the man who changed the rules."

That's right. The Reverend Dr. Martin Luther King, Jr. changed the rules. I was so happy one of our students had walked away from several days' focus on Dr. King with this impression of him, with the sense that one person can alter seemingly intransigent things for the better. As an educator, the lessons of Dr. King's life are invaluable because I am in the business of change, and he was a master.

At CDS most change rolls along so easily that it almost seems effortless. With 180 students and 40 adults interacting in the course of a day there must be billions of interactions, 99.9999% of which are creative and beneficial. Each time a basketball arches toward a basket, the person who threw it is learning. Each time a pencil makes a mark on paper, the person holding it is getting feedback that changes pathways in the brain. Come to think of it, there must be trillions of interactions. (See page two for the Middle Schoolers' look at this big numbered problem.)

Sometimes, however, there are interactions that are locked into uncreative, or even destructive feedback loops. Dr. King spent much of his adult life addressing a set of such loops that very negatively impact people and American culture. He made some significant improvements. Learning how he did it is a very valuable field of study—at least in my book. That he did it by changing the rules is a profound insight, which can help any of us when we feel we are spinning our wheels and getting nowhere with someone.

At its essence, this notion of changing the rules is about stepping outside of a downward spiral. First, we recognize the game we are *all* in the midst of playing. Second, we notice the rules of that game as they are. Then we step back into the game suggesting a new set of rules that will make us all happier. Finally, we change our own behavior. As we learn to play by the new rules we can help each other get back to our normal process of growing in beneficial ways.

Many of the ideas that were discussed last Wednesday at Parent Education Night have this theme running through them. How do I get my child to go to bed on time? To school on time? How can I get my two kids to stop fighting? How can I get them to eat a balanced meal? How do I get my child to obey

### ∞ This Week's Hot Dates ∞



#### **Monday, February 2<sup>nd</sup>**

5:00 p.m. – 7:00 p.m.

Knit and Spin Club  
Faculty Lounge

#### **Thursday, February 5<sup>th</sup>**

4:00 p.m. – 6:00 p.m.

Country Fair Planning Meeting  
Faculty Lounge

#### **Friday, February 6<sup>th</sup>**

Re-enrollment contracts mailed to all families.  
(Contracts due Friday, February 13<sup>th</sup>)

### Thank You!

- ▶ Thank you to Conor Muerle's family (Starfish) for the great felt and clay art supplies
- ▶ Thank you to Lisa Eltinge and Jonathan Burton for the generous contribution made to the library
- ▶ To everyone who has donated items to Community Thrift. We received a check for \$224.36 which brings our total for this fiscal year to \$487.98. These donations are credited to the Annual Fund.

me? What do I do when they use language and behavior they know I hate? What should we do when they try to play us off against each other? How do I get my child to do her homework? To practice the piano?

When these challenges become frustrating, it is usually a sign that we are beginning to spin our wheels, that we are in the downward spiral. We are finding ourselves in a self-reinforcing cycle with our child or children where things will probably not get better. Seeing that we are in a game in which we need to change the rules can help. We can name the game, then talk with our partner in the game about writing a new set of rules. The result is we can all get more of what we want and feel more successful. It sounds simple enough, but of course it can take a lot of love, courage, determination, persistence and discipline to change one's own behavior enough to play a new game with someone else. That is one of the reasons I was so impressed with the massive turnout of parents to hear "What CDS teachers know that I can use at home."

Having acknowledged that it can be very hard, it needs also to be said that it can be easy. One of the things the

teachers learned at our professional day in November was that it can be as easy as changing ones language. If you need your child to do something, you say "I need you to..." rather than "Would you..." or "You need to..." If two children are fighting you don't ask them for "their side of the story" but ask each of them what they could do to make things better. Using different language is a necessary and sometimes sufficient way to change the rules of a game that is not working.

Sheri Glucoft Wong, a psychologist in the East Bay who works with parents, suggests adding the word, "Oh," to our vocabulary. Sometimes one can accomplish more by saying less. Dr. King showed us that sometimes even more can be accomplished by saying nothing at all.

Anyway, thank you, Kira, for reminding us that sometimes the rules of the game must be changed.

### Parent Education Night

Thank you to everyone who helped to make the recent Parent Education Night a huge success! A special thanks goes to co-chair Kate Flynn-Becker for her diligence, hard work and attention to detail, as well as to Morgan and Karen for providing the free childcare for the evening. Thank you also to the first grade families for catering the event. If you missed this event you can find an outline of the points we touched upon attached to this *Weekly*. If you were one of the attendees, please take a moment to fill out the attached evaluation sheet and give it to Candy Mabry in the Teddy Bear Class. Thank you!

### State of the School, Part II

On Monday, February 9<sup>th</sup> we will be gathering for the 2<sup>nd</sup> time this year to discuss the state of our school. We have secured the Notre Dame Plaza community room for the event and encourage everyone to attend. We'll be gathering at 6:00 p.m. with the intent of finishing up by 8:00 p.m. Look for specifics regarding childcare in next week's *Weekly*. If you're wondering about CDS' plans and progress, this is the place to get up-to-date and air your hopes. See you there!

### Report Cards & Technology

Due to technological difficulties, the report cards will be mailed out a week later than initially planned; now on February 6<sup>th</sup>. If you are an Elementary parent and would like to arrange a conference with your child's head teacher during this time, you may contact them directly.

### School Lunches Available at CDS this February

We are proud to announce the launch of Kid Chow at CDS this February. **Kid Chow is a healthy, kid-friendly lunch service that prepares and delivers brown bag lunches to schools five days a week.** This fall, Rob and Jamie Feuerman, parents of two school-age children and Noe Valley residents for over 10 years, launched Kid Chow at the San Francisco Friends School. Kid Chow lunches have received rave reviews from kids and parents alike. Parents love the convenience, variety and healthy

fare while kids enjoy the delicious, theme-based foods Kid Chow creatively prepares. Kid Chow's lunches are not only healthy but also earth friendly; 90% of Kid Chow's packaging is compostable and/or recyclable.

Kid Chow allows you to **order lunches via the web**, as often as you like. You may order every day or once a week to suit your schedule and budget. Look for Kid Chow's letter and ordering schedule in next week's *CDS Weekly*. We invite you to meet Jamie at our February 6<sup>th</sup> Friday morning coffee. She will be available to answer your questions regarding Kid Chow's lunch service and bring samples of Kid Chow's lunch fare. In the meantime, we encourage you to visit Kid Chow's website at [www.kid-chow.com](http://www.kid-chow.com). **Kid Chow is excited to offer its fun, healthy lunches to the CDS community starting Monday, February 23<sup>rd</sup>.** *Kid Chow operates independently from CDS so please direct any and all Kid Chow related questions directly to Kid Chow at 830-0089 or email, [chow@kid-chow.com](mailto:chow@kid-chow.com)*

### What to Say After You

#### Clear Your Throat:

#### Talking to Your Kids About Sexuality

Join a lively skill-building session for parents of 2<sup>nd</sup> – 6<sup>th</sup> graders to confirm or improve your skills as a sexuality educator. Parents are the most effective sexuality educators and we will address how to begin conversations and answer tough question in age-appropriate ways. There will be two opportunities to join the discussion: Saturday, February 28<sup>th</sup> from 10:00 a.m. - 12:00 p.m., or Wednesday, February 25<sup>th</sup> from 7:00 p.m. - 9:00 p.m. There will be a separate flyer sent out in backpacks next week that includes a sign up form. These sessions will be conducted by the 2<sup>nd</sup> – 6<sup>th</sup> grade teachers and 3<sup>rd</sup> grade parent Amanda Newstetter. For more information, call Amanda Newstetter at 510-835-3700.

### Knit and Spin Every Monday Evening

Are you looking for a fun, creative way to spend time with members of the CDS community? Join a group of enthusiastic knitters as we share our knowledge and learn new skills, like spinning yarn! Beginners are welcome every Monday evening, from 5:00 p.m. to 7:00 p.m. in the faculty lounge. See you there!

### Extended Program News

#### *February Break Camp*

The theme for this year's February break camp is, *Where We Live* Sign-up packets started going home in backpacks early last week. The camp will run from Tuesday, February 17<sup>th</sup> – Friday, February 20<sup>th</sup> and is open to all. If you have not received a packet, please pick one up at the front desk. I will not be sending out confirmations on break camp. If you've turned in a registration and payment to me, you should assume that there was room for your child. If you'd like to confirm, call me at extension 15.

### Winter Electives

Electives began on January 12<sup>th</sup> and they are off to a great start. Please check the roster posted at the front doors if you need to double-check on your child's elective day, time, or location.

### Afternoon Art

Students in the after-school program have been doing lots of amazing art projects. Please stop by the bulletin boards across the hall from the LL room to see some of their creative work on display.

### The PM Program is Open to All

Thanks to those of you who have helped to spread the word to your friends and neighbors about CDS opening its programs. Please continue to get the word out that we have opened up the Break Week camps, Elective/ Enrichment Classes, and PM Program to children who don't attend CDS during the regular school year. Families interested in receiving more information can call Jenna at extension 15  
—Jenna Stephens, Extended Program Coordinator

### Class Photos and One Last Retake Day

By now, those of you who ordered them should have received your child's individual school portraits as well as their class portrait. If not, please contact Amanda at x12.

We have scheduled yet another Photo Retake Day on **Thursday, February 26<sup>th</sup>** for those wanting retakes **or** still missing portraits due to the technical difficulties. **The Starfish and Leaping Lizard group photo will also be retaken on that day.**

Thank you for your patience.

—Amanda Coggin, Assistant to the Head, x12

### Hola Padres!

Here are *la frase de la semana*. More *verbos de accion*:

*Salta una vez*. Jump once.

*Salta dos veces*. Jump twice.

*Corre*. run.

*Juega*. play.

Try to help your children integrate these words into their conversation. Gracias y hasta pronto.

—Consuelo Aparicio-Cercos, Spanish Department

### Binoculars...Anyone?

Got a pair of old binoculars sitting in the closet that you never use? The Environmental Education Program at CDS would love to take them off your hands. As many of you know, we have a couple of hawks that have taken up residence in the neighborhood. The kids love looking at the hawks, especially when they can get a closer view. Please donate your binoculars at the front desk. Thanks!

—Morgan Taggart, Environmental Education

### CDS Parent-Teacher -Trustee- Administrator Association: PTTA Update

### 2004 Black and White Baaall and Auction Date Change

At the request of Annunciation Cathedral, the Black and White Baaall and Auction will be held two weeks earlier than our current calendar reflects—on Saturday, March 20<sup>th</sup>, from 7:00 to midnight. The Baaall and Auction is already gearing up to be a banner event. We hope everyone will find a way to get involved in this fun and fabulous community effort.

### Country Fair Stirrings

Folk dancing, music, barbeque, bake sale, farmer's market and country store, ice-cream churning, piñatas, cupcake walk, egg and sack races, class project displays...these are some of the fantastic activities we all enjoyed at last year's **CDS Country Fair**. This year, on **May 1<sup>st</sup>**, **sheep shearing and beekeeping** will be back!!! The Country Fair is a wonderfully low-tech but celebratory event that caps our school year. Planning for this year's Fair has begun. Our first organizational meeting is Thursday February 5<sup>th</sup> at 4:00 p.m. in the Faculty Lounge. All parents, faculty, and staff are invited to share ideas and find out how to contribute to this truly festive event. Call or e-mail Sally Nielsen with questions and ideas: 415-861-4575 or sn@hausrath.com.

### Friday Morning Coffee

Suffering from separation anxiety...from fellow adults? Schedule a few minutes in your Friday morning to join other parents for hot coffee and grown-up conversation in the yard after drop off, 8:30 a.m. - 9:00 a.m.

### PTTA Questions or Ideas?

Contact Marion Quinones at 701-1957 or MQuinones@fbm.com.

### Do You Prefer *The Weekly* by Email?

Help us reduce our paper usage by receiving the *Weekly* via email. Please email us at cdsweekly@cds-sf.org and give us your email address. Let us know the name and class of the child your hard copy usually goes home with so we can remove him or her from the classroom distribution list. Thanks!

## Upcoming on the CDS Calendar



### **Thursday, February 5<sup>th</sup>**

4:00 p.m. – 6:00 p.m.

Country Fair Planning Meeting

Faculty Lounge

### **Friday, February 6<sup>th</sup>**

Re-enrollment contracts mailed to all families.

### **Monday, February 9<sup>th</sup>**

6:00 p.m. – 8:00 p.m.

State of the School Night, Part II

Notre Dame Plaza Community Room

### **Friday, February 13<sup>th</sup>**

Re-enrollment contracts due.

### **Thursday, February 26<sup>th</sup>**

Last Photo Retake Day

### **Saturday, March 20<sup>th</sup>**

7:00 p.m. – midnight

Black and White Baaall and Auction

Annuciation Cathedral

How to Submit to *The CDS Weekly*.

Submissions are to be received **no later than 8:00 am Wednesday**. Please email them to [cdsweekly@cds-sf.org](mailto:cdsweekly@cds-sf.org)

