



# ∞ The CDS Weekly ∞

## Catching Up on the Coming Weeks

(415) 861-5432  
February 5, 2004

### Words From Rick *Building on Internal Motivation*

At the parent education night last month, the discussion revolved mostly around setting limits, using logical consequences and supportive language, and generally what to do to get the behavior we want from children instead of getting mad. It was more or less about what to do with behavior we don't want. What we really want, of course, is the child's internal commitment to being a learner, and for that we need to focus our energies on the context of behavior. To become better and better learners children need to grow up in a culture of learning. When we keep our focus on learning it makes it a lot easier to take care of and to move past those things our children do that need correction.

Deborah Stipek, Dean of the School of Education at Stanford, spoke at the CAIS Heads & Trustees conference last weekend. On the strength of her fabulous keynote address and the seminar session that followed, I would strongly recommend her book: *Motivated Minds: Raising Children to Love Learning* (Henry Holt & Co., 2001). In a review on the web, Meredith Alexander writes: "When Deborah Stipek's daughter, Meredith, a high-schooler, has to take a test, Stipek gives her more than a passing "good luck" as she rushes off to class. The Dean of the School of Education wakes up a little bit earlier to make Meredith a favorite breakfast: French toast with peaches.

"It says, 'I'm in this with you and it's important to me,'" Stipek says.

Stipek's speech laid out for us ways that school and home can build internal motivation to learn in children. Actually, she reminds us that children start off in school completely internally motivated to learn and then through a wide variety of missteps we undermine that internal motivation. It all comes down to the culture with which we surround the children. We shoot ourselves in the foot in any number of ways: from rewards to over-scheduling, from praise to standardized tests.

American culture values achievement over learning, independence over community, and competition over collaboration. Paradoxically, focusing children on achievement, independence and competition is not the best way to prepare them to be independent achievers who are competitive in the marketplace. Our instincts have told us this for a generation; Stipek has assembled the research that proves it.

Because the learning environment children need is counter-cultural, we have to be creative and work together to be creative. There is no formula to follow. We are not going to make French toast that often, and we have to use our own words, not the words of Deborah Stipek. We have to help each

### ∞ This Week's Hot Dates ∞



#### **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>)

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

8:30 a.m. – 9:00 a.m.

Meet Jamie Feuerman of Kid Chow  
Friday Morning Coffee

#### **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  
*Childcare provided at CDS*  
*See announcement below for details*

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

5:00 p.m. – 7:00 p.m.

Knit and Spin Club  
Faculty Lounge

***\*Please see the PTTA Update below for future hot dates and important Bazaar & Auction and Country Fair information!***

### Thank You!

- ▶ To Susi Alexander and Marion Quinones for their help with our prospective kindergarten visit on Saturday, January 24<sup>th</sup>.
- ▶ To all who have registered with SchoolPop. We received a check for \$107.47 for your purchases between August 1<sup>st</sup> and Oct. 31<sup>st</sup>. These donations are credited to the Annual Fund.
- ▶ To Meredith Dwyer (mom to Lizzy Woolverton in 5/6) for donating the amazing art and craft supplies to the after school program.
- ▶ To Haun Saussy for donating two tricycles and a four-wheeled pedal car for the yard.
- ▶ To the Kusnierczyk and Nielsen-Keller families who each donated a pair of binoculars for the environmental education program.
- ▶ To the "anonymous" family who also donated a pair of binoculars! (Please call Beth @ ext. 23 and identify yourselves!)

other remember that the normal thing (like an awards ceremony) is one of those missteps, and then work together to create something new and more in keeping with our core value: Learning.

At home, parents need to collaborate to think creatively about better ways to encourage their children's internal motivation to learn. We have to remind each other that taking away privileges also absolves the child of the natural inclination to take responsibility. Kids really do want to grow up, despite some evidence to the contrary. We should at least act as if they do. If we act as if they don't, we have lost the game. A more constructive hypothesis would start with the assumption that the child's behavior is reflecting the context we have created.

Deborah Stipek's little story reminded me of the mom of a third grader at my first school in Kansas City. He was a brilliant student. He was also an early reader. By third grade it had become obvious to us that he used reading to avoid social interactions, which he found more difficult. One Saturday morning at breakfast Tim's mom said: "Today, you are going to ride a bike."

She got every resistance imaginable, like: "No! Why do I have to? You can't make me. I don't want to," and finally, "I can't."

She said: "You can do it, and I will do it with you."

As the sun went down, Tim was riding his bike. As a result, his social involvement increased dramatically because that is how the kids in his neighborhood played—on their wheels.

I pick this example to point out several things:

- 1) Building internal commitment is not about parents "backing off." It may require *increased* involvement. What makes the difference is the quality of the involvement. Making French toast and devoting a Saturday to bike riding training represents *more* involvement, not less.
- 2) Building internal commitment does not require allowing the child to choose all the time—although allowing choice is very important.
- 3) There are few easy answers. Each child and each family is unique and so the adults have to keep talking with each other (and the kids) and thinking creatively with their eye on building internal commitment.
- 4) You can come up with your own lessons.

As a learning community bent on continuing to increase decision-making and internal commitment to learning we will not always get it right. Let's share information and ideas with the goal of continuing to work on it together. Let's make a promise to each other: whatever we do, we will strive to show that our highest value is increasing the child's internal commitment to learning.

## 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. for snacks and drinks. Our discussion will start at 6:30 p.m.

sharp with the intent of finishing up by 8:00 p.m. *Childcare will be provided at CDS at a flat rate of \$12.00 per child. Pizza and drinks will be provided and cash or checks payable to CDS will be required when you drop off your child. 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!*

## Extended Program News

### *February Break Camp*

The theme for this year's February break camp is: Where We Live. Within this theme students will have the opportunity to participate in games, field trips, cooking, art and music activities related to life in the Bay Area. Natural history, social issues, San Francisco wildlife, heritage, and folklore will all be explored in various ways throughout this fun week. Sign up packets have already been sent home in students' backpacks. 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 yet received a packet, please pick one up at the front desk or call Jenna at extension 15. I will not be sending out confirmations on break camp this year. 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 for your own peace of mind however, feel free to call me. Spaces are filling up though, so please sign up soon.

### *Winter Electives*

Electives began on January 12<sup>th</sup> and are continuing to be amazing. Students are making some beautiful mosaic art pieces (displayed in the 3<sup>rd</sup> floor art studio), learning new chess moves, singing new Spanish songs, and much more. Please check the roster posted at the front doors if you need to double-check on your child's elective day, time, or location.

### *FAIS Summer Camp Fair is this Saturday*

Please stop by the French American International School's Summer Camp Fair, this coming Saturday, February, 7<sup>th</sup> from 9:30 a.m. – 12:30 p.m. at the FAIS gym located at 150 Oak Street. The fair assembles a large variety of Bay Area summer camps, and interested families are able to meet the camp representatives and select the programs that best fit their needs. The event is sponsored by Bay Area Parent Magazine and FAIS. For more information email: [campfair2004@yahoo.com](mailto:campfair2004@yahoo.com)

### *Afternoon Art*

Students in the after-school program have been doing lots of incredible 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 art work is rotated each week!

### *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 up 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

### New CDS Car Decals!

We've printed new car decals featuring the CDS logo and are sending one home with every child at CDS today. Please display yours with pride! We especially encourage you to place them in your car window (they are easy to remove). If you have one of the older car decals, we kindly request that you replace it with this one. And if you'd like more than one, they are available for purchase from the CDS office for \$2.00.

### CDS Wear...Get Your T-shirt, or Sweatshirt Today!

Today you received a free CDS car sticker. Are you interested in a t-shirt, or better yet, a sweatshirt announcing your CDS pride? Just fill out an order form by Amanda's desk on the 3<sup>rd</sup> floor and leave a check made out to "CDS," and we'll put your new CDS Wear item in your child's backpack. It's that easy. All proceeds benefit CDS.

### 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!

### Meet the Founder of Kid Chow

Come meet Jamie, the co-founder of Kid Chow, a new kids' lunch service available to CDS families this month. Kid Chow is a healthy, kid-friendly lunch service that prepares and delivers brown bag lunches to schools five days a week. 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.

**This Friday, February 6<sup>th</sup>, Jamie will be joining us for Friday morning coffee to answer questions regarding the service and to 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 (415) 830-0089 or email, [chow@kid-chow.com](mailto:chow@kid-chow.com).

### Victory for CDS Boys' Basketball

CDS Boys' Basketball team defeated the the Boys and Girls Club team Friday, January 23<sup>rd</sup>, 19 to 18. It was a very exciting game with Terrance Sims hitting the winning free throw with 13 seconds left. Terrance had 15 points while Charlie Wilson sunk two shots for 4 points. Congratulations to both teams with great play and wonderful sportsmanship. —Mr. Jim, Athletics Director

### Hola Familias de CDS!

I will be traveling to Spain next week to take care of some personal issues. In my absence, Ms. Gladys will act as substitute. Thank you for your understanding.

Here are *la frase de semana*:

*Juego al baloncesto.* Play basketball.

*Juego al tenis.* Play tennis.

*Juego al beisbol.* Play baseball.

Try to combine this verb, *juego*, with all the sports you know. It's easy! Hasta la vista!

—Consuelo Aparicio-Cercos, Spanish Department

### Update on School Photos

Those families who still have not received your child/ren's school portraits (individual or class photo), do not fret...they are on their way. The photographer was given a list last week of missing photos and is working with the lab to get them printed. **Remember that another Photo Retake Day is scheduled for Thursday, February 26<sup>th</sup>**, if you are unhappy with your child's individual class photos. The Leaping Lizard class photo didn't turn out so well, so we will be retaking that group class photo on that day. The Starfish class photo did not turn out at all, so that class photo will also be retaken. Contact me at extension 12 with any questions. —Amanda Coggin, Assistant to the Head

### Library Corner

*More and More Books*

The cataloging project in the library is nearing completion. All of the 81 beautiful books purchased at December's Book Fair have now been cataloged. The fair's general theme was

science and diversity, and titles ranging from *A Handful of Dirt* to *The History of Counting* and *Animals on the Trail with Lewis and Clark* are now part of the permanent collection. In addition, the library recently received more than 30 new books on multicultural themes through Title V, a state grant for nonprofit schools, including Alma Flor Ada's *My Name is Maria Isabel* to *Moonbeams, Dumplings & Dragnboats* and *Story Painter: The Life of Jacob Lawrence*

#### *Think Locally, Act Globally*

Another exciting development is that the library's catalog is now accessible from any computer with an Internet connection. That's right! On your next visit to Bangladesh you can see if the library has a circulating copy of the *Grouchy Ladybug*. The URL is <http://library.cds-sf.org/webopac/main>. Please, take a look. Eventually students and teachers will be able to use a personal barcode to reserve books.

#### *Soldiering On*

In the meantime, books focusing on Cesar Chavez, San Francisco and neighborhoods are being ordered to support classroom curriculum, along with several titles for the after school program. Once the library moves into its expanded space, many more books can be accommodated, and collection development can take off in earnest.

Thank you to everyone for your continued patience as the library moves toward a new era. Please direct any questions or comments to: [library@cds-sf.org](mailto:library@cds-sf.org)

—Sue Barnett & Debra Levin, Library Co-Chairs

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

*Black & White Spring Ball & Auction*  
Saturday, March 20<sup>th</sup>, 2004  
6:30 p.m. – 12:00 midnight

At the request of Annunciation Cathedral, the Black and White Spring Ball and Auction will be held two weeks earlier than our current calendar reflects—on Saturday, March 20<sup>th</sup>, from 6:30 to midnight. The Spring Ball 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.

*Personal or Business Advertising*  
Space Available in the Black & White  
Spring Ball & Auction Program

You are invited to purchase an advertising space in the Ball and Auction program. **Advertise your business or service** in the program and gain exposure to families, teachers, staff and friends of the school community. **Be creative and submit a personal ad.** Children can participate by submitting a drawing, poem or a special message to a teacher or class. Parents, relatives and friends may like to congratulate a child or class on a recent accomplishment. Or maybe you're relocating and would like to say goodbye to your class or

school by submitting photographs. The possibilities are endless!

Advertisements are available in various sizes. Submissions and materials need to be turned in by: March 3<sup>rd</sup>, 2004. To purchase an ad or for further information, please contact Lydia Yaffe at (415) 305-8881 or Robin Wander at (415) 286-3689.

Thank you for supporting the biggest CDS celebration of the year!

#### *Auction Items Are Pouring In!*

We are already being deluged with exciting auction items! Destined for the auction block already are: kids Patagonia jackets, tennis lessons, and weekend and week long holidays in CDS family vacation homes. *Please keep the February Break week in mind in light of the February 27<sup>th</sup> deadline for auction items.* Call Tina Corse at (415) 824-6290 or e-mail her at [tjcorse@comcast.net](mailto:tjcorse@comcast.net) with any questions.

#### *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 tonight! 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](mailto: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. And this week, meet Jamie Feuerman of Kid Chow, the new lunch service available to CDS families.

#### *PTTA Questions or Ideas?*

Contact Marion Quinones at (415) 701-1957 or [MQuinones@fbm.com](mailto: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](mailto: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

*Childcare provided at CDS  
See announcement above for details*

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

Re-enrollment contracts due.

### **Monday, February 16<sup>th</sup> – Friday, February 20<sup>th</sup>**

February Break Week

No School

### **Tuesday, February 17<sup>th</sup> – Friday, February 20<sup>th</sup>**

February Break Camp Offered

(President's Day Observed on Monday)

### **Wednesday, February 25<sup>th</sup>**

7:00 p.m. - 9:00 p.m.

Sexuality Education Forum  
Location TBA

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

Last Photo Retake Day

### **Saturday, February 28<sup>th</sup>**

10:00 a.m. - 12:00 p.m.

Sexuality Education Forum  
Location TBA

### **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)