



∞ The CDS Weekly ∞

Catching Up on the Coming Weeks

(415) 861-5432
February 26, 2004

Words From Rick

Another Thought from Mr. Rogers

Mr. Rogers once received a letter from a parent: "Mr. Rogers, I want to be patient and quiet and even-tempered, and always speak respectfully to my children. But that just isn't my personality. I often lose my patience and even scream at my children. I want to change from an impatient person to a patient person. From an angry person to a gentle one." Mr. Rogers wrote back:

Just as it takes time for children to understand what real love is, it takes time for parents to understand that being *always* patient, quiet, even-tempered, and respectful isn't necessarily what "good" parents are.

In fact, parents help children by expressing a wide range of feelings—including appropriate anger. All children need to see that the adults in their lives can feel anger and not hurt themselves or anyone else when they feel that way.

An apt message for American adults raising children today, but I only agree in part. It does seem that some strange combination of political correctness, pop psychology and affluenza has caused Americans to seem to think that it is actually possible as well as desirable for our children to be happy all the time and for the adults to be constantly "nice." Several years ago I was talking with the mother of two children whose father had just left them. In talking with me about her concerns for her ten-year-old son, she said, "...I just want him to be happy."

I said, "That is probably not a reasonable objective right now. Trying to make him happy will only make things worse. You and he need to share your anger and your grief with each other. Could it make sense to your children for their Mom to be happy right now? Should it? Maybe this is an opportunity for all three of you to practice dealing with negative feelings."

Children need to be able to express anger, disappointment, sadness, and grief in a safe emotional environment. Parents provide children with emotional security by being even-tempered in the face of upset. It is also true that there are a number of things that should make an adult angry: acts of disrespect and contempt, for instance. Seeing what makes their parents angry, happy and sad is a very important component of the development of children's emotional intelligence. Seeing a variety of constructive ways of expressing negative feelings can be very important in preparing children for life.

Just as it is better for a child to work at being true and loving instead of trying to be "good," so, it is better for *adults* to work at being true and loving, rather than trying to be "good

∞ This Week's Hot Dates ∞



Friday, February 27th

Auction Items Due

Saturday, February 28th

10:00 a.m. – 12:00 p.m.

Sexuality Education Forum

Faculty Lounge

Tuesday, March 2nd

4:30 p.m. – 5:30 p.m.

PTTA Meeting

Faculty Lounge

Wednesday, March 3rd

Deadline to submit advertising for publication
in Spring Ball & Auction Catalogue

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

Thank You!

- ▶ To Liz Terbolizard and Kathleen Cologne for several hours of volunteering to help make math boxes for enrichment games and independent practice for the first grade math curriculum.
- ▶ To Kathleen Cologne (Tyler DiGrande's mom) for sponsoring the first graders' field trip to Dino's pizzeria.

parents." Watching children do things that are hurtful or annoying to themselves or others with no emotional reaction is not in the interests of the child or society. But is Mr. Rogers' pen pal simply trying to be good, or is she an angry person? While I can imagine the appropriate moment to scream, if indeed she is an angry person, therapy might be a better choice than taking it out on her children.

Furthermore, I do not believe that patience is a personality trait. I think patience is a discipline that a person can acquire for the sake of children. Respectfulness is also a discipline and a necessary one at that. Patience and respectfulness can be useful in dealing with anger constructively. All personality types, quiet and loud, even-tempered and volatile, can be both true to themselves and effective with their children by exercising certain disciplines like patience and respectfulness.

This is One AMAZING Community!

When this year's annual report was printed, we decided to mail it to former CDS families. Since this was the first time these folks have heard from CDS in many years, we thought they might think it was odd to suddenly receive mail from us without any explanation. So we wrote them a cover letter over Rick's name to be mailed with the report. Just as we were about to put these in the mail, we got the idea that it would be nice if some of the "old timers" who are still here at CDS would be willing to put handwritten personal notes on the bottom of Rick's letter. We thought of three or four people we hoped would be willing to write notes to 20–30 former CDS families in the coming weeks. This was on a Thursday.

I made those few phone calls and explained the idea. Each person I spoke with agreed to the task and suggested another person or two who should be contacted. The following Thursday, six parents and five teachers gathered in the faculty lounge to go through the list of 500 former CDS families and decide who would write to whom. We paused briefly along the way to refresh memories and reminisce a little, and several commented that it was really a fun activity!

By the following Tuesday, I had 250 hand-addressed envelopes back on my desk with personal notes inside, all ready for mailing! In just a week-and-a-half, we went from a last-minute idea of 3–4 writers reaching out to 20–30 old friends to 11 committed CDS-ers making personal contact with 250 families! That's over 1000 individuals! That's amazing! Never before have I experienced that kind of response from volunteers in a school.

Kudos and many thanks to those who made "the CDS way" visible with their friendliness, their willingness to get involved, and their quick response time:

Susi Alexander, Candy Mabry, Tina Corse, Sally Nielsen, Sanlin Cory, Amanda Richard, Lisa Eltinge, Paula Symonds, Inna Kish, Elizabeth McClellan, and Jen Weiss.

—Beth Ditlefsen, Development Director

Extended Program News

This Week's Field Trip

The 1st and 2nd grade after-school classes will be going to the playground at Dolores Park this Friday, February 28th. This will be the second such trip as we collaborate and build an on-going partnership with Marshall Elementary's after-school program. 1st and 2nd graders will be leaving CDS at 3:30 p.m. and will be returning by 5:00 p.m. If you are interested in volunteering as a chaperone, please call Jenna at extension 15.

February Break Camp

Thanks to all of you who participated in the February Break Camp! The theme *Where We Live* was a huge success. Preschool students had roundtable discussions about different ways people get from one place to another in big cities, drew plans for magical gardens, and used wood to build models of cityscapes in the yard. Look for a display on the bulletin board across from the Leaping Lizards classroom showing some of the things the preschoolers learned last week about local parks and

playgrounds. Elementary students made colorful alphabet books that depict different parts of San Francisco, drew sketches and made watercolors of Mission Dolores and played fun trivia games related to our city.

Spring Break Camp

The next camp will be held during spring break, from April 12th–16th and the theme is Urban Wildlife! Both preschool and elementary camps were full on several days during the February Break camp so PLEASE MAKE SURE YOU SIGN UP IN ADVANCE if you need camp care during that week. Drop-ins are hard to accommodate with such a small teaching staff, so we appreciate your diligence with meeting the registration deadlines.

Winter Electives

Winter Electives end on March 5th. HOWEVER, the make up week runs from March 8th–12th. Please check the extended program bulletin board for specific information regarding which electives are holding make-up classes. Also, the cartooning and TV news show electives will have some extra classes and a final screening in late March. Please check the board for information on that as well.

Spring Electives

Spring electives packets will be going home in students' backpacks on Friday, February 27th. Spring electives start on Monday, March 29th and run through Friday, May 21st. The spring electives make-up week is the week of May 17th–21st. The registration deadline for spring electives is Wednesday, March 24th.

Summer Camp

Packets with a just-published extended program brochure, plus CDS summer information and registration materials were mailed out during the break week. If you have not received one by March 12th, please contact Jenna at extension 15 or pick one up at the front desk.

Afternoon Art

Students in the after-school program's art projects hang on the bulletin board across from the Leaping Lizard room and are rotated each week. Check it out!

PM Partnership with the Boys and Girls Club

Starting this week, 1st–6th grade pm classes will be regularly attending the Boys and Girls club to participate in their great programs and recreational activities. First graders are scheduled to attend with Mike on Wednesdays, 2nd graders will go on Thursdays with Josh, and on Friday, 3rd–6th graders will attend with Rob and Amanda. This is a great opportunity for community building, exciting new experiences and fun for CDS students. Please call Jenna if you have any questions.

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 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

What to Say After You Clear Your Throat: Talking to Your Kids About Sexuality

Join a lively skill-building session for parents of K – 6th 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. If you missed the Wednesday, February 25th discussion, be sure to join us on Saturday, February 28th from 10:00 a.m. – 12:00 p.m. This session will be conducted by the 2nd – 6th grade teachers and 3rd grade parent Amanda Newstetter. For more information, call Amanda Newstetter at (510) 835-3700.

Photo Retake Day TBA Due To Rain

Due to this week's stormy forecast, the Photo Retake Day scheduled for this Thursday, February 26th **will be rescheduled for a dry day in the coming weeks**. Stay tuned for another flyer later this week *or* early next week announcing the new Photo Retake Day. *Thanks for your patience as we work with Mother Nature during the rainy season.*

Hola Familias!

The elementary and middle schoolers are learning new songs in Spanish. If you're interested in singing along with them, I'm more than happy to make copies of the music. Contact me at extension 37 with inquiries.

Here are *la frase de la semana*:

Que hora es? What time is it?

Es la una en punto. It's one o'clock.

Son las dos y media. It's two thirty.

Gracias a todos por su colaboracion. Thank you all for your collaboration. *Hasta pronto*

—Consuelo Aparicio-Cercos, Spanish Department

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. Hope to see you there!

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

Tomorrow is the Deadline for Auction Items!
Friday, February 27th is the deadline for auction donations. If

you have any questions please contact Tina Corse at (415) 824-6290.

PTTA Meeting Tuesday, March 2nd

The March 2nd PTTA meeting will feature a special presentation by CDS art specialists Elizabeth McClellan and Karen Slovak on, "The Role of Art in Brain Development." This is a topic they're covering in an address to the California Association of Independent Schools at its "Brain Development Symposium," to be held at CDS on March 12th. Karen and Elizabeth will tailor their presentation for CDS parents to include information about how to set up an art environment at home, what kinds of materials to include and how to talk with your children about art.

Also to be discussed at the meeting is next year's event calendar and nominations for PTTA officers. So if you're at all interested in brain development, the upcoming school year, or taking on a leadership role among your CDS parent peers, please come to the meeting on Tuesday. Thanks!

—Marion Quinones, PTTA President

Black & White Spring Ball & Auction

Saturday, March 20th, 2004

6:30 p.m. – 12:00 midnight

By now you should have received your invitation to the Black & White Spring Ball & Auction! If you haven't, please let Beth Ditlefsen know (extension 23) right away. We hope you and your friends can join us. Everyone is welcome to The CDS Event of the Year!

Childcare for Spring Ball & Auction

Calling all parents who have not yet lined up a sitter for the night of March 20th. . . Childcare during this year's Black & White Spring Ball & Auction will be available at CDS, courtesy of Rob Gillespie, elementary Extended Program Teacher. Kids can be dropped off at CDS starting at 6:00 p.m. (doors to the Ball open at 6:30) and picked up as late as midnight. Kids can wear pajamas or comfy play clothes. Food, fun and movies will be provided. The cost is \$5 per hour per child. Spaces can be reserved by leaving a message for Mr. Rob at CDS (extension 26) emailing him at robgs@cds-sf.org, or by signing up with Martha at the front desk. Please contact Rob with any questions.

Personal or Business Advertising

Space Still Available in the Black & White

Spring Ball & Auction Program

Everyone is still invited and encouraged to purchase advertising space in the Ball & 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 3rd, 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!

Community Thrift Donations

Your donations to Community Thrift continue to benefit the school. Clean clothing and linens, unbroken toys, kitchen items, hi-fi equipment, CDs, books and knick-knacks are all in demand. Please do not donate computer software or hardware, mattresses, car seats, strollers, or exercise equipment. Donations can be made at the Community Thrift Store at 625 Valencia Street, between 17th and 18th. The drop off point is on Sycamore, a one-way alley accessible from Mission Street, open every day from 10:00 a.m. to 5:00 p.m. Please make sure to tell them you are donating on behalf of Children's Day School, and give them account code 83. For more information contact Linda Glover at (415) 255-6885.

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 (415) 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



Friday, February 13th

Re-enrollment contracts due.

Saturday, February 28th

10:00 a.m. – 12:00 p.m.
Sexuality Education Forum
Location TBA

Tuesday, March 2nd

4:30 p.m. – 5:30 p.m.
PTTA Meeting
Faculty Lounge

Wednesday, March 3rd

Deadline to submit advertising for publication
in Spring Ball & Auction Catalogue

Saturday, March 20th

7:00 p.m. – midnight
Black and White Ball and Auction
Annunciation Cathedral

Wednesday, March 24th

Registration Deadline for Spring Electives

Monday, April 12th – Friday, April 16th

Spring Break

Spring Break Camp Available

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.

