



November 4, 2004

THE CHILDREN'S DAY SCHOOL Weekly

Head's Column

Fear and Discipline

For over three years we have experienced what fear can do to a group of people. Most dramatically, we have seen a nation of over a quarter of a billion people—the most abundant and successful nation in the world—weakened because fear was allowed to flourish among us. We were ripe for it, though. In the summer of 2000, Alan Greenspan, speaking at the Governor's Conference, found it interesting that even though "the nation is wealthier and Americans are better off than ever before in history, everyone is anxious." The planes hitting the twin towers were merely sparks into a tinderbox.

Fear affects the quality of education, too. Parents and teachers all agree on what good education looks like: love of learning, critical thinking, social responsibility, respectful behavior, a joyful, diverse community, including, of course, academic excellence. Furthermore, the research continues to support our instincts; i.e. that academic excellence requires a school to be strong in all these ways. We have known since the forties that there is no correlation between high SAT scores and any measure of success. Recently, the work of people like Daniel Goleman, for instance, verifies that social competence and emotional intelligence are critical to high performance.

Why is it, then, that if an anthropologist were to visit our schools with the mission of inferring our values from our behavior, they would most often conclude that the only thing we really value is test scores and admission to a narrow range of colleges? There are many reasons, some of which are reflective of various cultural neuroses, but beneath the cultural neuroses is fear. Fear drives us away from the essential ingredients of success.

When confronted with the survival requirement of our children performing well in school, we can become afraid, narrow our vision and engage in habitual behaviors which actually minimize our children's performance potential. We focus on short-term goals, put pressure on our children to achieve those goals and use extrinsic rewards to get them to put information into short-term memory for achieving 100% on their test. Thus we compromise our children's chances for success.

Counteracting these natural reactions requires discipline: both mental and spiritual disciplines, disciplines which cause us to act as if we respect our children as powerful, complex organisms with an innate drive to make their way successfully in the world.

When confronted with the responsibility of raising children it is natural to try to control as much of the environment as possible—including our children. Fearfully, we take "our responsibility" to mean "under our control." We think

Hot Dates

Friday, November 5

10:15-10:30 a.m.

Friday Assembly

Kindergarten Presenting

Tuesday, November 9

Middle School Class Observations

9 a.m.

Language Arts with Mr. Andre

1 p.m.

Science with Mr. Doug

Tuesday, November 9

4:30-5:45 p.m.

PTTA Meeting

Faculty Lounge

Wednesday, November 10

Middle School Class Observation

9 a.m.

7th Grade Math with Mr. Doug



Thank You!

- To Steven Miller and Katherine Whitney for helping out with admission tours this week.
- To Betsy Cordes for designing and producing our new “Welcome to CDS” banner.
- To Tina Corse and Emma Donovan for promoting, selling and processing paperwork for sales of holiday greens and gift wrap.

we need to be assertive and consistent. Firm means inflexible, and is heard by the children as unhearing, uncaring and ultimately insulting. We focus on maintaining our own power as our children grow rather than on empowering them.

When we commit to respecting children, no matter what, and to putting learning first, no matter what, we learn the disciplines of being in partnership with children, of sharing power and differentiating authority and responsibility. We learn to be both assertive and confrontable. We work on our collaborative skills, so important for success in business and family. We find we can have some fun at the same time.

The antidote for fear is not optimism. It is too facile to say, “Don’t be afraid,” either about terrorism or about the college admission process. There is plenty of evidence that our fears are legitimate. As my father used to say, “If you aren’t anxious, you don’t understand the situation.” In many situations the arithmetic seems to be against you. “700 applications for 100 places,” does not sound encouraging.

The antidote for fear is discipline. Success is not about making that feeling go away, it is about doing something constructive with it. Before a person goes on stage or onto the athletic field for a big game, adrenaline begins to run in the veins, and adrenaline feels like fear. If you are committed to doing well, you are going to feel it. So the following indirect advice is apt:

“Do you know the difference between an amateur and a professional?”

“No. What’s the difference?”

“A professional gets his butterflies to fly in formation.”

The Dirt

Presidio Digging

The second grade class went on a field trip last week to the archaeology lab in the Presidio. We learned about common artifacts found in the Presidio, sorting and mapping artifacts and how to interpret artifacts. During one activity we dug up artifacts from three progressive historical periods in the Presidio—the Ohlone, Spanish, and American periods. We dug up bones, serpentine, a rifle powered by gunpowder, broken pieces of ceramic bowls and metal toys. We then learned what the artifacts told us about the lifestyles of people living during the Ohlone, Spanish or American periods. A highlight of the field trip was having the opportunity to ask the archaeologist questions. We found out that the smallest bone found in the Presidio is a fish ear, that they have found tens of thousands of bones in the Presidio, the archaeologist’s work day is eight hours and that the longest dig in the Presidio took four years in order to excavate the original Presidio wall.

From the Office

Goodbye Ms. Consuelo

After more than 3 wonderful years working as a Spanish Specialist at CDS, I will be leaving San Francisco to take care of my business in Tulum, Mexico. I am returning to my hotel/bed and breakfast, *Luna Maya*, on the Caribbean Sea and will be leaving December 3.

I feel so lucky to have experienced the support that this school has provided me in the past 3 years. I am going to miss all of the kids greatly and maybe some day I will be here again. I hope you come visit me during your vacations on the Caribbean beach.

(www.hotelstulum.com or lunamaya@tulum.com).

I will be there with open arms.

Hasta la vista to everyone!

Much love,

Consuelo

As you can see from the above letter, after over 3 years, Ms. Consuelo will be leaving CDS to return to her business in Tulum, Mexico. We are incredibly grateful for her contributions to the CDS community as a Spanish specialist and dedicated teacher.

We have begun the search process for a Spanish teacher who can finish out the year, and simultaneously will begin a national search for an upper elementary and middle school Spanish teacher for next school

year.

Since networking is one of the best, time-tested ways of finding teachers who are exactly right for our school, I invite you to let me know of any candidates you would recommend.

Please join us in wishing Consuelo the best in her future endeavors.

— Rick

Coming Soon to a Palm Tree Near You

The annual fund palm tree will soon add a new layer to her skirt – to see how her weatherproof outfit evolves, watch for a staple gun-toting development professional on a tall ladder in the driveway area. Parents have been so generous in contributing almost \$80,000 to the annual fund already, and we are making great progress toward the total parent annual fund goal of \$105,000. This ambitious goal is just for the fall annual fund campaign, which will be done in January, and does not include proceeds from the wraps and greens sale, book fair or the spring celebration and auction. We've had a great turnout already – 63% of families have contributed – and are, as always, hoping that all parents will support CDS teachers and families with a gift to the annual fund. Pledges can be paid any time until June 30, 2005 and the Kid Chow-for-a-day incentive for the first class to reach 100% participation is still available. Thank you for your enthusiasm and support!

Grandparents and Special Friends Day

Invitations will be mailed early next week to Grandparents and Special Friends Day, which will be held this year on the morning of Wednesday, November 24. We will send invitations to all grandparents and special friends for whom we have addresses; if your family has moved, or if you'd like to add someone to the invite list, or if you don't know whether we have your parents' contact information in our database, please contact Marion Quinones at x23 or marionq@cds-sf.org. Plans for this event are still evolving, but it will definitely include classroom visits, a greeting from Rick and mingling and breakfast snacking with other CDS grandparents and special friends.

Day of the Dead Altar

As the beginning of November stumbles upon us, October leaves its mark in a small corner of the library. What began as a project in the after school program soon became a component of the entire school. The Day of the Dead altar which sits in the quarter of the library where the windows meet has transformed itself from two small tables into an elaborate piece of artwork. Day of the Dead is a holiday celebrated in several Latin countries on November 1 and 2, and the holiday's spirit lasts until mid-November. Throughout the special holiday, the deceased are honored and remembered. It is a celebration of death and the consciousness of its coming. Students, teachers, staff, parents and younger siblings have contributed to the altar with gifts, flowers, artwork and belongings of loved ones who have passed away. At the altar, pictures, letters and messages are cast out to the souls of the departed. Offerings of your own are more than welcome as are visits. This is a sight that should not be missed.

Sliding Scale Tuition

Attached to this *Weekly*, you will find information about affording a CDS education. The founding vision of CDS is to provide an excellent education for children in the Bay Area regardless of race, ethnicity, religion or the ability to afford tuition. Our sliding scale tuition is one of many ways we honor our core commitment to diversity. The families of approximately 33% of our students pay sliding scale tuition, making us a leader in economic diversity among independent schools in San

Go Bulldogs!

CDS Bulldogs won their final game of the season, ending a great first season for the Bulldogs! The terrific coaches are incredibly proud of the team and are looking forward to basketball season, which begins in December. There are sign-up sheets in classrooms for a girls and a boys basketball team.

Co-ed Volleyball Scores

November 3, CDS vs. San Francisco Christian School
Game 1: SFC 25, CDS 14
Game 2: CDS 25, SFS 19
Game 3: CDS 15, SFS 10

Francisco. Financial support for the sliding scale is derived from the school's operating budget (i.e. tuition revenue and fundraising). CDS currently dedicates 19% of its operating budget to sliding scale tuition. Sliding scale tuition is available based on financial need.

If you are currently paying sliding scale tuition, you were mailed information for the 2005-06 school year last week. If you would like to receive this information, please contact Laurance de Vries, Business Manager, by phone (861-5432 x14) or email (laurance@cds-sf.org). Or return the blue postcard from the attachment.

Also, plan to come to our sliding scale tuition workshop on Monday, December 6, from 7-9 p.m. in the faculty lounge.

Sliding scale tuition deadlines:

- By December 16, 2004: 1) Complete a Parents' Financial Statement (PFS) and mail to School and Student Services (SSS) in Princeton, New Jersey; 2) Submit to the Business Office a copy of your PFS, a copy of your 2003 tax forms (1040), a signed copy of IRS form 4506 and a CDS Parent Contribution form.
- By February 10, 2005: Submit to the Business Office a copy of your 2004 tax forms (1040).

Clothing Drive

To promote cooperative learning, teamwork and community involvement, the fourth and fifth grade students have begun a clothing drive to provide clothing for impoverished school children in India. Preschool teacher Rachael Hammerlein will be hand-delivering clothing to school children in India during her annual trip to India this month.

Extended Program News

Adult Enrichment Classes

Thanks to all of you who signed up for adult enrichment classes. This will be a great first term. The next round of classes will begin in early spring. Keep your eyes out for exciting, new offerings.

The Boys and Girls Club

Starting this month, 1st-7th graders will have the opportunity to go to the Boys and Girls Club as part of the after school program. Everyone should have received a schedule outlining which classes are going on which

days. This is a great opportunity for our students to meet new friends, have access to amazing art, woodworking and photography studios, as well as a fun rec-room, gymnasium and a computer lab. If you have any questions, please call Jenna at x15.

Library Corner

Book Fair

Attention book lovers, CDS library supporters, holiday shoppers, merry minglers and wine sippers. . .

This year, the CDS Book Fair will be held in two places. From Tuesday, November 30 through Friday, December 2, we will hold our first ever *in house* book fair where families and friends of CDS can purchase books for the CDS library. Books will be for sale in the library on the afternoons of November 30, December 1 and 2 from 2-6 p.m. and on the morning of December 3 from 8-10 a.m. These books come straight from the distributor, so they are both less expensive and already bar-coded and ready to be enjoyed by CDS students. If you would like to help, please contact Marilyn Rogers at mrogers@moralesgary.com.

The ever-popular, not-to-be-missed evening Book Fair will take place for the third year at A Clean Well Lighted Place for Books, one of San Francisco's favorite independent book stores. On Wednesday, December 1 from 6-9 p.m., parents, teachers, grandparents and friends are invited to the bookstore to eat, drink, mingle,

PTTA Corner

Friday Morning Coffee

Come join other parents for coffee and doughnuts in the yard after Friday drop-off, 8:30-9 a.m. This is your chance to meet other families, have a few minutes of grown-up conversation and grab sustenance and caffeine before you start your day.

In addition, we need volunteers on occasion to help set up and bring doughnuts. Please sign up on the sheet posted on the bulletin board. Nothing gets the kids out of bed in the morning like the knowledge that they will stop off for doughnuts during the drive to school!

PTTA Questions or Ideas?

Contact Marianne Evans, PTTA President, at (415) 648-1731 or goevansgo@yahoo.com.

shop and celebrate the season and holidays together. The bookstore will donate a portion of all purchases to CDS. Please start making your shopping list and plan to browse the bookshelves with other CDS parents on December 1. If you are interested in volunteering to help with the evening event, please contact Robin Wander, robinw@post.harvard.edu, or Wini von Ehrenburg, wordtothewise@mindspring.com.

Thank you for supporting the CDS library.

PTTA Update

Meeting Update

Please join us Tuesday, November 9 from 4:30-5:45 p.m. for our monthly PTTA meeting. For those of you who are our curious about why CDS students love math so much, we will have a hands-on demonstration by elementary teachers Ms. Paula and Ms. Brittany on how math is taught at CDS. We will also have snacks, beverages and an opportunity to join other parents, faculty and members of the administration to share ideas, thoughts and questions. Childcare for CDS students is free if you sign up at the front desk by 10 a.m. the day of the meeting. All are welcome and encouraged to attend.

Spring Celebration & Auction

The annual CDS dinner and dance event will be held on Saturday, March 19, 2005. The location has been secured and planners are moving forward with all the preparations. The ever-popular quilts are being fashioned now, so watch this space for more Spring Celebration & Auction information as it becomes available.

Why not start considering ideas for items you may wish to donate to the Auction? To start your creativity flowing, here are some items donated by families in previous years:

- Host a themed party, dinner or cocktails at your home.
- Take a group of children/adults hiking, camping, skating or plan your own outdoor activity.
- Provide your home improvement or gardening skills at a CDS family's home.
- Ask a friend or relative to donate time at their vacation home.
- Present a gift certificate from your favorite

restaurant or store.

- Donate a gift certificate from your child's ballet, gymnastics or swim school.
- Make available services for an attorney, graphic or interior designer, financial planner or contractor.

For any preliminary questions, suggestions or ideas please contact Emma Donovan at (415) 437-9833 or Stephanie Scarpulla at (415) 206-1107. With your assistance, we're looking forward to the best event ever!

Hola Familias de CDS

Hola Familias!

This week we are celebrating the Day of the Dead. Many classes are taking a field trip to the Mission Cultural Center for a tour of the elaborate Day of the Dead altars and artwork. Sixth and seventh grade students also had the opportunity to eat lunch at La Taqueria, practicing their Spanish language skills while ordering tacos and burritos.

La frase de la semana:

Las calabras de azucar. The sugar skulls.

— Spanish Department

Upcoming Dates

Friday, November 12

8:45-10:15 a.m.

K-7 Tour

Friday, November 12

Sibling Applications Due

Thursday, November 18

Parent/Teacher Conferences

No School

No Extended Program

Friday, November 19

Parent/Teacher Conferences

No School

No Extended Program

Wednesday, November 24

Grandparents and Special Friends Day

Thurs, November 25 – Fri, November 26

Thanksgiving Break

No School

No Extended Program

Thursday, December 16

Sliding Scale Tuition applications due

Children's Day School

333 Dolores Street

San Francisco, CA 94110

415-861-5432 (ph)

415-861-5419 (fax)

www.cds-sf.org

Editor: Mary DeNardo, cdsweekly@cds-sf.org

Submissions due Wednesdays 8 a.m.

