



March 16, 2006

THE CHILDREN'S DAY SCHOOL
Weekly

Words from Rick

Learning to Wait

Once upon a time there was a Starfish who had a hard time dealing with disappointment. During the day when she was disappointed she would break down in tears and say things like, "I will never feel better," or, "My friends will never be my friends again."

She found disappointment in many things. If her "best friend" didn't sit next to her during group time or lunch; if her friends chose games to play that she didn't want to play; if a friend could do something like ride a tricycle before she could; if she didn't get a turn to speak at meeting time, she would become disconsolate.

Every day there were disappointments—sometimes many. The teachers tried everything they could think of: giving her comforting advice, redirecting her, distracting her, yet nothing worked. The teachers found a bench for her to go to when she was having these intense feelings, but that didn't seem to help. Once a friend offered, "You don't always get what you want." As you can imagine, that didn't work even more than everything else didn't work.

One day out in the yard it seemed she was hemmed in by disappointment on all sides. The teacher asked yet again, "What can you do to help yourself feel better?" She paused and then said, "I just don't know." The teacher paused, looked at her closely, and the student said, "I can think of some words to say to myself; then I'll feel better."

The Starfish stopped crying, but said nothing.

"What are those words?" the teacher said, waiting for her.

"What comes then goes," the girl said.

"What comes then goes," The teacher repeated. "That is so beautiful. Tell me about what you mean."

"I mean when there's disappointment, like I don't like what is happening or what someone is doing, it comes then it just goes." The teacher saw her face and body relax as if all the disappointment was lifted. Ever since then she has been moving through her preschool days and handling her disappointments more gracefully.

What comes then goes.

—Co-authored by Rick Ackerly and Starfish teacher, Gretchen Ott.

Hot Dates

Friday, March 17
10-10:15 a.m.

Friday assembly
Tadpole class presenting

Tuesday, March 21
Class photo day



Thank You!

- To Ray Baxter for calling and welcoming all of the newly enrolled families.
- To Alycia Freeman for spearheading a redesign of our front reception area, and to Betsy Cordes and Gayle Strang who have also been involved with this project. Exciting changes will be coming soon!

The Dirt

Family Farmer Parent Coordinator

Do you love being a family farmer? Are you interested in spending more time with the sheep and the hens? If so, consider becoming the new Family Farmer Parent Coordinator. The volunteer position starts in May, at the next family farmer training. The position's responsibilities include attending the family farmer trainings (there are 3 every year), reminding family farmers via phone or e-mail that they need to pick up the key the week before their weekend farm duty, keeping a key at your home in case someone forgets to pick up the key, and being willing to help as a substitute or in case of an emergency. If you are interested, please contact Misty at 861-5432 x321.

From the Office

Affinity Groups

The CDS community is in the process of creating affinity groups. An affinity group is a group of people that share a common experience. Examples might include parents with adopted children, families of color, fathers, a Jewish group or parents whose first language is Spanish. Affinity groups will come together to share stories, support one another around similar challenges and connect with other members of the CDS community. The format, topics and frequency of the meetings will vary depending on the interest and needs of the group. The purpose of creating affinity groups is to strengthen our community by increasing the ways that parents and families can find connection, support and voice at CDS. Starfish parent Michael Silver has already expressed interest in meeting with other LGBTQ parents. Please contact Charlie Stephens at 415-861-5432 x315 or charlies@cds-sf.org if you are interested in helping create an affinity group, either as a participant or a potential leader.

Class Photo Day

Class photo day will be held on Tuesday, March 21. This year, one class photo will be provided to each student by CDS free of charge. If you are interested in purchasing additional copies of your child's class photo, please order them directly from Mugshots.

Events

Fiesta 2006

Want a Chance to Win Big at Fiesta?

Coming soon: Fiesta raffle ticket sale! Beginning March 27, raffle tickets will be available for sale at morning drop-off or at the front desk. Only 100 tickets will be available at \$100 per ticket! The winner of the raffle (held the night of the Fiesta) can choose from any live auction item! The winner need not be present at the time of the raffle but should have someone available to claim their prize for them. Watch this space for details in the coming weeks.

Childcare

Childcare will be offered free of charge this year during the Fiesta - from 6 p.m. until 12:30 a.m. Drop your children off at CDS with pj's and sleeping bags for a fun night of movies, pizza and popcorn. Brittany Musler (second grade teacher) and Geoff Hinman (summer camp sports and games teacher) will take care of the kids for the night!

Teacher Sponsorship

Spend the night of Fiesta celebrating and socializing with parents, friends and teachers! If you can, sponsor a teacher to attend the Fiesta. Approximately 30 teachers are still in need of sponsorship. Thanks for all of your support. We can't wait to see you on April 7!

Country Fair

Come join the Country Fair Club in the third floor art space every Thursday in March and April from 3:30-4:30 p.m. to work on farm and garden crafts to sell at the Country Fair. Katherine Whitney (Leyla and Kian's mom) will be leading a knitting group. Ms. Elizabeth, Ms. Karen and Ms. Misty will lead a variety of craft projects that include making candles, cards, bookmarks with pressed flowers, rosemary vinegar, lavender scented soap and lavender honey. If the craft projects are finished early, Ms. Misty will lead projects in the garden to help beautify the garden for the Country Fair.

Multiethnic Education Program

On Tuesday, March 21, from 6-8 p.m., the Multiethnic Education Program (www.multiethnicprogram.org) will be showing a sneak preview of their new film, *My People Are... Youth Pride in Mixed Heritage*. The film promotes positive racial and ethnic identity in all children, with a particular focus on multiracial experiences. Viewers will learn about the diverse families of the cast members, as youth confidently share their pride in culture, historical experience and ethnic roots through personal and spirited theater, spoken word, interviews, dance, rap and song. If you plan on attending, please e-mail Charlie at charlies@cds-sf.org; perhaps we can create a whole CDS contingent!

The screening will be held at 1581 LeRoy Avenue, Berkeley, CA 94708. RSVP with Asmara at 510-644-1000 x107 or asmara@multiethniceducation.org.

Extended Program News

Summer Camps

The preschool through ninth grade summer camps are beginning to fill up! The preschool-K camps are half full and there are only a few spots left for 7th-9th graders in the writing camps. There is still plenty of room in the elementary camps. If you need registration forms, please check at the front desk, e-mail Charlie at charlies@cds-sf.org or download forms from our website at http://www.cds-sf.org/life_at_cds/summer.html. Also, there is a summer camp resource box with literature about city-wide camps for all ages in the library. Check it out!

Spring Enrichment Classes

Sign up sheets for spring enrichment classes were due yesterday. If you are still interested in signing up, please call Charlie directly at 861-5432 x315 to make sure the class of your child's choice is still open. Forms need to be in by Friday, March 17 (tomorrow!) at noon.

Spring Vacation Camp

Spring vacation camp runs from April 17-21. The theme is "San Francisco Explorations." You can download forms on-line at http://www.cdssf.org/life_at_cds/vacation.html.

Upcoming Dates

Thursday, March 30
4 p.m.

Staff vs. student basketball game
Boys & Girls Club

Friday, April 7
6:30 p.m. to midnight
Fiesta

St. Mary's Cathedral

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, maryd@cds-sf.org

Submissions due Wednesdays, 8 a.m.

Contact Mary to receive the Weekly via e-mail