



January 10, 2008

THE CHILDREN'S DAY SCHOOL Weekly

Words from Rick

Love and Anxiety

At a party over the vacation, as I was popping a potato chip loaded with clam dip into my mouth, the mother of a troubled eighteen-year-old boy said to me, "Raising a child is lonely business."

My first reaction was to think she was talking about the fact that she and the boy's father were estranged. As she continued to talk about her anxiety and her pain, however, it became clear that there was more to it. She was saying something more profound. Remembering hundreds of parents I have worked with on behalf of their children, one consistent theme is their anxiety about their offspring. Considering my own children, it seems the worry never stops (my oldest daughter is 41).

One of the last things my own mother said to me just before she died at the age of 84 was "You've got it made, kid." It was her last gift to me, her last and best gift to me at the end of 60 years of giving. But it was also a gift she was giving herself—her last, best gift to herself: *purpose fulfilled*. For as long as I knew her, my mother was very clear that there was one value: Love. Other than "to curl up with a good book," there really wasn't anything else she wanted to do. However, as I look back on her 84 years of loving, her four children were at the top of the list of loves in a qualitatively different way from all of her other loves.

It is a parent's gift to be anxious about their children. It is a parent's mission to worry about their children not just through childhood, not just until they leave home, not just until they find the perfect partner, not just until they produce grandchildren, but forever.

In our work as educators we often counsel parents not to worry. I have even said "worry is dysfunctional" in that it communicates to the child that there is something to worry about, when in fact there isn't. "Things will turn out okay." I keep wanting love to manifest itself in confidence in the child, in trusting in the child, in knowing that your child actually "has it made" already, regardless of her weaknesses, her quirks, his challenges and his disabilities. This impulse isn't wrong, but it is also true that children need at least one parent who is anxious about them. What matters is the discipline with which that anxiety is expressed.

Many parents have inside them a scanner they never turn off. It's like a radar screen with their loves on it. When they look at it, they look with anxiety. When the blips on the scanner are in good shape they smile; when there is a problem or an incipient problem, they are "all over it" with a frown on their faces. But the underlying sensation is anxiety.

Hot Dates

Friday, January 11
8:30 a.m.

Friday assembly
Tadpoles presenting

Monday, January 14
4:30-5:30 p.m.

Country Fair planning meeting
Library

Tuesday, January 15
4:30-6 p.m.

Committee on Inclusion and
Diversity meeting
Faculty lounge

Wednesday, January 16
6:30-8:30 p.m.

Parent Education Night
Faculty lounge

Thursday, January 17
6:30-8:30 p.m.

Movie Night: One Winter Story
Boys & Girls Club

Dates also posted on CDS website
www.cds-sf.org/news/calendar.html



Thank You!

- Thank you to all the parents who helped make this year's faculty and staff holiday party so much fun, especially Ann and Dirk Van Gelder, Constance Laflamme, Luma Dahlbacka, Andrea Reynolds, Lydia Timken, Robin McClarren, Patrick Everett, Leslie Edelman, Laura Pliska and Jeremy Bloch, Sam Hunt and Stephanie Scarpulla. A great time was had by all!
- To Joanna Earl for donating a Dell laptop case to the IT department.
- To Elizabeth and Jay Seirmarco for donating a Linksys router to the IT department.
- To Linda Glover and Ray Baxter for donating leftover lost and found items to Community Thrift.
- To Sherry Spitzer for taking photographs of our Winter Performance.
- To all the volunteers who helped with admission-related events this week: Ray Baxter, Marianne Evans, Patrick Everett, Amy Hecht, Kristin and Andrew Henry, Richard Hylton, Tina Leung, Chitra Nayak, Amanda Newstetter, Roger Nys, Elizabeth Seirmarco, Kara Schleunes, Louis Schump, Ann Van Gelder and Carlos Vasquez.

As 2007 was ending, I read *About Alice*, the marvelous book by Calvin Trillin about his recently deceased wife. It is a work of love, unique and universal both at the same time. In it he describes beautifully what Alice is anxious about as she faces death, once in the 1970's from lung cancer and again in 2001 from heart failure. Both times her anxiety went to her children (although by 2001 they were safe and successful), and she also loved her husband, literature, writing, teaching, taking the side of those less fortunate, and trying to ease the pain of others. She died before should could tell for sure that her two daughters "had it made."

There are many different kinds of love, and expressions of love vary from person to person in infinite variety. I think it is fair to say that no two loves are alike. At the same time there is a kind of love in all of us that comes from our genius. That love directs us—drives us compellingly—to that thing to which we are intended to devote our lives, our mission, our purpose, our main responsibility. That love often feels like anxiety. Anxiety is

not necessarily a sign that there is anything to be anxious about, but rather an indication of what our genius intends us to do with our lives.

With gratitude for 2007 here is my wish for 2008: that all parents feel empowered by the love they feel for their children, that all those who work on behalf of that parental love are pursuing their own love, that all this love finds its way to the children in disciplined and efficacious ways, and that the children keep discovering and pursuing their loves. As these wishes continue to come true, I will continue to look at my scanner and smile.

Happy New Year.

From the Classrooms

MLK Day Celebration

This year the Committee on Inclusion and Diversity has partnered with teachers and staff to create a new all-school celebration of Dr. Martin Luther King Jr.'s civil rights work. The morning of Friday, January 18 will be organized into the following activities/events:

- 8:30–9:15: Extended assembly (led by the eighth grade but with presentations by many grades)
- 9:15–10: Return to classrooms for grade-specific activities (all middle school classes will join together at the Boys and Girls Club)
- 10:30–11: Guest speaker Millard Larkin, president of the SF MLK Civic Committee, for students in grades 3-8 and their families

Please join us for an important morning as we explore the meaning behind Dr. Martin Luther King Jr. Day.

CDS Yahoo Group

Our CDS Community Yahoo group is a forum for the CDS community to share information about life outside of school. Join this Yahoo group, our in-house "craigslist," by visiting:
groups.yahoo.com/group/cdscommunity.

School Wish List

- The lost and found organizers request a clothes rack to help organize lost and found items. If you have one you'd like to donate, please contact Elsa at elsat@cds-sf.org.
- The IT department is currently looking for used laptop bags as well as used desktop and laptop computers (both PC's and Apple computers). PC's should have a processor running at 2GHz or higher (it doesn't matter whether it is AMD or Intel), and Apples should have at least a PowerPC processor running at 2GHz or higher. PC's should be running a legitimate licensed version of Windows XP Pro, and Macs should be running a legitimate licensed version of OS-X, and should be provided with (wherever possible) their installation disks. If you have any of the above to donate, please contact Terry Hall at terryh@cds-sf.org. Thank you!

Farm & Garden Requests

The garden plants that aren't part of the irrigation system need a little extra watering help. If you are available to help with watering once a week, please contact Misty at mistyc@cds-sf.org. It takes about an hour to an hour and a half once a week and we are looking for someone who can do this throughout the year and during the summer.

The farm also needs some extra attention during the week of April 14-20. If you are a trained family farmer, or if you'd like to help out but aren't yet trained, contact Misty at mistyc@cds-sf.org. The chickens, sheep and plants thank you!

December Collections

Thank you to everyone who donated to the December collections. In December CDS collected 35 blankets for the Homeless Prenatal program, contributed toys for San Francisco children and donated many toiletries for young adults who are homeless or in transitional housing.

Additionally, so far CDS has collected 478 lbs. of food for the San Francisco Food Bank! CDS will continue to host a bin collection throughout the school year located inside the entry of St. Joseph's Hall. The bin formerly at the preschool will be removed due to weather.

The Dolphin kindergarten class will be hosting a new collection: a penny drive. In the words of the students themselves: "We are trying to raise money for hungry people. Please bring us your pennies. Look on the sidewalk, in your house and help us find pennies. We will count them and give them to an organization [Heifer Foundation] that provides food for hungry people. Please bring your pennies to your child's classroom. Thank you."

Movie Night

CDS students, parents and community members are invited to attend the next movie night (co-sponsored by Girl Ventures) at the Boys & Girls Club on Thursday, January 17 from 6:30-8:30 p.m. for a screening of One Winter Story. One Winter Story is the documentary of Sarah Gerhardt, the first woman to surf Mavericks, an annual surf competition in Half Moon Bay, world renowned for its incredibly difficult waves. Movie night is free and food will be provided. See you there!

From the Office

Head Lice

We've had a handful of students with lice in the elementary school over the past week and we need your help. Please check your students' scalps and, if necessary, begin treatment. Please remember, however, that head lice are not an emergency and, in most cases, do not pose a health risk—they are simply an inconvenience that should be dealt with compassionately and calmly.

Go Bulldogs!

Basketball season has begun! Check here for game schedules and scores.

Basketball Calendar

Boys - Tuesday, January 15, 4:30 p.m.
Lycee Francais, 755 Ashbury St.

Girls - Today, 4:30 p.m.
Live Oak, Boys & Girls Club
Thursday, January 17, 4:30 p.m.
Lycee Francais, Boys & Girls Club

Basketball Scores

Boys vs. Live Oak
LO 43, CDS 13

Treatment of lice is controversial. Here are a few websites that will help you weigh the advantages of different options:

- www.headlice.org
- www.hairfairies.com
- <http://www.hsph.harvard.edu/headlice.html>
- http://www.goldengatepediatrics.com/index.php?page=Lice_Protocol

We will be offering a free lice screening by the “Hair Fairies” for K-4 students and siblings on Monday, January 14 from 9–10:30 a.m. Please contact Rebecca at rebeccak@cds-sf.org if you have any questions.

COID Meeting

The Committee on Inclusion and Diversity (COID) will hold its next regular meeting on Tuesday, January 15 at 4:30 p.m. in the faculty lounge. Among the topics for the agenda is a discussion (including a panel with CDS faculty) on recruitment and retention of faculty of color and LGBT faculty, as well as a check-in with the community regarding diversity and inclusion. We hope you can attend. Feel free to contact Michael Silver at michael.silver@barclaysglobal.com or Sara O'Malley at sara@omalleyhylton.com with any questions.

Spring Conferences

As noted in last week's liaison emails, we will be holding spring parent-teacher conferences on Friday, February 29 and on two Wednesday afternoons during the month of March (3/5 and 3/12). This means school will be closed on Friday, February 29, but, as usual, childcare will be provided during your child's conference time. Wednesday afternoon conferences will not affect the school schedule. In addition, we are looking into creative ways to offer all or partial-day childcare for families on February 29 – watch the *Weekly* for more information.

Your child's teacher will schedule this parent-teacher conference directly with you, similar to the November conferences.

Please contact Rebecca Kroll (rebeccak@cds-sf.org or 861-5432 x311) with any questions or concerns.

Farewell Jorge

Jorge Sanchez, after school teacher, will not be returning to CDS this year. He has been accepted into UC Berkeley's Ph.D. program in the romance languages and literature department. Jorge has asked that we pass on a goodbye to all the new friends he made this year and express his thanks for the support he felt from the CDS community while working here.

Donate a Tree, Log or Limb

Misty Cummings, Environmental Education Resource Teacher, is starting a mushroom garden and needs fir (any variety except Chinese fir) and spruce logs in order to inoculate the wood with mushroom spawn. If you purchased a tree for the holidays or bought one on super-sale after the holidays, she will put it to good use. Please be sure you bought a fir or a spruce before donating your dead tree to the school!

She also needs logs from maple and oak trees if you happen to have any. They just need to have been cut within the last 6 months. Finally, if post-storm you have any oak, eucalyptus, poplar, maple or elm limbs that have fallen, she can use those as well. If you have any questions call Misty at 861-5432 x321.

Wraps & Greens Support

Many thanks to all of the parents, teachers, staff, grandparents, friends and alumni families for supporting the sales of gift wrap and greenery this year. From those of you who purchased products to those of you who wrote checks in support of our teachers and staff, thank you.

In particular, thank you to Kristen Hall and Angie Jolie for putting the sales packages together, to Melanie Piech for placing all of the bulk and direct delivery orders for greenery and to Christian Hipolito and Kristen Hall for sorting and delivering all of the wraps and greens to classrooms and parents.

Last but not least, many thanks to Tina Corse for her tireless leadership and commitment to CDS teachers.

Events

Parent Education Night

Please join us on Wednesday, January 16 from 6:30-8:30 p.m. for a parent education night titled "Reaching All Learners." Over the course of the evening teachers will lead an engaging activity where each person will be put in a position of learning something for the first time. A large group discussion will follow, as well as grade-level discussions. Childcare (including pizza) will be provided beginning at 6:15 p.m.; sign up with Ryan Gordon at ryang@cds-sf.org by Tuesday, January 15.

CDS Weekend Hike

All families are invited to the first ever CDS weekend hike in Glen Canyon Park. The hike will be held on Saturday, January 19 at 10 a.m. and will be led by Doug Garfinkel (7th/8th grade Math and Science Teacher) and Misty Cummings (Environmental Education Resource Teacher). Hikers will explore the park's native plants and may even see snakes, great horned owls, red tailed hawks and salamanders. Please bring lunch for a picnic after the hike, wear appropriate shoes and make sure that all kids are accompanied by an adult.

Get Ready for Fiesta 2008

Now that we've secured the date (Friday, April 4) and the location (Foreign Cinema Restaurant), we need you! We're looking for volunteers to solicit auction items for the LIVE auction portion of the event. These are the exciting trips and events that everyone wants to bid on, raising money for sliding scale tuition. If you'd like to brainstorm and talk to other parents and businesses about fun and fabulous items for the live auction, call Lisa Eltinge, our resident auction maven at 648-4374, or lisaeltinge@aol.com.

Seasons Bleatings!

The chilly weather brings out wool sweaters and coats... and thoughts of sheep shearing at the CDS Country Fair! The Country Fair is not until May, but this year we're getting a head start on planning and we'd like to invite all interested parents and faculty to participate.

For those new to the school, the Country Fair is a fun, free, family event that takes place on our beautiful campus in early May. We celebrate the bounty of our campus and the talents of our children through games, tasty food, entertainment and creative crafts.

This event is planned and run entirely by the CDS community—it's a great way to meet other parents, put your creative ideas to work and learn something new. If you are interested in getting involved in the planning stages (e.g. helping decide on type of entertainment, food, booths, games), please mark your calendars for our first community-wide Country Fair planning meeting on Monday, January 14 at 4:30 p.m. in the library. We welcome everyone's input, so please join us.

If you can't make it to the meeting but have ideas or suggestions to share, have special skills to offer, or have questions, please contact this year's Country Fair Co-Chairs: Diana Hunt at samanddi@pacbell.net or Paige Lang at paige_stover@yahoo.com.

Extended Program News

Winter Enrichment Classes

Winter enrichment classes begin Tuesday, January 22. Enrollment forms have been sent home. If you have any questions please contact Dan Larson at 861-5432 x315.

PTTA Update

Meeting Re-Cap

Parents, faculty, staff, and members of the Board of Trustees gathered at this week's PTTA meeting for an update on a variety of topics, including admissions, facilities and growth of the school. Aimee Giles provided an update on this year's admission process and results. The deadline for preschool applications has passed and the deadline for K-8 applications is this Friday (although middle school applications are encouraged at any time). To date, applications received are up from prior years, as are inquiries for information about the school. As usual, openings in preschool and elementary grades are quite limited, with 20 openings in the preschool and potentially a very small number in K-4 (this number depends on returning students and siblings, which is still unknown).

Matt Schwartz, Vice Chair of the Board of Trustees, and Rick Ackerly provided an update on the strategic site planning. In addition to the various alternatives being explored by the Board as described at the PTTA meeting in December, a fourth alternative has arisen which addresses many of the concerns raised at the December meeting. This "stability" or "moderate growth" alternative will allow for two classrooms for each of the K-2 grades, thus allowing the school to insure classes will eventually be at or close to full capacity in the upper

grades. This alternative will require additional classrooms on the third floor of St. Joseph's Hall which may, in turn, require the school to obtain approximately 2,000 square feet of off-site, nearby space for administration. The Board is currently pursuing available space in the neighborhood. If you know of any space becoming available in the neighborhood, whether for lease or purchase, please contact Matt Schwartz. In addition, if necessary, the Board is exploring creative ways to finance such acquisition, including the possibility of taking on loans from the school community; if you would like additional information or would be interested in providing such a loan, please contact Matt Schwartz. Inquiries can be directed through the PTTA at CDSPTTA@yahoo.com.

Other topics discussed at the meeting included plans for construction over the summer, the Martin Luther King Jr. Day celebration, and upcoming parent-teacher conferences. Construction is planned this summer to complete work on the third floor classrooms, as well as to install an elevator shaft. The specific start date for school in the fall has not yet been set, but the goal is to start school before Labor Day, similar to years past.

The school has a number of events planned for the MLK Jr. Day celebration on Friday, January 18, including an assembly, classroom events, and a speaker from the Martin Luther King Jr. Foundation who will be speaking to students in grades 3-8. Parents are welcome at all events that morning.

Dan Larson, Extended Program Director, is planning child care options for February 29, the day of the newly scheduled parent-teacher conferences. Stay tuned for specific information.

Upcoming dates

The next open planning session of the PTTA will be held on Friday, January 25 from 9-10 a.m. in the faculty lounge. The next general meeting of the PTTA will be held on Tuesday, April 8 from 4:45-6 p.m. and will cover the topic of communication.

Upcoming Dates

Friday, January 19

8:30-11 a.m.

Martin Luther King Jr. celebration

Saturday, January 19

10 a.m.

Glen Canyon Hike hosted by
Doug Garfinkel and Misty Cummings
All CDS families welcome
Hike begins at Glen Canyon Park playground

Monday, January 21

Martin Luther King, Jr. Day observed

No school

No extended program

Friday, January 25

9-10 a.m.

PTTA open planning meeting
Faculty lounge

Friday, February 1

Teacher workday

No school

No extended program

Monday, February 18

Presidents' Day observed

No school

No extended program

Tuesday, February 19 – Friday, February 22

February vacation

No school

Extended program available

Dates also posted on CDS website

www.cds-sf.org/news/calendar.html

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