



THE MEHER SCHOOLS



# Wednesday Messages

March 11, 2020 • Parent Resource Center: [www.MeherSchoolsParents.org](http://www.MeherSchoolsParents.org)

## Summer Sign-ups This Week

Be watching *eNotes* this week for program information and forms for enrolling your child in Summer at the White Pony, Summer Fun (for students entering kindergarten through second grade next year), or Drama Camp (for next year's third through sixth graders). Registration ends March 20; payment is due July 1.

This year's programs are structured differently than previous ones due to the shift to an August start date for the school year. For this summer only, you'll sign your child up for either one six-week session or one four-week session.

**Participation in off-campus activities** If you're considering signing your child up for swim team or another outside activity during the summer, please be mindful of our policy regarding signing children out and back in again. See the *eNote* accompanying the enrollment forms for details.

## CHEERING SECTION

With kindergartners at a safe distance, our building and grounds supervisor, Dick Clark, dismantles a portion of the retaining wall behind Room 6 with a chainsaw, while the children chant, "Go, Benedict!" (Dick's real name). Dick finished installing a new wall last week. We replaced the Fibar (an engineered wood product) in this part of the yard with artificial grass recently. The Fibar had begun to de-



grade, creating dust and splinters. Artificial grass is more resilient and aesthetically appealing and offers more options for

## CORONAVIRUS Family Screening Tool

Attached to *Wednesday Messages* this week is a screening tool developed by the California Department of Public Health's Immunization Branch / Division of Communicable Disease Control. **We ask that all families use this tool to assess the health of their children every day.** We'll keep you informed via *eNote* and the Parent Resource Center as events continue to unfold.

play. It's also easier to maintain. Funds for the project were provided by an anonymous donor.

A number of parents have expressed concern about the new **coronavirus**. Join us tomorrow (March 12) for an informational meeting about the school's response to the virus. We'll meet via conference call at 4:30. Be watching *eNotes* for details.

## Tips for Parents by Susie Kohl

### *“Fighting” Voice, “Talking” Voice*

**W**E ALL STRUGGLE WITH SELF-AWARENESS about the ways we are communicating with others in a situation and the effect it has on our interactions with them. Giving children tools to understand how they can speak with others on hot topics without starting a battle is an important life skill. The Kimochis social-emotional learning program gives children practice expressing their feelings, especially upset ones, with behaviors that build and strengthen relationships.

One of the easy-to-access teachings of Kimochis is tuning in to whether we are using a “fighting” or a “talking” voice. We want children to be able to communicate emotions in ways that other people want to hear, a skill crucial to emotional wellness and success.

Adults can help by talking about the qualities of energy in their own voices. “I’m sorry, I feel like I’m using a fighting voice right now. I’m going to take a breath and slow down.” When children pour out frustration in an angry tone, we can ask them to breathe and try to speak more slowly, using a talking voice, so we can really listen and understand.

We can even set up guidelines about voices: “In our house [or classroom], we try to use a talking voice rather than a fighting voice to say what we’re thinking.”

Imagine social discourse in the future when a new generation can bring forward a new peaceful approach based on real listening and empathy, rather than divisiveness.

## **A Star Is Born**

Third-grade mom Julee Johnson (in the middle) didn’t know what she was signing up for when she volunteered to chaperone a third-, fourth-, and fifth-grade field trip to Zellerbach Hall on the Cal campus to see a performance by Cirque Éloize. Combining music, acrobatics, and aerial routines, this Canadian group has been described as Cirque du Soleil’s hipper cousin. Julee found herself on stage as part of a musical number, a situation she describes as a “terrifying surprise.” “It was my first time ever on stage anywhere, ever,” she says. “I’m not sure if it’s completely honest to say now that I’ve performed at Zellerbach Hall.” The incident led to “good conversations at home about being open and doing your best.”



**SAVE THE DATE: Saturday, April 25! Science Fair 2020**



# Influenza-like Illness Symptom Screening Tool for Parents and Caregivers



Parents and caregivers should use the following questionnaire to assess the health status of their child on a daily basis.

**Does your child have:**

- 1. Fever (100° F or greater)?  Yes  No
- 2. Sore Throat?  Yes  No
- 3. Cough?  Yes  No
- 4. Nasal congestion?  Yes  No
- 5. Runny nose?  Yes  No



**SHOULD I KEEP MY CHILD HOME?**

- If you checked yes to fever AND one of the other symptoms, keep your child home for seven days after symptoms start, even if they no longer are ill. If your child is still sick after seven days, keep your child at home until well for 24 hours. If you have questions about your child's health or symptoms, call your child's healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation and school policy for when to return to school.

**WHAT SHOULD I TELL MY CHILD'S SCHOOL?**

- If you checked "yes" for fever AND one of the other symptoms, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child's attendance office.

California Department of Public Health  
 Immunization Branch/Division of Communicable Disease Control  
 850 Marina Bay Parkway, Building P, 2<sup>nd</sup> Floor, Richmond, CA 94804 - (510) 620-3737

# Clean Hands Song

Words by Sandra Star

Sung to the Tune of "Row, Row, Row Your Boat"

Clean, clean, clean  
Your hands.  
Bubbles everywhere.  
Up and down.  
All around.  
No more germs to share.