



THE MEHER SCHOOLS



Wednesday Messages

September 11, 2019 • Parent Resource Center: www.MeherSchoolsParents.org

Walk With Us Saturday in the Walnut Festival Twilight Parade! (And Wear Your Special T-Shirt!)

Please join us Saturday as we walk with our school float in the Walnut Festival Twilight Parade in downtown Walnut Creek. Parents, children, and staff members will be making the float that morning—and we'd love to have your help with that too.

Art teacher Lara Cannon designed a school T-shirt especially for the occasion. They'll be on sale for \$20 in front of the school Thursday and Friday from 8 to 9 a.m.

In order to join us, you'll need to complete and return the waiver attached to the eNote we sent Tuesday, which includes details about our float decorating party and gathering for the parade. Dozens of families joined us last year, when we participated for the first time. Everyone had a wonderful time. We hope to see your family there this year!



COZY HOME IN THE PLAY YARD Preschoolers in Rooms 3, 4, and 5 are delighted with the new playhouse in their play yard. It's furnished with a stove donated by a former parent, a table and chairs, a cradle, and a toy box. The structure was built over the summer by our building and grounds coordinator, Dick Clark, and volunteer Tony Davis, using funds raised through our Founders Day art auction last year.

Thank You to the Volunteers Who Made Our School Sparkle for the New Year!

Over two weekends late last month, more than 50 parents, children, and staff members cleaned the school inside and out in preparation for the new school year. In classrooms they cleaned tables, walls, behind cabinets, and vertical surfaces. They also swept the hallways and washed exterior walls, and they raked the sandboxes in the play yards. They did an amazing job! Thank you so much!

Tips for Parents by Susie Kohl

Toward a Compassionate New Beginning

THE WORDS “NEW BEGINNING” have such an energizing quality. They evoke an image of everything moving forward in one fluid motion. There is definitely a momentum right now, a unifying feeling that with the start of new year we are embarking on change together.

Missing people and places. As we buoy each other along, it’s helpful to remember some aspects of change that might not be paramount in our minds. New beginnings often involve leaving people and places behind, and it’s natural to miss them. We help children by reflecting on that passage. “You’re missing your teachers, aren’t you? Let’s go back and visit.”

New people. Some students in the new setting are new and feel more vulnerable about being there. Children and their families need welcoming. This is the time to help children empathize with those who might not know anyone in the class. Teach them that they can make a difference by greeting new children or inviting them to play. You can role-model those behaviors by talking to new parents.

The ability to transition. Some children (and adults) handle transitions easily and others struggle. It’s nice to encourage children to notice students who might be having a harder time and urge them to reach out with positive feedback and friendship.

A compassionate community. Building a compassionate community starts during these foundational first weeks, and this is a crucial time to dedicate ourselves to cultivating a sense of belonging for everyone.

Nurtured Heart Corner
Promoting Children’s “Inner Wealth”

A Fresh Start

It can be helpful to have a designated time or place for recognizing “greatness.” This might be during morning circle or on the drive to school. Perhaps there’s a greatness bulletin board set aside for displaying mementos of positive occurrences or experiences. Having a set time helps us to make Nurtured Heart recognitions a part of our day and a regular habit. Having a visible space demonstrates to children that we honor their greatness and serves as a visual reminder of these positive qualities.

No Huckleberry Kitchen Lunches This Year

In recent years we’ve been able to offer K–5 students freshly prepared lunches from Huckleberry Kitchen in Lafayette. Unfortunately, Huckleberry Kitchen has discontinued its lunch program. We’re working on finding an alternative. We’ll let you know if we do.

Please Keep Your Information/Emergency Form Up-to-Date

Please notify the Office immediately of any changes in the information you provided on your Information/Emergency Form. We refer to this information when we need to reach parents. It is critical that we be able to reach you quickly in case of an emergency. This includes phone numbers (home, work, and cell), including which numbers to call first in an emergency; changes of address; and the names and contact information for people authorized to pick up your child.

To inform us of changes, complete a Changes to Information/Emergency Form. You can download this from the Parent Resource Center or pick one up in the Office.

Safety and Courtesy in Our Parking Lots

As a courtesy to other parents, once you've dropped your child off, please don't linger to chat with friends or sit in your car checking your email and messages. Parking is at a premium before school. Please make your space available to someone else as soon as you can.

When dropping your child off in the parking lot in the morning, always pull into a parking space before letting the child out of the car. Don't stop in front of the steps and let them hop out.

Tier 2 and 3 parking lots are for staff. The Tier 2 (Office) lot is also used by delivery and emergency vehicles. These lots should not be used for dropping off or picking up children or other school business. Please park in the lower lot. There are two exceptions:

- The **Tier 2** lot may be used, with permission, by those who have an injury or medical condition that prevents them from using stairs. Please contact the Office if this applies to you.
- Parents may use the **Tier 3** lot *after 4 p.m.*, when most teachers have left for the day.

Quick Reminders

☞ September 13 is the last day to sign your child up for **kindergarten through fifth grade chorus**. Please see the *eNote* we sent on September 5 for information and registration links.

☞ We're sending an *eNote* today with an attachment describing the classes in **the year's first Explorations session**. It includes links to the sign-up site. Registration closes September 20.

☞ **Back-to-School Night** is an opportunity for elementary parents to meet their children's teachers, learn how they can help their children make the most of the year ahead, and much more. You'll find the date of Back-to-School Night in your child's room in *eNote* we sent on September 5. We hope you'll be able to join us!

***Did you receive these eNotes?** We sent them to all the K–5 parents in our eNotes database. If you didn't receive them, please call the Office and let us know. We'll send them to you and make sure you get ones we send in the future.*

☞ **School photos** will be taken during the week of October 7–11. Be watching *Wednesday Messages* and *eNotes* for details.

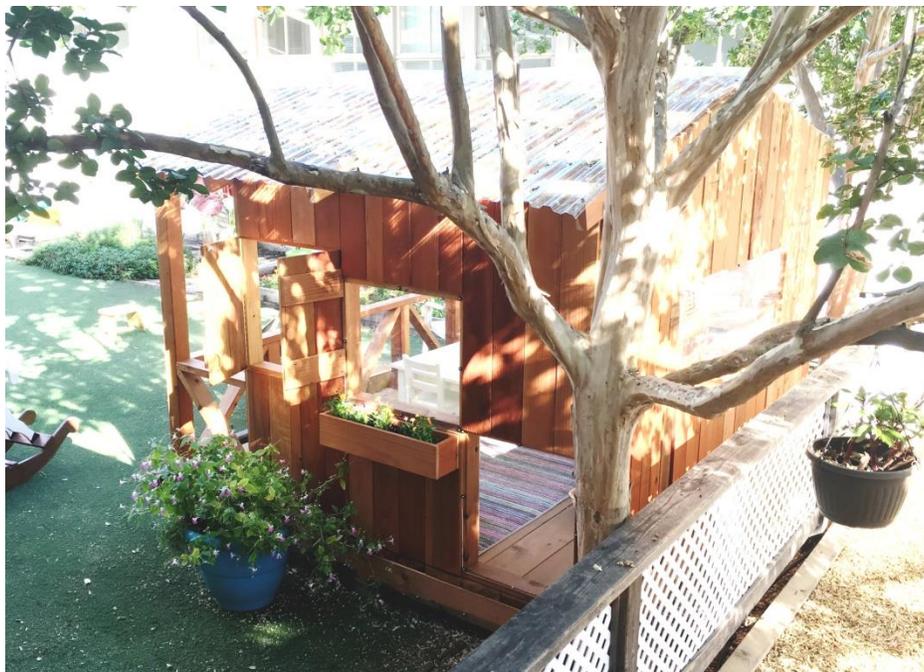
We publish notices from Meher Schools parents and staff as a service to the families of our students. Items are published on a space-available basis and are subject to editing. Please note that our including an item does not constitute an endorsement or recommendation on the part of the school.

Nanny seeks morning, afternoon childcare situation

Anastasia, the longtime nanny of two Meher Schools children, would like to provide childcare for another family from morning through early afternoon on school days. The school family she works for says she has many years of experience and is “exceptionally loving and attentive.” To learn more, email Ann or George Peridas: (ann.h.hayden@gmail.com, george.peridas@gmail.com).

Social-skills student “model” sought

Nan Arkwright, an occupational therapist who has worked with a number of our students, is looking for a child with strong social skills to serve as a “model” in social-skills groups she conducts. The child can be any age through middle school. Including a model “raises the level of play and helps the children in the group do what is expected because they see the model doing what is expected.” She says the models think it’s fun and that their “parents tell me they love the opportunity for their child to participate and grow by helping out.” You can contact Nan at (925) 930-6292 or nan.arkwright@gmail.com. You can visit her website at www.AHopSkipAndAJumpAhead.com.



NICE TOUCH *The new playhouse in the upper preschool yard has flower boxes on both sides.*