



THE MEHER SCHOOLS



Wednesday Messages

February 19, 2020 • Parent Resource Center: www.MeherSchoolsParents.org

Ticket Sales Continue for February 29 International Buffet/Community-Building Event

Indian, Jamaican, Filipino, Mexican, Chinese, Spanish, Greek, Syrian, and Italian dishes will make up the delightful international dinner contributed by parents and staff for adults on our unique Founders Day celebration the evening of February 29.

The event is being organized by our Diversity & Inclusion Committee. One committee member commented, “I remember how exciting it was for me at a previous dinner/discussion evening when we got together with parents from other preschool and elementary classes to share our experiences. That’s the atmosphere we’re creating.”

Parents will have the chance to attend a concert by the White Horse Youth Chorale, hear a key-note speaker on compassion, and join small discussion groups with local experts on building a more compassionate, dynamic community.

Seating is limited. At a dinner sponsored by the committee two years ago, we couldn’t accommodate everyone who wanted to attend, so please buy your tickets soon. They’re available in the Office or through your Curacubby account.

6 p.m. Concert ♥ **6:30 p.m.** Speaker ♥ **7 p.m.** Dinner ♥ **7:30 p.m.** Discussion groups

Fifth Graders’ Special Valentine’s Treat for San Francisco’s Homeless



These fifth graders came to school early on February 13 to decorate 100 pieces of chocolate cake that would be served at a winter homeless shelter for men in San Francisco on Valentine’s Day.

The students designed the decoration for each cake and made sure each piece was identical so everyone’s piece felt equally special.

The activity was arranged by one of their teachers, Terry Johnson. Terry had baked two large cakes and a baker friend a third. A follow-up note to Terry from the event organizers read, “Please let the students know the cakes were a big hit!”

Terry has been feeding the city’s homeless every week for years through the Gubbio Project, which is one of the programs that provides food for the shelter.

Tips for Parents by Susie Kohl

Using “When, then” Instead of “If, then”

A FEW YEARS AGO *PARENTS* MAGAZINE asked me to consult with a mother feeling overwhelmed by trying to get her two daughters to do what she asked. She was spending hours every evening picking up their toys, as everything the children used that day was left out. I asked what ordinarily happened. She said she might make threats about taking some toys away permanently or telling them they couldn't have dessert, but they kept playing. Rather than going through an escalating struggle, she found it easier to just do it herself.

This situation sounds extreme, even silly, but in the middle of a confusing situation, it's difficult for anyone to see the remedy. Difficult situations wear us out and erode our common sense.

I asked, “What if you told the girls that they couldn't engage in an activity they like until they put things away, and then stuck to it?” She said the girls love going to the park. We talked about using a “When, then” strategy, which would involve no threats or arguing. She would say, “When you clean up your toys, then we can go the park.” Using the word “when” rather than “if” makes the statement positive. When they started putting their things away, she could even help.

The tool of “When, then” is very simple, but the key is the ability to use it calmly with no argument, only the stated consequence. The child makes the choice.

Soon the girls started to understand the reality—no clean-up, no park. When they did start cleaning up, mom praised the girls for their quickness and their skill.

Forms and payment due tomorrow for Spring Daycare Week

We'll be offering full-time daycare during spring vacation, March 30–April 3. In order for your child to attend, you'll need to register and pay the fee in advance. We sent sign-up forms as *eNote* attachments April 12. (There's one for preschool and another for elementary). **Forms and payment are due by tomorrow.** Please use a separate form for each child.



Kindergartners Heading North, on a Mission

Room 8 kindergarten teacher Caryl Morton leads a group of her students on one of their frequent nature walks. On this particular day, they were learning how to use a compass. Navigating their way north in this photo, they were also searching for salamanders. They didn't find any, but they did spot some deer tracks.