



THE MEHER SCHOOLS



Wednesday Messages

November 20, 2019 • Parent Resource Center: www.MeherSchoolsParents.org

Sick Children Belong at Home

This has been a particularly hard year for illness among our students and staff. When teachers are sick they can't serve our children. To protect everyone in our school community, we ask that parents be rigorous in following our health guidelines. It's understandable that busy parents are sometimes eager to get children back to school after what seems like a minor illness. However, when a child comes to school after vomiting the night before or having a fever, everyone is put at risk.

Recently a child stayed home several days with a fever, and it might have been tempting to send her back to school the day after her fever was very low as her activity level with Tylenol

Interview with an Immigrant



was normal. However, her mom was vigilant and took her for a strep test, which turned out positive. If she had returned when she seemed somewhat okay, many others could have gotten sick.

County health department guidelines and our preschool licensing agency state that children should not return to school following an illness until they've had a full day of normal health (including a full day of normal—not low—temperature) and full energy, without medication, at home.

Licensing requires that preschool teachers do a health check each morning, establishing that children aren't coming to school on the edge of an illness. Please tell teachers if your child has had any symptoms the evening before.

Illness spreads quickly at school, and being stringent about our health guidelines is a way of showing compassion for all the children and adults in our community. When teachers are out for long periods, even when they have substitutes, life is disrupted at school.

Please familiarize yourself with our health guidelines, which include symptoms and "recovery indicators" for illnesses commonly found in schools. These are outlined in part 2 of your *Parent Handbook*.

As part of their language-arts unit on immigration, fifth graders are interviewing people who have immigrated to the United States. They ask their subjects about their experience of assimilation and what they miss about their home countries. Here a student interviews Room 7 kindergarten teacher Indi Wibisono, who came to this country 27 years ago from Indonesia. The class also interviewed Dr. Farhad Shafa, who immigrated from Iran.

Tips for Parents by Susie Kohl

Lessons from the Children We Once Were

“YOU WERE A CHILD ONCE TOO.” This was a truth Fred Rogers of *Mr. Rogers’ Neighborhood* famously conveyed to parents tuning into his program with their children. The power of this phrase has long intrigued me. In 1998 I found an article by a man named Lloyd Vogel detailing how interviewing Rogers for *Esquire* magazine had transformed his life, because Rogers had so sincerely helped him to remember the child he once was. They developed a friendship, and their relationship is the basis of a new movie called *A Beautiful Day in the Neighborhood*.

Recently Vogel wrote about his hero, “He (Rogers) wanted us to remember what it was like to be a child so that he could talk to us; he wanted to talk to us so we could remember what it was like to be a child.” Reflecting on our childhood selves often provides the most powerful wisdom we can access when learning how to love and support our children.

This week a father told me that he and his wife had recently playfully exchanged roles with their two young daughters. The idea popped up when he and his wife were lying on their bed and the girls started acting like they were babies. This dad enthusiastically agreed and started holding his arms up, yelling “Uppie, uppie” as if he was desperate to be picked up. The girls laughed uproariously. One of the girls took on an adult posture and pretended to be furiously cleaning the mirror and complaining, “I have so much to do!”

He reported that after this fantasy role reversal, everyone was a good mood. Wouldn’t it be helpful if we all took time to step out of our points of view with each other to achieve more compassion and empathy?



MINI-SHOWCASE FOR MINI-ART Art teacher Lara Cannon created this mini-gallery on a shelf outside the art room (Room 16). The first exhibit includes miniature paintings in miniature student-made frames, miniature hamburgers that look almost good enough to eat, and miniature snakes. If you don’t usually go up to the third tier, a visit to the gallery would be worth the trip.

IN-SERVICE DAY

Veterans Day was a no-school day for the children but not for our staff. Teachers and administrators met in various configurations throughout the day. Here elementary aftercare teachers meet with Co-Principal Vince d'Assis.



Reminders

- Next week is **Thanksgiving week**. School will be open Monday and Tuesday and closed Wednesday through Friday. Attendance is optional for elementary students. If you're the parent of a K–5 student and haven't done so already, please let your child's teachers know tomorrow if your child will be joining us. (If so, they'll need to be here at the regular time.)
- **T-shirt orders** are due by Friday. See the *eNote* we sent November 13 for details and a link the online ordering form.
- Everything left in the **elementary Lost & Found** at the end of the day Friday will be donated to charity.
- December 1 is the last day to order **school photos**.

Bulletin Board

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.

Fifth grader on the Lesher stage next week

Fifth grader Xavier Grossi will be appearing in the Poison Apple Players' production of *Godspell Jr.* at the Lesher Theater in Walnut Creek next week. Performances will be at 7 p.m. on the 29th, 2 and 7 p.m. on the 30th, and 2 p.m. on December 1. Tickets are available at poisonappleproductions.org/godspell-jr.1200.

Staff member seeking a place to live near school

A member of our staff is looking for a place to live within walking distance of the school. She would prefer a cottage or in-law unit but would be open to a shared apartment or room in a home. If you have something to offer, or know of something, please contact her at eeffsquared@protonmail.com.