



THE MEHER SCHOOLS



Wednesday Messages

September 25, 2019 • Parent Resource Center: www.MeherSchoolsParents.org

School Photos October 7–11

School photos will be taken October 7–11. Parents of preschoolers who don't normally attend school on the day their room's photos will be taken are asked to bring them that day at 9:15 a.m. so they can be included.

Even if you're not interested in an individual portrait, please consider allowing your child to be in the class photo, as it's an important tool for helping teachers, administrators, and students connect names with faces.

Here's the photographer's schedule:

Elementary School

Monday, October 7: Rooms 9, 12, 17, and 15

Tuesday, October 8: Rooms 7, 8, and 11

Preschool

Wednesday, October 9: Rooms 1 and 2

Thursday, October 10: Rooms 3 and 4

Friday, October 11: Room 5 and make-ups

Monday Is the Deadline for Opt-In Forms

Photos are opt-in. This means that **if you want your child's individual portrait taken and/or for your child to be included in his or her class photo**, you'll need to complete the Opt-In Form and turn it in by **next Monday, September 30**. See the form for details.

The form is attached to today's *Wednesday Messages*. We also sent it as an *eNote* attachment on Monday.

If we don't receive a form for your child by next Monday, we'll assume you don't want his or her photo taken.



Walnut Festival Parade

Meher Schools families and staff members stroll along Main Street, Walnut Creek, in the Walnut Festival Twilight Parade September 14. Children of all ages were delighted to be part of the fun and excitement. This was the second year we participated. See a photo of our float, the Friendship, in the Parent Resource Center.

Making the Most of Downtime

THE BRAIN NEEDS DOWNTIME. If my day as an adult is filled with interactions with other people, working on the computer, and doing various tasks, my brain gets no rest. What effect does a schedule like that have in the life of a child? It's often hard for us to understand children's need for downtime every day because we don't get it ourselves and, with our busy schedules, we don't really understand anymore what relaxed, unchallenged time for the brain is.

Our hyper-productive lifestyles also lead to many misconceptions about what relaxed time for children really is. Most of us acknowledge that being with other people all day is taxing (even though it might be fun) and that being at school itself is demanding (no matter how enjoyable and rewarding the day). The disconnect comes in thinking that playing team sports right after school or taking a time-out on a screen provides the downtime children need.

Both sports and video games require a child to be fully mentally engaged, and screen time often overstimulates children so much they don't get adequate sleep. It's hard for parents to deal with children's complaints that they are bored when they are given unstructured time. Learning to tolerate unoccupied time is important for children. To process all the information, knowledge, and skills that it receives during the day, the brain (even a preschooler's) needs unchallenged time to consolidate memories and problem-solve emotionally. It also needs enough sleep.

How helpful it is when we re-examine our schedules every month or so to see if they are truly meeting everyone's needs.

Nurtured Heart Corner

Promoting Children's "Inner Wealth"

Recovering Quickly from a Reset

One of the main goals of the Nurtured Heart Approach is to help get kids "back in the game" quickly after taking a reset. It can help if there is something exciting or fun that the child wants to be a part of. One kindergarten teacher, in the midst of a chaotic moment at circle time, handed a small bear figurine to each child who was demonstrating self-control in that moment. As soon as the other children noticed this, they immediately reset themselves and were rewarded with their own bear to hold.

Finding opportunities when a desirable activity is happening to recognize a successful reset and welcome a child back into the group can help build this pattern so that it will carry over to other parts of the day.

Schoolwide Family Dance!
Saturday, October 19

Wednesday Messages
will not be published
next week.

Opt-In Form (Required)

School Photos 2019

School photos will be taken October 7–11. To further enhance student security and privacy:

1. If you want your child to have his or her individual portrait taken and/or be included in his or her class photo, you'll need to complete this form and return it to the Office no later than Monday, September 30.

Opting in does NOT obligate you to purchase photos. Even if you're not interested in an individual portrait, please consider allowing your child to participate in the class photo, as it's an important tool for teachers, administrators, and students alike to help connect names and faces.

You can email your completed form to schoolphotos@meherschools.org or leave it in the Office Drop Box.

2. Two passwords will be required to access your child's photos on the photographer's website. We'll provide information about passwords when the photos are ready for viewing.



Complete this section only if you DO want your child's individual and/or class photo taken. If you don't turn in a form, we'll assume you don't want your child's photo taken.

Child's name _____ Room number _____

Your name _____ Daytime phone number _____

I DO want my child's **individual portrait** taken, **and I DO want** my child to be included in the **class photo**.

I DO NOT want my child's **individual portrait** taken, **but I DO want** him or her to be included in the **class photo**.

Signature _____ Date _____

Forms must be turned in by Monday, September 30.