



Reed Newsflash

November 25-29 - NO SCHOOL - Thanksgiving Break

December 4 - 8:30-9:20am Kindergarten [Interactive Mindfulness Assembly](#)

December 6 - 7:55am from Blackie's Pasture - Jingle Bells Bike Train

Weekly Bike Train (every Friday, weather permitting, leaving Blackie's Pasture at 7:55am)

The **Kindergarten Mindfulness Assembly** for students and families is coming up on December 4th. Read about this exciting opportunity [here](#). Hope you can join us! Here are some photos from the 1st grade Mindfulness Assembly:



Students are discussing this week's Kotowaza lesson in class:

Sometimes we get too excited (like Huggtopus!) and a little out of control. When we play, it has to be fun for everyone. If it gets too wild, some kids might not have fun anymore. If it ever feels like things are getting too silly and out of control, we can take a step back to make space, put up our palm to signal stop, and say with a talking voice, "Please stop. This isn't fun anymore. Can we play something else?" Then we can make sure everyone is having a fun time!

Kotowaza of the Week

For silly to be fun...
it has to be fun for everyone.

Here is a book!

HUGGTOPUS
makes way
for
Play

Silly

Huggtopus

Our **Veteran's Day Assembly** featured family members and relatives who have served in the military. Their stories captivated all the students, many of whom had contributed to our Wall of Heroes with descriptions of veterans they knew.

You should be proud of your children - Monday's **fire drill** was smooth, calm, and all finished in five minutes. Well done, Reed students and staff!



This Friday 11/22 is the last day of the Food Drive. Your child can bring food to their classroom to be added to the class food pyramid. Pictures of each class pyramid will be shared with the entire school at Community Time.

Please consider donating tuna, canned meat, peanut butter, soup, chili, cereal, canned fruits and vegetables, whole grains, rice, pasta, or oats.

(Pat Masino created our Food Drive art)

A NOTE FROM OUR DISTRICT NURSE, ALISON MANKIN, RN

COLD AND FLU SEASON is upon us, and our Public Health department expects it to be a severe one. So please remember the following tips to keep your student, and our schools, as healthy as possible:

1. **Get your student (and your whole family) a flu shot.** Sooner is better, but it's not too late.
2. **Keep your student home when he/she does not feel well.** This is especially important if your student has a fever over 99.5, a bad cough, and/or any stomach cramps/nausea/vomiting/diarrhea over the previous 24 hours. If you are unsure, please review our [When to Miss School guidelines](#) and remember that even without obvious symptoms, your student may be contagious. As Dr. Hoeckelman reminds us, "If my child were healthy, would I want her near someone with these symptoms?"
3. **Remind your student to wash his/her hands frequently,** use hand sanitizer, and not share food and drinks with friends or family.
4. **Help your student to get plenty of rest every night.** This means 9-12 hours of sleep each night! Read more about the importance of sleep for children here: <https://www.cdc.gov/features/students-sleep/index.html>
5. **Help your student stay well-hydrated and eat regular meals and snacks.**

Thank you!
Nurse Alison



REED ELEMENTARY SCHOOL PTA

VOLUNTEER AT REED!

Please join our librarian Mrs. Smith for a **Holiday Coffee/Library Volunteer Training** on **Tuesday, December 10th at 8:30am** in the Reed Library. This is for parents who are interested in helping in the library and haven't gone through training or need a refresher. Contact [Heather Miller](#) and [Paige Lyons](#) to rsvp and learn more.

Come help Mr. Kaiser with fun P.E. activities during lunch recess. Sign up for one shift for the entire year OR sign up for a regular weekly shift - any bit of help is greatly appreciated. Please contact [Jayme Catanese](#) for more information or sign up [HERE](#)

If you are interested in volunteering at the SF Marin Food Bank on either December 8th or December 15th, please sign up [here](#). Details about the event are on the SignUp calendar. Spots are almost filled so be sure to sign up soon!

Jingle Bells Bike Train: Please join us on Friday, December 6th for our weekly Bike Train from Blackie's Pasture as we jingle our way to Reed. Meet at the Blackie horse statue at 7:50am, leaving at approximately 7:55am and passing the BTC tennis courts around 8:00-8:05am. Jingle bells and other house holiday cheer will be provided to all riders/runners!

*Please note: our weekly bike trains are cancelled on rainy days.

FROM THE RUSD PTA

The RUSD PTA is thankful this holiday season for our school volunteers!

It takes a village of volunteers to help in our schools and we are thankful for each and every one of them. Without our PTA volunteers we wouldn't have book fairs, family nights, carline help, hot lunch help, school plays, spirit wear, field days, staff appreciation, and more! We are so thankful for all of the room parents, party planners, field trip coordinators, and library volunteers for all that they do for our schools.

Please join us in sharing our thanks and help [support the PTA](#). Your [PTA membership dues](#) go toward many of the above mentioned activities and events, in addition to field trips, parent education, assemblies and more. [Join today](#) or [check your membership status](#) [HERE](#).

For more information about volunteering for the PTA or attending a meeting, please contact the PTA site chair for your school: [Tracy Cunningham](#) (Del Mar), [Jacqueline Jaffee](#) (Bel Aire) and [Carli Hamilton](#) (Reed).



THE FOUNDATION FOR REED SCHOOLS

In this season of gratitude, we are thankful for all of the generous families in this community that donate their time and resources to create exceptional learning opportunities for our children.

CAMPAIGN UPDATE



[CLICK TO DONATE TODAY!](#)