

# Sequoia Elementary School Community Newsletter: Feb. 16, 2016



3730 Lincoln Avenue Oakland, CA 94602 (510) 531-6696

[www.SequoiaSchool.net](http://www.SequoiaSchool.net) -and- [Facebook.com/groups/sequoiaelementary](https://www.facebook.com/groups/sequoiaelementary)

## Two Week Calendar



*Wednesdays are minimum days*

- Mon Feb 22: **Breakfast with Principal Bertolo**, 8:30 - 9:30 a.m., Cafeteria
- Tue Feb 23: **SSC Meeting**, CANCELLED
- Fri Feb 26: **Readathon Begins**, continues through Monday, March 7
- Fri Feb 26: **Lost & Found Items Cleared and Donated**
- Sat Feb 27: **Dads' Club Sponsored Variety Show Try Outs**, 10 a.m. - 1 p.m., Auditorium
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- Feb 29 - Mar 11: **Golden Sneaker Contest**
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- Tue Mar 1: **Family Reading Night**
- Wed Mar 2: **Sequoia Sings! Student Performance**, 8:30 - 9:00 a.m., Auditorium
- Wed Mar 2: **Dr. Seuss's Birthday and Read Across America Day**
- Thu Mar 3: **Dads' Club Meeting**, 7:00 - 8:30 p.m., Red Boy Pizza (1500 Leimert Blvd)
- Fri Mar 4: **Drop Everything and Read (DEAR) Day**
- Sat Mar 5: **Variety Show Workshop**, 10:00 a.m. - 1:00 p.m.
- Sat Mar 5: **FOSS Meeting**, childcare provided, 10:00 a.m. - 12:00 p.m., Dimond Rec Center (3860 Hanly Rd)

## Help Out at The Book Fair



You can volunteer for set up, separating flyers, putting up signs, running the fair, and tear down.

Book Fair will be held in the auditorium at the following times:

After school Thursday Feb.25, Friday Feb.26th, Monday Feb.29th, Tuesday March 1st, and Wednesday March 2<sup>nd</sup>. See below for details on how to help me!

[heatherking.lmt@gmail.com](mailto:heatherking.lmt@gmail.com)

We're using VolunteerSpot to organize our upcoming Sign-ups. Here's how it works in three easy steps:

- 1) Click this link to see our Sign-up on VolunteerSpot: <http://vols.pt/v9GmVy>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's easy - you will not need to register an account or keep a password on VolunteerSpot.

Usted puede ser voluntario para la creación, la separación de folletos, la colocación de señales, corriendo la feria, y derribar.

您可以自願參加成立，分離傳單，張貼標誌，運行公正，推倒。

يمكنك التطوع لانشاء وفصل والنشرات، ووضع لافتات، وتشغيل المعروض، وهدم.

Bạn có thể tình nguyện để thiết lập, tách tờ rơi quảng cáo, đặt biển hiệu, chạy bằng, và xé xuống.

## Get Ready to Read Like Crazy

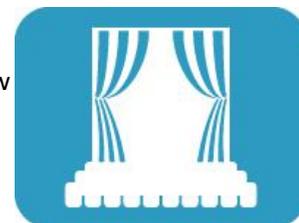


The 2016 Sequoia Read-a-thon is from Friday, Feb. 26 to Monday, March 7! This is a fun competition and fundraiser to see who can read the most minutes and raise the most money for Sequoia. Packets with explanation and forms will go home on February 26, and teachers will collect them on March 7. Highlights include:

Week of February 29: Scholastic Book Fair  
Tuesday, March 1: Family Reading Night at Sequoia  
Friday, March 4: Drop Everything and Read (DEAR) Day  
Mid-March: Readers' Tea for top readers/fundraisers from each class

Potential volunteers please contact us. Everyone else, please check your student's backpack on Friday, Feb. 26 and help them get ready to read, read, read!  
Coordinators: Kathie Rhodes ([kathierhodes2010@gmail.com](mailto:kathierhodes2010@gmail.com)), Melissa Benham-Cunningham ([melissa.r.benham@gmail.com](mailto:melissa.r.benham@gmail.com)) and Brent Cunningham ([accloudintrousers@yahoo.com](mailto:accloudintrousers@yahoo.com))

## Variety Show – Get Your Act Together!



Tryouts for the Sequoia Variety Show will be held Saturday, February 27, 10 a.m. to 1 p.m., in the Sequoia auditorium. Now in its 27th year, Sequoia Variety Show is sponsored

by the Sequoia Dads' Club and is an annual tradition for our school and community. On Friday, March 18, Sequoia students will get to show off their unique talents by singing, playing, dancing, juggling, telling jokes, wowing us with magic, and much more.

Get ready for tryouts in three steps:

1. Check out the Performer Information page at <http://sequoiaschool.net/calendar-events/variety-show/performers/>. It has everything you need to know about getting an act ready, policies, commitment, etc.
2. Pre-register your individual student for the Variety Show at <http://sequoiaschool.net/calendar-events/variety-show/registration/>. If your student is doing a solo act, this will also serve as the registration for that act. If your student is part of a group act, one parent must ALSO fill out a group act form at <http://sequoiaschool.net/calendar-events/variety-show/variety-show-group-act-registration/>.
3. Reserve your song, and upload your music file if you're using recorded music. Songs are first-come, first-serve! If we have multiple acts that want to use the same song, we'll let the act that registered first take priority. Use the student/group act registration form to reserve and upload music, or use <http://sequoiaschool.net/calendar-events/variety-show/submit-your-music-file/> to submit music separately. It's very important that we have your background music file before tryouts!

(MORE VARIETY SHOW DETAILS ON REVERSE)

## Sequoia Shout Outs



Sequoia would not be the wonderful school it is without the efforts of our volunteers. Each week we express appreciation for those efforts.

Thank you!

Thanks from TK and K:

Help: Nancy

Donations: Tarin and Jeffrey

Box Tops: Caleb

Reminders: Nel

Snack set-up: Ms. D, Nik, Josh, Elizabeth

Motor Skills: Jeffrey, Keith, Vicki, Zoe, Dario, Jonas, Sophia, C. Banks, Michele, Caren, J. Dare, Carlos, Matt, Kristin

## Garden Notes



Everything in moderation: A cautionary note about oxalis, a/k/a: SOURGRASS S!

Oxalis is an extremely common wild edible, one of many species of the Wood Sorrel family. All species of wood sorrel are edible, and most have a tangy, slightly sour lemony taste enjoyed by small and mature pallets alike. The sour taste is ascorbic acid (vitamin C) and the gritty effect when tasting the juice is oxalic acid, a naturally occurring component of plants, and is found in relatively high levels in dark-green leafy foods.

([https://en.wikipedia.org/wiki/Oxalis\\_stricta](https://en.wikipedia.org/wiki/Oxalis_stricta))

I have recently been getting reports, however, that eating excessive amounts of sourgrass can create an overload of oxalic acid in the body potentially straining the kidneys with various effects including hives. While I want students to enjoy grazing ALL edibles throughout the Sequoia gardens I discourage them—and suggest you do too—from eating the stem, but rather to suck the juices from it and compost the rest, and only one or two stems. Grabbing handfuls, chewing it up and swallowing is highly discouraged.

Last week students did various hands on learning from searching for leaf skeletons—deepening their understanding of decomposition to adding compost to garden beds feeding the soil with decomposed materials. We followed up lessons with freshly squeezed honey lemonade. Big shout out to all the students and parents who brought such a wide variety of lemons from their home trees so that every garden student and ambassador could enjoy this refreshing treat. Also a shout out to Penny (1st, Ms. Pancho) for bringing leaf skeleton samples from her home lemon tree!

## How to Submit to the Newsletter

Use our online form to submit an article for inclusion in the upcoming week's newsletter by 5 p.m. Tuesday the week before you wish to have your content published in the school's weekly newsletter. You can find the form at this link:

<http://bit.ly/1np1pcO>

## Variety Show Details Continued...

Volunteers Needed Too!

We could use some extra adults to help with tryout registration and check-in, crowd control, and coaching

and supporting performers on February 27, 10 a.m. to 1 p.m.

If you're interested, please contact Stacey Gordon at

[stacey@suiteseven.com](mailto:stacey@suiteseven.com) or Heidi Aboites at [heidiaboites@gmail.com](mailto:heidiaboites@gmail.com).



## Earn Money for Sequoia on Amazon.com



Did you know that you can help our school when you shop on Amazon.com? Just access Amazon via the Amazon Smile link on our website's "Shop for Sequoia" page: [sequoiaschool.net/donate/shop-for-sequoia](http://sequoiaschool.net/donate/shop-for-sequoia). When you do this, Amazon gives us 6-8 percent of your purchase price—at no cost to you!

The link on our website goes to "Amazon Smile"—it's the same as the regular Amazon site, except that you can choose a charity to support with your purchase. If you choose Sequoia Dads' Club as your charity, we get an extra half percent in addition to the money that we get because you used our link.

Remember, using the link brings us a LOT more money than choosing us as your Amazon Smile charity. Please bookmark the Shop for Sequoia link above, and tell your family members, friends, co-workers and neighbors to begin all their Amazon shopping at our school's website. Thanks for your support!

## Important Survey Coming Up!

This week, February 16-19, is Sequoia's window to complete the California Healthy Kids Survey. This is an opportunity for you to give feedback about Sequoia and how things are going for you and your children. Parents/caregivers, students in grades 5-12, and staff are all asked to complete the survey. These questionnaires provide a HUGE body of data which informs policy-making and budgetary decisions at the district and state level. We have information about how many kids eat vegetables every day, how safe they feel at school, whether they have tried drugs, how content staff at each site are...lots of valuable information! Please be on the lookout for the California Healthy Kids Survey this week. We will be sending home a paper version of the survey as well as a link. Anyone interested in helping please contact Kara deKernion at [kara.dekernion@ousd.org](mailto:kara.dekernion@ousd.org)

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