



## Two Week Calendar



*Every Wednesday is a minimum day*

Tue Sept 29:	<b>Fall Potluck – 2<sup>nd</sup> – 5<sup>th</sup> Grades</b> , 6:30 p.m., Cafeteria
Thu Oct 1:	<b>Dads' Club Meeting</b> , 7 p.m., Red Boy Pizza (1500 Leimert Boulevard)
Sat Oct 3:	<b>Oaktoberfest</b> , Dimond business district
Wed Oct 7:	<b>Sequoia Sings! Student Performance</b> , 8:30 – 9 a.m., Auditorium
Wed Oct 7:	<b>International Walk and Roll to School Day</b>
Fri Oct 9:	<b>Support Sequoia Campaign Ends</b>
Sat Oct 10:	<b>Sequoia Family Workday, sponsored by the Dads' Club</b> , 9 a.m. – 12 p.m., School yard
Sat Oct 10:	<b>FOSS Meeting, childcare provided</b> , 9:30 - 10:30 a.m., Cafeteria

## Fall Potluck This Week

Our fall potlucks have been part of Sequoia's community-building endeavor for many years. These annual events combine good food and an intimate gathering that encourages new and meaningful connections.



This week's potluck is for 2<sup>nd</sup> – 5<sup>th</sup> grades on Tuesday, Sept. 29. The potluck is 6:30-8 p.m. in the cafeteria.

Please bring a dish if you can:

Main dishes: last names starting with A-G

Salads/Sides: last names starting with H-M

Desserts: last names starting with N-T

Beverages: last names starting with U-Z (no alcohol please)

So come enjoy an evening together – reconnect with old friends, make new ones, and eat some delicious food! If you can help with set-up or clean-up, please email Aruna Sokol at [aruna70@gmail.com](mailto:aruna70@gmail.com).

¡Disfrutemos de una cena juntos con las familias de Sequoia!  
 ¡Conviva con viejos amigos, conozca nuevos amigos y disfrutemos de una comida deliciosa! Convivio de Cena Familiar para familias del grado TK a primero es el jueves 24 de septiembre y para las familias de segundo a quinto grado es el martes 29 de septiembre. Ambos convivios son de 6:30-8 p.m. en la cafetería. Si puede, se pide que cada familia lleve un plato para compartir.

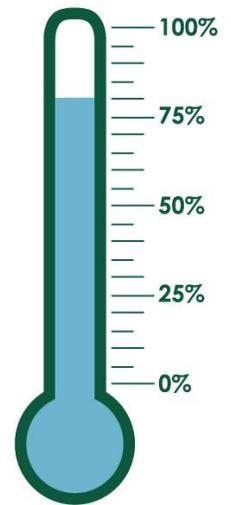
請來參加 Sequoia 學校的餐會，還可以結識朋友和美好的食物。幼稚園和一年班在九月二十四日，星期二  
 二年班至五年班在九月二十九日，星期二  
 這兩天的時間從晚上六時三十分至八時在學校的飯堂。  
 如你們可以帶食物來，請跟隨這指示。

Hãy tận hưởng một buổi tối cùng nhau tại Potlucks Fall Sequoia! Kết nối lại với bạn bè cũ, kết bạn mới và ăn một số thực phẩm ngon. Các nhà trẻ để potluck lớp đầu tiên là tháng 24 và lớp thứ hai để potluck lớp năm là tháng 29. Cả hai potlucks là từ 6:30-08:00 trong nhà ăn. Mang một món nếu bạn có thể.

إعادة الاتصال مع الأصدقاء إخریف سیکویا Potlucks تعال التمتع بأمسية معا في مرحلة ما قبل الروضة إلى الصف. القدامى، وجعل جديدة وتناول بعض الطعام لذیذ سبتمبر والصف الثاني إلى الصف الخامس هو الطعام المتوفر 24 الأول المتوفر هو تقديم طبق. في الكافتيريا 08:00 حتي 6:30 هي من potlucks كلا 29 سبتمبر. إذا كنت تستطيع.

## Support Sequoia 80% of Goal

Thank you to everyone who has returned a Support Sequoia form. Together you have raised \$48,000, bringing us 80 percent of the way to our goal of raising \$60,000 with this fundraiser.



The funds raised through Support Sequoia directly benefit Sequoia students and go toward art, music, library, science, garden, and more. By raising \$300 per student this year, we can provide every classroom with full year's worth of enrichment. We're counting on your support!

If you have not yet done so, please return your Support Sequoia form to your child's teacher. Even if you are not able to give right now, you can help us reach our goal of having every Sequoia student return a pledge form, with or without a donation. Right now, almost two-thirds of Sequoia Students have returned forms. Classes with 100 percent participation earn an extra recess, and Principal Bertolo has an awesome school-wide surprise in store when we reach 100 percent participation in all classrooms! To make your donation online, go to <http://sequoiaschool.net/donate>. You can make a one-time donation, or you can spread your donation over the year by signing up for twelve automatic monthly payments. If you can, please consider increasing your donation to support enrichment for another child in the Sequoia community.

## Lunch and Recess Policy

From Principal Bertolo - We have been having some pretty serious issues at lunch and lunch recess. In the cafeteria, children were screaming, intentionally throwing food, getting up and leaving from the cafeteria to make messes in the bathrooms or run back to their rooms - screaming through the hallways, and just generally being disrespectful. Now, it is not everyone, but in order to establish routines and set expectations, we needed to have some discussion time as a lunchroom group. We put some routines in place that have worked very well. Today (Sept. 24) was calm, students had enough time to eat, talk, relax, and then go outside to play.

The expectation is that 1st and 2nd graders will eat from 12-12:25 p.m. The students come into the cafeteria, and sit as a class. They are expected to remain in their seats unless they need to use the restroom or get some water. They are using a level 1 voice, which is a normal inside voice. We start winding down at 12:20 p.m. and ask them to focus on eating and get ready for clean up. They are dismissed by 12:25 pm. What was happening before was 1st and 2nd graders were just leaving the lunchroom after about 10 minutes, and were on the play structure with kindergartners, and it became dangerous. So, keeping them inside until 12:25 p.m. allows us to make sure everyone has enough time to eat, and allows kindergarten time to line up, and get inside before 1st and 2nd graders leave the lunch room.

For 3rd-5th grade we are doing the same thing. There were many 4th and 5th graders who were not even coming into the cafeteria and just leaving. Many of the children were eating for five minutes and going out into the yard, or they were not eating and were taking over the yard while 1st and 2nd graders were still out having their recess. So, having them brought to the cafeteria by their teachers allows us to make sure everyone is eating, has a chance to talk, and relax. However, as with 1st and 2nd grade, there was food being thrown around, students yelling, running and being unsafe. (Cont. Page 2)

## Shout Outs!

Shout out to Lissette Gomez for her efforts to organize translators for last Saturday's parent-teacher conferences, and thank you to the bilingual parents who offered to help out.



Thank you to the newsletter team for helping us stay informed! This weekly bulletin comes home every week thanks to Jenny Boyden, Andrew Gordon, Signe Samreuang, and Joel Tena.

Thank you from TK/Room 9:

Donations: Tarin  
Snack set-up: Hailey, Aruna, Vicki, Elizabeth, Kirsten, Josh  
Lunch help: Michael, Kirsten  
Box Tops: Pononui, Santiago, Walter  
Science help: Efuru  
Classroom and take home help: Efuru, Alicia  
Motor Skills: Jeffrey, Vicki, Aruna, Nel, Michael, Kirsten, Kristin, Freddy, Matt, Caren, Jenes, Raylene, Tracey, Sean, Micholo, Mik, Christine, Chet, and Kristin  
Snack: Pononui, Santiago, Taralynn, Tarin, Walter  
Birthday treats: Addison, Pononui, Allen

## Garden Notes

The first week of garden classes students reviewed garden rules, took a silent walk through the garden using all their senses to observe what they found beautiful, interesting or unusual, sharing their findings under the shade of the olive tree. Students then engaged in an interactive Web of Life story where each student imagined being a piece of the garden ecosystem that revealed how everything is connected and each part of the garden ecology—from the life giving sun to the worms that make our soil—is important and necessary to sustaining the whole.



TK learned the garden rules and carefully touched, smelled and observed the different elements of the garden. We looked for signs of fall and collected seeds from the dry cosmos flowers to plant next week. All students enjoyed a crisp juicy apple snack from our trees in the Lincoln Garden.

## Walk and Roll to School Day!

**Wednesday, Oct. 7<sup>th</sup>:** Come meet District 4 Council Member Annie Campbell Washington who will be our esteemed sticker-putter for the "How Did You Get to School Today" poster. We will have treats from La Farine, coffee courtesy of Hive and gluten free treats courtesy of Mariposa. This is a great day to park a few blocks away from the school and join one of our walking school-buses, try carpooling with a neighboring family or take public transportation to school. Traffic around the school has been a serious issue this year with several complaints from neighbors, and each one of us can work towards reducing the morning chaos by finding alternative modes of transportation to school.

## Employer Matching Donations

If you donated money to the Support Sequoia fundraiser, please check if your employer will match your donation. Many large companies have matching programs. Employer matching is a great way to double your donation without taking anything extra out of your own pocket.

## Lunch and Recess Policy (cont.)

On Monday (Sept. 21) when the bell rang, a huge group of students jumped up at once, screamed, and ran out of the cafeteria. So, on Tuesday (Sept. 22), we put these structures into place. Once again, while not all students, it's good to have a re-establishing of expectations. The 3rd through 5th grade students come in at 12:30 p.m. and I keep them in the cafeteria until at least 12:50 p.m. when the 1st and 2nd grade bell signals. If we let them go early, it means at some point there are 2nd-5th grade classes out in the yard. Tuesday I kept them until 1 p.m. because we needed to make sure the students understood the new procedures we put into place in the yard and what our expectations were for showing respect at Sequoia.

If you are ever curious about anything we do at Sequoia, please do not hesitate to ask me, or come in and visit. I would welcome some volunteers at lunch or recess to help with monitoring the students. You are always welcome and my door is always open. Some of you may already know, my plan next year is to have recess first and lunch second. There is a great deal of research that shows kids eat more, come back to class more focused and ready to learn, and are less likely to have behavioral struggles in the afternoon. A recent story on NPR touches on this issue (<http://www.npr.org/sections/thesalt/2015/09/24/439487395/kids-who-are-time-crunched-at-school-lunch-toss-more-and-eat-less.>) Just know we are always going to look for ways to improve our lunch and recess time.

## Volunteers for Traffic Safety

Do you have some extra time one morning a week? We need two to four volunteers each morning from 8:10 - 8:40 a.m. to help make drop-offs smoother and safer for everyone.



Please go to the following link to enter your name and days that you are available: <http://doodle.com/ywvz9373uimbsqxf>. Follow that up with an email to [aruna70@gmail.com](mailto:aruna70@gmail.com) so that we can send you instructions separately. You can also recruit others to help out - let's work together!

If you are available afternoons between 2:45 - 3:15 p.m. (Wednesdays 1:05-1:45 p.m.) - let us know. We are focusing on organizing the mornings first, but afternoons are needed too!

## Volunteer Opportunities at Sequoia

As a Sequoia parent, you signed a pledge when school started to volunteer at least three hours a month. Looking for a way to fulfill your promise and get involved? Current volunteer opportunities are listed on the Sequoia website at <http://sequoiaschool.net/volunteer/current-volunteer-opportunities>. If you're interested in any of the volunteer roles listed there, reach out to the contact listed or email [sequoiavolunteers@yahoo.com](mailto:sequoiavolunteers@yahoo.com).

## TimberNook Day Camp - Oct. 16

Since Sequoia will be closed October 16 for a Professional Development Day for teachers, registration is now open for TimberNook's one-day camp in Joaquin Miller Park from 9 a.m. – 3 p.m. on that day! TimberNook was designed by a pediatric occupational therapist to inspire children's creativity, imagination, and independent play skills in the great outdoors. Learn more at [www.timbernook.com](http://www.timbernook.com), or find "TimberNook Bay Area" on Facebook to see photos from its recent summer day camps that received rave reviews from local parents!