

“One kind word can warm three winter months.”

Japanese proverb

Grey Matters

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Were you as surprised as I at the snow on Saturday? There I was watching my daughter play soccer and trying to stay warm as the snow began to fall. Needless to say, I was not amused. That was also the moment when I realized that I may have waited a bit too long to do the end-of-season cutting of the lawn and leaf raking. Not one to be daunted by the weather, and much to the amusement of my neighbors, I spend Sunday morning raking the leaves, cutting the grass, and pretending the layer of snow wasn't there.

Speaking of winter weather, I want to remind everyone that it is important to come to school dressed appropriately. In an effort to deal with skyrocketing utility costs, the target temperature for the building will be between 66° - 70°. Accordingly, the typical student wardrobe of a t-shirt, short skirt and/or thin pants, and sandals is likely to make one uncomfortable and less available to learn. Parents and guardians, please remind your children to come to school with a sweater, sweatshirt, or other warm garb.

Last Friday afternoon we held our first 7th Grade Social. With over 300 tickets sold, it was very well attended and everyone had a good time. Thanks go to chaperones Maureen Lin, Judy Clark, Jean McDonald, Laurie Blagdon, Lily Green, Janet Rodero, David Wilson, Becky Hadden, Lillian Ramos, Jeanne Goulet, Annalyse Roach, and Liza Huber. I'd also like to thank parents Amy Green, Kathy Finn, Priscilla Dallmus, Peggy Barach, and Bonnie Maserang for all their time and support. Given such high attendance, I recognize that pick up was a bit zanier than usual and I appreciated the patience of all the parents who were trying to pick up their children following the dance. Everyone's calm demeanor made the process much easier.

As I discussed in my previous edition of *Grey Matters*, Project Wellness is a day for seventh graders and adult family members to learn more about risky behaviors that our students face, to share experiences and ideas, and to facilitate communication at home. This one day event is only the beginning of the conversations that students and adults will have over the next few years, but it is an excellent first step.

At the end of the event, we ask participants to complete evaluations to assist us in improving Project Wellness Day from year to year. Students who attended last year's event wrote the following comments on their evaluations, "Overall, Project Wellness was fun, and it was inspirational", "I learned a lot of helpful strategies", "... it did help me understand sort of what my parents are thinking", and "Through Project Wellness, I

learned to be able to talk with my mom better, and understand her more. My mom can also understand my life, and the things I get stressed over.”

In response to a question regarding what is the most positive aspect of the day, some adults wrote, “Thank you for organizing such a great event. It makes such a positive statement about our community that we do this event”, “...connecting with my son on a series of issues and sharing our thoughts and expectations; a true door opener”, and “Time spent with my child in an environment like this was great!”

Overall, the feedback has been positive and supports the continuation of the event. We also consider suggestions for improvement and adjust the workshops accordingly. Project Wellness 2006 will be a day that you won’t want to miss. Please mark March 15th, 2006 on your calendars.

Friday, November 4th, marks the end of the first term. Parents, please remind your child to check in with his/her teachers to be sure that all assignments have been submitted while there is still time. Every little bit counts! You should also be on the look out for the report cards, which are scheduled to be brought home by your child the week of November 14th. When you get the report card, please review the demographic information and report any mistakes (i.e. misspellings, incorrect address, etc) to the RJG main office. If there is a question on a grade or a comment, please contact the teacher directly by phone, note or email.

Happy Halloween!