



# THE SAN FRANCISCO SCHOOL

## Tuesday Note Home Our Weekly Community Newsletter

Week of November 6, 2017



## Upcoming Dates

---

### Thursday, November 9

6th Grade Field Trip  
9:00 am-12:00 pm

### Friday, November 10

No School - Parent/Teacher Conferences

### Wednesday, November 15

All Classes Photo Day  
Individual Makeup Photos for 1st-8th Grades  
**(Note schedule change!)**

Learning Services Chat with Sarah Weidman  
8:15-9:15 am

Elementary/Middle School Tour for Current Preschool/Kindergarten  
Families  
9:15-10:45 am

Family Association Membership Meeting  
5:30-7:00 pm

### **Thursday, November 16**

6th & 2nd Grades Field Trip  
10:00-11:30 am

### **Friday, November 17**

Community Coffee in the Gazebo  
8:00-9:15 am

### **Sunday, November 19**

Musical Benefit for Nunya Academy (Ghana) at SFS  
2:00-3:30 pm

### **Tuesday, November 21**

Grandparents & Special Friends Day  
9:30 am-12:00 pm

### **Wednesday, November 22 - Friday November 24**

No School - Thanksgiving Holiday

[Full Calendar](#)

## **In the Spotlight...**



### **A Message From the Board of Trustees**

Though many know the administration, faculty, and staff of SFS through the daily lives of our children, you may be less familiar with the Board of Trustees and its work. We would like to introduce ourselves!

The priorities of the board are to uphold the mission and ensure the financial well being of the school through long-range goals and plans, as well as evaluating and supporting the Head of School. Our board includes fifteen current family members and four staff members including the Head of School. Additionally, there are six trustees who are alumni, alumni parents, or members of the outside community, typically with knowledge of independent schools.

To read more about the Board, its priorities, and its members, click [here!](#)

## School News

### Alert! Alert! Photo Day Calendar Change!

Both previously listed Pre-K through 8th Grade Photo Days have been **consolidated to November 15th**. This means that Preschool/Kindergarten AND 1st-8th Grades will have their class photos that day, and there will be Individual Photo make-ups for 1st-8th grade that day as well. Please mark your calendars accordingly!



---

### Homework Stress? Learning Services Can Help!



Is your child's stress about school and homework overwhelming the household dynamics? Join the Learning Services department for a morning with "Stress-Less" Academic Life Coach Sarah Weidman (<http://sarahrweidman.com>) on helping to ease homework stress on our students.

**Wednesday November 15 at 8:15 am (coffee and treats will be served!)**

You will come away with breakthrough insights and practical actions you can take immediately to communicate effectively with your child, get them to start their homework on their own, and give them the independence they crave while de-stressing the household.

Learn:

- The power of letting your kids fail...safely
- How to get your child to start their homework...with no nagging.
- How to honor your child's values while setting effective limits
- How to stay or [get back] onto the same team with your child.
- A plan that you can start using immediately so that you can help your teen succeed in school...without the drama.

Questions? Email Alberta Neilson at [aneilson@sfschool.org](mailto:aneilson@sfschool.org) !

---

### Seeking an Interim 5th/6th Grade Math Teacher

We can all agree that Melissa Doezema is truly irreplaceable...but for her maternity leave, we're going to have to try! Are you an excellent math teacher

(or do you know one) who's available from this February to June? Please refer to the [position listed](#) on the Current Openings section of our website!

## SFS Hosts SFFD NERT Personal Readiness Training



Do you feel prepared should disaster strike? NERT is a free program of the San Francisco Fire Department, teaching emergency preparedness and prevention, and hands-on disaster response skills. NERT connects community volunteers in an emergency response network in our neighborhood. NERT members are trained citizen first-responders who can help save lives.

SFS is hosting two upcoming NERT events, open to all members of the SFS community *and* any other San Francisco residents!

### **Personal Readiness Program**

**Wednesday December 6, 6:00-8:00 pm**

A two-hour workshop focusing on preparing our homes and neighborhood for emergencies big or small, risk awareness, disaster supplies, and personal/family disaster planning.

### **Full NERT Training**

**Tuesdays, January 9, 16, 23, 30 and February 6, 13, 6:00 – 9:30 pm**

A comprehensive program taught in six three-hour class sessions. Hands-on disaster skills training, earthquake and fire response, disaster medicine, light search and rescue, team organization, etc. NERT trainees learn to help as members of an emergency response team, acting independently or as an adjunct to City emergency services.

Questions? Ready to sign up? Email Bill Metke at [portolasafety@gmail.com](mailto:portolasafety@gmail.com) or head to their website [here!](#)

## What's Cookin' This Week?\*



**Wednesday:** Burritos w/ Coleslaw & Fruit

**Thursday:** Beef Meatballs & Pasta w/ Caesar Salad & Fruit

**Friday:** No School (Parent/Teacher Conferences)

**Monday:** Spaghetti Carbonara w/ Green Salad & Fruit

**Tuesday:** Soup Day w/ Salad, Cornbread, & Cheese

\*Menus subject to change due to delivery changes and general human fallibility

## News from the Family Association

### Family Association Members Meeting Wednesday November 15, 5:30-7:00 pm

The Family Association (FA) is hosting its first Members meeting for all SFS parents/guardians on **Wednesday, November 15th from 5:30-7:00 pm in the Terrace Room** in the Community Center building. Childcare and dinner will be provided at school for your kids during that time. **Sign up here:**

<https://camperregsecure.com/sfschoolenrichment/?cmd=ViewAll>

The FA will also provide food and beverages for all meeting attendees as well.

This meeting will be a great opportunity to come and hear what the FA has been working on so far and to share your thoughts, ideas, and suggestions on how the FA could best serve our SFS community both in the short and long term as we grow. It's also a great opportunity to identify areas where you might want to be involved in current or future FA events and initiatives.

We look forward to seeing you there!

### Community Coffee in the Gazebo Meet SFS's Board Chair, Ellen Fey! Friday November 17, 8:00-9:15 am

Join us at the next casual coffee gathering and have an opportunity to chat with Ellen Fey, SFS's Board Chair and parent of an SFS alumnus. Coffee, tea, and tasty breakfast treats will be provided in the Adventure Playground Gazebo.

## Common Sense Media Tip of the Week

Though some research says only 15 percent of kids experience cyberbullying, when it happens, it can have a huge impact on a kid's life. Kids often handle smaller, passing situations on their own or with friends, but when it spirals out of control, involves lots of people, includes embarrassing images, or continues for a long time, it can have serious consequences.

**So what do we do?** Even if it hasn't happened to your kid, it's still a good idea to discuss cyberbullying: Talk about **blocking and reporting** in their favorite games and apps, as well as when to get an adult involved. If your kid comes to you for help, lead with empathy: A little understanding can go a long way, and sometimes that's all kids need to bounce back. If your kid's safety or well-being is in question, however, it's time for **stronger**

**intervention**, including meeting with school officials.

Remember that cyberbullying sometimes starts because of iffy images or videos, so your kid may be reluctant to come to you for fear of getting in trouble. If that's the case, offer your ear, save the lecture for later, and figure out how best to help. Once the worst is over, then it's time to set limits and rebuild trust so that your kid can ease back into digital life – hopefully a bit wiser.



## The San Francisco School

300 Gaven Street  
San Francisco, CA 94134  
415.239.5065  
tnh@sfschool.org

[Visit Our Website](#)

TNH Submissions  
(Deadline: Mondays  
at 12:00 pm!)

*You can unsubscribe at any time by clicking the link at the bottom of every email*