



# THE SAN FRANCISCO SCHOOL

## Tuesday Note Home Our Weekly Community Newsletter

Week of November 13, 2017



## Upcoming Dates

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### Wednesday, November 15

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...



Last year we held a wildly successful benefit concert for a school in Ghana called [Nunya Academy](#). This is the dream of our dear friend Kofi Gbolonyo, who has shared his music and culture with us at the San Francisco School for the past ten years. From the money we raised last year, he was able to start the building, which is now in progress.

Please bring your friends and family and come support this year's concert this **Sunday November 19**, featuring the hard-working volunteer Ghana Group from the Middle School and guest artists! The show starts at **2:00 pm** in the Community Center and features wonderful songs, dances and instrumental pieces from the African diaspora— Ghana, South Africa, Colombia, the U.S. and more. Don't miss it!

For more information, please email [music@sfschool.org](mailto:music@sfschool.org).

## School News

### New Headspace!

Check out the [latest installment of Headspace](#), featuring Steve Morris's thoughts on inclusivity, the new



SFS Family Event Guidelines, and the wonderful San Francisco School community where so many of us have found a home away from home.

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## Alert! Alert! Another Photo Day Change

Due to a predicted 90% chance of rain, Photo Day has been rescheduled to **December 5th**. Please feel free to look your best tomorrow anyway; however, don't forget an umbrella!



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## Relieve Homework Stress! Tomorrow Morning!



Is your child's stress about school and homework overwhelming the household dynamics? Don't forget to 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!)**

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

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## Relieve Thanksgiving Stress! Buy an 8th Grade Pie!

Pre-order your holiday pies and support the 8th Grade class at the same time! The 8th Grade Pie Sale raises money for graduation and lets us all enjoy the culinary stylings of the class of 2018. Pies are \$25 each; please **place your pre-orders ASAP!** Pies can be picked up at morning or afternoon carpool on **Tuesday November 21st**.



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## Grandparents & Special Friends Day

The School's 2017-18 Grandparents and Special Friends Day is next **Tuesday, November 21**. We host Grandparents and Special Friends Day each year to provide an opportunity to foster intergenerational relationships for our students. The morning program allows students to share this important part of their life with their special friend or relative, and hopefully gives their

quest an opportunity to do the same.

**9:30 - 9:45 AM:** Coffee and Snacks for Guests, Community Center

**9:50 - 10:00 AM:** Welcome, Steve Morris, Head of School, Community Center

**10:00 - 10:15 AM:** Music Performance, Community Center

**10:30 - 11:30 AM:** Guests Visit Student(s). Classroom Time, Recess and Photos!

- Guests visiting more than one student should start with the younger students first, and will then be escorted by event ushers to the older student's classroom around 11:00 AM.
- Guests of North or South Class students, please note there will be special presentations in these classrooms at 10:30 AM!

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## Athletics Updates (Go Bears!)

### Cross Country

- **SFAL Boys JV (5th/6th) Team Champions:**  
scored the most points out of the 10 teams competing



### **- Finals Team Scoring:**

- Boys Varsity (7th/8th) - 4th place (out of 10 teams)
- Girls Varsity (7th/8th) - 2nd place (out of 11 teams)
- Girls JV (5th/6th) - 4th place (out of 11 teams)

- **Individual Medals - Top 10 Finishes for Respective Races:** Luca Nastari-Case (4th) and Sean Green (5th) (of 86 runners); Lucinda Laughlin (5th) and Caroline Clendenin (7th) (of 69 runners); Diego Maes (5th) and Lukas Harding (4th) (of 52 runners)

This was SFS's largest cross-country team in 9 years with 38 runners in grades 5th - 8th (this is the only sport where we allow 5th to compete in SFAL)!

### Volleyball

- **JV Record:** 2-4; took most matches to 3 games with their opponents, with lots of potential for the future.

- **Varsity Record:** 4-3; second seed in their Division, made it to the playoffs, lost to SF Friends in the quarterfinals.

Two teams - Varsity and JV - played this season, with ten 6th Graders, three 7th Graders, and seven 8th Graders, with 8 players new to the sport.

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**SFS Apparel Sale - Show Your SFS Pride!**



Go Bears! We're holding our annual apparel sale! We have both SFS Athletics-wear as well as new branded apparel with the new school logo. The online store opens **today** and will close on **Sunday, December 3** so that the items can be delivered before Winter Break. All items will be delivered to SFS and distributed at the Front Desk, or to carpool upon request. Please visit our spirit wear store [here](#) - thanks for your support!

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## The Fund for SFS



Thank you to all who have already pledged or donated to The Fund for SFS, the school's 2017-18 Annual Fund! The Annual Fund provides a richer, deeper education for all SFS students. Our goal is 100% family participation and \$450,000 in contributions through gifts and pledges by

December 31, 2017. We ask that every school family support this important and critical community effort in as much as you are able.

Check out our website for a [pledge form](#), to [donate now](#), or to see if your company has a [matching gift program](#).

Thank you in advance for your support of the school and for all you do throughout the year on behalf of our students and the school community!

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## 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:** Pizza w/ Cucumber Salad & Fruit

**Thursday:** Lasagne w/ Coleslaw & Fruit

**Friday:** Picnic Lunch (for Preschool/Kindergarten)

**Monday:** Baked Ziti w/ Broccoli & Fruit

**Tuesday:** Chicken Apple Sausage w/ Roast Potatoes

\*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 is hosting its first Members meeting for all SFS parents/guardians this **Wednesday, November 15th from 5:30-7:00pm in the Terrace Room** in the Community Center building. Free childcare and dinner will be provided at school for your kids during that time.

Here's the link to RSVP and sign up for childcare:

<https://goo.gl/forms/Rdxq5mg15MelcgyF2>

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.

## Beyond the Gates

### San Francisco Little League



San Francisco Little League is looking for players for this spring! They are especially interested in students for the Intermediate Division (ages 12-13) and Junior Division (ages 13-15). They offer generous amounts of playing time, quality instructions for all skill levels, and "travel" play in Marin and San Mateo counties. Need-based scholarships are available.

Interested? Contact Tracy Wymer ([tracy.wymer@gmail.com](mailto:tracy.wymer@gmail.com)) for the Intermediate Division or Todd Tullis ([todd.tullis@gmail.com](mailto:todd.tullis@gmail.com)) for the Junior Division, and head to the SFL [website!](#)

## Common Sense Media Tip of the Week

When you pick up your phone and see those little red notification numbers staring back at you, how can you resist finding out what's behind them? Often, we don't resist, and that's by design. Developers who create the apps we use have **studied and applied the science** that keeps us checking, playing, and responding.

And if it's hard for adults to put phones down and keep them down, imagine how it is for kids whose **impulse control isn't fully developed**. The rewards for completing levels and getting likes tap into powerful brain chemistry that's hard for anyone to resist, especially kids.

One of the best tools we have to help our kids learn how to avoid compulsion around devices is modeling: By being a strong role model in terms of where you put your attention and when to do it, you show kids how to prioritize. So if your kid is talking to you, it's important to put your phone down. Living and breathing an "it can wait" attitude around online

activities helps kids do it as well. And if they're still having trouble, establishing **device-free times and zones** in your home can help, too.



## The San Francisco School

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[Visit Our Website](#)

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

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