



BOLINAS-STINSON SCHOOL

Think-Feel-Communicate

What's Going On...October 13, 2017

Be Safe~ Be Respectful~ Be Responsible~ Be Kind

Greetings Bolinas-Stinson School community,

May we all find peace and tranquility in these challenging times. Our children need us to show them how to listen to one another and how to practice empathy. These two skills, listening and empathy, are “Tools” in our Toolbox curriculum that we are implementing PreK-6th grade. I personally see these two tools as absolutely essential for peace and understanding—something that the world always needs. So starting with ourselves, we can cultivate these skills in our children. Below is some of what we are teaching. Ask your child about this, ask your child’s teacher.

The Listening Tool

I listen with my eyes, ears, and heart.

We listen to get information about others, to learn, and for enjoyment. But how much do we really hear? Do we really hear and understand others? How often do we really listen to ourselves and our own wants or needs? The Listening Tool highlights the importance of accurately reading the signals and words of others, and paying attention to the information within us (what’s going on within me right now?). We listen “with our ears, our eyes, and our hearts.” With eyes on the speaker, body language may help us pick up what is unspoken. Remembering to use our heart allows us to notice what the other person is feeling and to empathize with what we would feel if we stood in someone else’s shoes. Listening actively means we are committed to really understanding what our child is trying to communicate—beneath the presenting words, tone of voice, volume, or behavior. When people are in conflict, one of the most common statements made is that they don’t feel heard. When the Listening Tool is practiced, good will is fostered and understanding becomes easier.

Here are some suggestions for bringing the Listening Tool home:

- Remind family members to listen with their eyes, ears and heart.
- Ask your children to explain the Listening Tool tag line, “I listen with my eyes, ears, and heart” and the hand gesture. Help your children remember to use the tag line and gesture along with their Listening Tools.
- Work with your children to name the feelings beneath what they are saying. We can say, “I see that you are angry, are you also feeling hurt?”

The Empathy Tool

I care for others, I care for myself.

Empathy is one of the most important Tools for Life. It is defined as “a capacity for participation in another’s feelings or ideas.” To empathize with another is to experience something about what they are feeling.

Empathy is the root of understanding, kindness, and forgiveness. Caring and compassion are other words that describe empathy.

Your child is learning how using the Empathy Tool requires that:

- I understand how I am feeling.
- I think about how the other person is feeling.
- I say what I am feeling, and listen with caring and understanding to what the other person is saying and feeling.

Connecting to the feelings of characters in books and stories is a common way to teach about empathy. When you read to your child or your child reads to you or tells you a story, ask, “Have you ever felt that way?” or “I know just how he feels!” or “How do you think she feels right now?” When your children remind you to use your Empathy Tool, they are asking to have their feelings acknowledged.

Here are some suggestions for bringing the Empathy Tool home:

- Remind family members to “Use your Empathy Tool” as a signal to noticing each other’s emotions.
- Talk with your child about seeing things from someone else’s perspective – by ”walking in someone else’s shoes.”
- During conflicts, listen without judgment when your child talks about how he/she is feeling. Naming their feelings is the first step to helping children figure out why they are having those feeling, and then do some problem-solving.

By practicing Empathy at home, you strengthen your family and you help us create a happier, healthier school community together. Thank you!

Have a wonderful weekend,

Warmly,
Jason

Jason Richardson, Principal, Bolinas-Stinson School, 415-868-1603
jrichardson@bolinas-stinson.org

Education is understanding relationships - George Washington Carver

MARK YOUR CALENDAR

Monday 10/16 ONE BUS RUN MORNING AND AFTERNOON

Facilities Needs Committee meets in school library at **3:15pm**

Tuesday 10/17-School Wellness Committee meets in upstairs office at **8:30am**

Tuesday 10/24-Friday 10/27-Parent Teacher Conference/early dismissal for kindergarten students only

**REMINDER: CHECK THE LOST AND FOUND
ON THE FRONT PORCH OF THE SCHOOL OFFICE**

SNACK & LUNCH MENU

Monday 10/16 Snack: Bagel & cream cheese/hardboiled egg/oatmeal, fruit, milk
Lunch: Vegetable chili & rice, fruit & veggie bar, milk

Tuesday 10/17: Snack: Homemade banana-blueberry muffin/oatmeal, fruit, milk
Lunch: Tamale pie, fruit & veggie bar, milk

Wednesday 10/18: Snack: Cold cereal/hardboiled egg/oatmeal, hardboiled egg fruit, milk
Lunch: Pizza, watermelon, tossed green salad, milk

Thursday 10/19: Snack: English muffin, sausage patty/oatmeal, fruit, milk
Lunch: Roasted chicken, baked potato, fruit & veggie bar, milk

Friday 10/20: Snack: Yogurt & granola/ hardboiled eggs/oatmeal, hard boiled eggs, fruit, milk
Lunch: Sandwiches: Turkey & cheese, egg salad, or sun butter, fruit & veggie bar, milk

The third and fourth graders have decided to host a coin drive to raise money to help the fire victims from Sonoma and Napa.

Some of the money will be earmarked to go to the humane societies who are looking after fire victim's pets while they relocate.

Any coins can be dropped off in the office or in the 3/4 classroom.

Highlights from the 10/10/2017 Board Meeting

- Enrollment was reported, unchanged, at 106
- The Board and members of the audience toured the newly opened district Pre-K facility lead by Victoria Maier
- The World Story contract for the 2017-18 school year was approved
- The Field trips to Ashland (grade 8) and Nature Bridge, Yosemite (grade 5/6) were approved
- Policy updates: No change in BP 6171 Homework Policy
- Additional supervision will be provided for yard duty before the start of school
- Karen Buckenmeyer's request for a leave of absence from 1/8/2018 to 6/15/2018 was approved
- Draft minutes may be viewed on the school website on 10/16/2017

FREE EVENT – FILM SHOWING ON SUNDAY, OCTOBER 22ND 4:00 PM

Evento Gratuito- Película que se presenta el domingo, 22 de octubre, 4 pm

BOLINAS COMMUNITY CENTER

WHY WE COME

Por Que Venimos



In *Por Que Venimos (Why We Come)*, Latin American migrants living in San Rafael's Canal district tell why they left their homes to endure the arduous journey to El Norte, the United States.

These powerful, often heartbreaking, yet always stirring and inspiring stories offer an intimate look at lives lived at the outer limits of poverty and at the extraordinary courage of ordinary people as they take great risks seeking a better life for their families, especially for their children.

Bolinas



unidos

Immigrant Action Committee

Sponsored by:

Bolinas Immigrant Action Committee

West Marin Community Services

'Standing Together' Rapid Response Team

WMCS
WEST MARIN COMMUNITY SERVICES



Bolinas Aerial Arts **October 24 - December 19, 2017**



Tuesdays 3:45 - 4:45
Beginning - Intermediate

Tuesdays 4:45- 5:45
Intermediate

Classes are at the Bolinas Community Center and taught by Joanna Haigood. See her work at www.zaccho.org
Aerial Arts allows you to move through space in new and exciting ways. This Fall session

will concentrate on skill building in technique and composition.

Class fee: \$108

For more information email:
jhaigood@zaccho.org

Workshop presented by Christine Frazita, a longtime Bolinas resident and mom of former Bo-Stin student:

PRACTICE

SAN FRANCISCO

Monday, October 30, 7:00-8:30pm

Resilience Under Stress: Being the Parent You Want to Be
Christine Frazita, LCSW

Learn how your mind and body are adapted and wired to react to perceived stress... and how this may play out in your interactions with your child(ren). Develop tools and strategies to help yourself shift away from automatic, unhelpful reactions to life stress or difficult moments with your child and move toward responses that are more clearly based in your parenting values.



Christine Frazita, LCSW Christine graduated UC Berkeley in 1984, with a Master's Degree in Social Work, and became licensed in California in 1987. She is certified by the Academy of Cognitive Therapy, and the by Behavioral Therapy Training Institute, and has been trained by The Mind Fitness Institute in Mindfulness-based Mind Fitness - a trauma-sensitive approach to training organizations in stress resilience and performance enhancement. Christine has held senior positions in both inpatient and outpatient psychiatric mental health clinics, hospitals, schools, and employee assistance programs. Her practice includes on-going training in cognitive-behavioral therapy (CBT), acceptance and commitment therapy (ACT), dialectic behavior therapy (DBT), mindfulness meditation, stress reduction methodologies, and the neuro psychology of emotions. *For more information, visit <http://www.christinefrazita.com>*