



BOLINAS-STINSON SCHOOL

Think-Feel-Communicate

What's Going On...October 6, 2017

Be Safe~ Be Respectful~ Be Responsible~ Be Kind

Greetings Bolinas-Stinson School community,

I want to thank all of you who were able to join us for our beach day at Shell Beach last Friday. It was a fun, bonding experience for us all. Thank you for your understanding in our transition away from a Spring beach day at Stinson to this Fall beach day at Shell. We find Shell more safe, cozy, contained, simple and fun for all.

This week we also had photo day. The photographer has sent home forms that have ordering information on them. All ordering is done on-line. If you need any support with this, please contact the office. I hope you are satisfied with the quality of the photos. The photographer is Stephanie Mohan. She has a small studio in Fairfax. We find her work to be of really high quality. You can reach her at www.creativeportraiture.com 415.454.2102.

I hope 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

Tuesday 10/10-School Board Meeting on **STINSON CAMPUS** at **6pm**

Wednesday 10/11-Early dismissal for K-8th grades at **2pm**

Monday 10/16-Facilities Needs Committee meets in school library at **3:15pm**

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

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



10/16/17 Lagunitas School Cross Country Race For students in grades 6 to 8

This race will be held at Lagunitas School
Races begin at 4:30 P.M.
Parents are responsible for transportation
Please see Carlos for team shirt

SNACK & LUNCH MENU

Monday 10/9 Snack: Bagel & cream cheese/hardboiled egg/oatmeal, fruit, milk
Lunch: Vegetable chili & rice, fruit & veggie bar, milk

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

Wednesday 10/11: Snack: Cold cereal/hardboiled egg/oatmeal, hardboiled egg fruit, milk
Lunch: Pizza, watermelon, tossed green salad, milk

Thursday 10/12: Snack: English muffin, sausage patty/oatmeal, fruit, milk
Lunch: Roasted chicken, baked potato, fruit & veggie bar, milk

Friday 10/13: Snack: Yogurt & granola/ hardboiled eggs/oatmeal, hard boiled eggs, fruit, milk
Lunch: Sandwiches: Turkey & cheese, egg salad, or sun butter, fruit & veggie bar, milk

Early Monday morning two volunteers from Marine Mammal Center returned for a second day of trying to find and rescue a very lost sea lion pup. The center received calls about the baby pinniped crossing the road in front of the school. She wasn't found until Monday morning when she was discovered on the backside of the soccer field, where she had made it through the chain link gate and onto the Star Route Farm land. She was underweight, dehydrated, exhausted and distressed. She was gently captured and brought to the Marin Mammal Center and seen by a veterinarian upon arrival. Since 1975 the center has rescued more than 21,000 marine mammals along 600 miles of Central and Northern California coast.



You can follow FoxBo's, (as she was named), recovery at marinemammalcenter.org. Click on the patient tab on the home screen and scroll down to the list of patients. Her arrival date was on 10/2. We know she is a yearling and weighs 21.5 but at this time there is no diagnosis on her condition or an explanation of why she wandered so far from the water.



Please help sponsor FoxBo's recovery & release.

We are suggesting a \$1 donation (no coins please) which will be donated to the Marine Mammal Center in her name and from our students & staff.

Donations will be collected in the school office or can be turned into homeroom teachers. Deadline for donations is Friday 10/27 or donations can be made directly to the Marine Mammal Center.



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

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>*