



BOLINAS-STINSON SCHOOL

415-868-1603 www.bolinas-stinson.org

Think-Feel-Communicate

What's Going On-November 17, 2017

Be Safe~ Be Respectful~ Be Responsible~ Be Kind

Dear Bolinas-Stinson School Community,

This week I would like to let you know that we as a school have been proactively enhancing our positive relationships with the Sheriff's office. I think it is really positive for our children to have good, friendly contacts with those who are here to protect us. When the kids come to know the Sheriffs and the Sheriffs come to know the kids they each see the other as humans and good things come from that. So to that end, your child may see our school resource officer, Josie Sanguinetti, for example reading to the Pre-K class or walking the campus talking with the students and staff. They may also see Deputy Jason Swift make a stop on campus just to check in and appreciate all that we are doing while seeing if we need any support. I really hope that we can normalize these encounters so that if ever the time comes that we really need to rely on these officers that we will really know who they are and trust them, just like we do with Anita and Kenny, our fire chiefs.

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



**SHERRIF'S DEPUTY
JASON SWIFT ENJOYING THE DOCUMENTARY WORK OF 8TH GRADER, THEO
AND WORLD STORY EXCHANGE INSTRUCTOR LINDSAY MCCLURE-MILLER.**



MARK YOUR CALENDAR

Monday 11/20-End of first trimester/Facilities Needs Committee meets in Bolinas campus Library at 3:15pm.

Wednesday 11/22-Friday 11/24-**SCHOOL CLOSED**-Thanksgiving Break

Friday 12/1-K-8th grade field trip to Nutcracker Performance at the Veterans Memorial Hall/San Rafael from 10:15am-3pm

SNACK & LUNCH MENU

Monday 11/20 Snack: Bagel & cream cheese/oatmeal, fruit, milk

Lunch: Tortellini w/pesto, fruit & veggie bar, milk

Tuesday 11/21 Snack: Homemade banana-blueberry muffin/oatmeal, fruit, milk

Lunch: Bean or beef tacos, fruit & veggie bar, milk

Monday 11/27 Snack: Bagel & cream cheese/oatmeal, fruit, milk

Lunch: Vegetable chili w/rice & cheese, veggie bar, milk

Tuesday 11/28 Snack: Homemade banana-blueberry muffin/oatmeal, fruit, milk

Lunch: Enchilada pie, fruit & veggie bar, milk

Wednesday 11/29 Snack: Cold cereal/oatmeal, fruit, milk

Lunch: Pizza, watermelon, milk

Thursday 11/30 Snack: Scrambled eggs & toast/oatmeal, fruit, milk

Lunch: Grilled cheese sandwich, chips, fruit & veggie bar, milk



All lost and found will be brought to
the Free Box on Tuesday 11/21.

There are lots of jackets, sweatshirts, sweaters and misc.
clothes on the front porch of the Bolinas office.

Rain

Rain, rain

wet drizzle

pour

I can hear it drumble on the roof top

drip drop on the sidewalk

I get soaked

hot chocolate, my mom says

“Don’t forget the marshmallows.”

I laugh, I go back outside

it starts pouring on me

I catch water on my tongue

I hear it on my umbrella

I dance in the rain

my hair is soaked

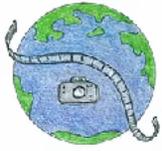
it curves at the ends

I walk around my neighborhood

I love the rain

it’s true

Stella Buckenmeyer, 3rd grade in Rebecca Braun’s class



World Story Exchange



Presents: **Personal Narrative Documentaries
Who We Are As Learners!**

Tuesday, November 21, 2017 from 6:30 to 8:00 p.m.
At the Bolinas Campus, Quesada Building

Please join us for a premier screening of personal narrative documentary films created by the 7th and 8th grade students at the Bolinas-Stinson School. Their films will answer the questions: "Who am I as a learner?" and "How does my school support my learning style?"

Symphony Relief

Sunday 11/19 at 7:30

In response to the devastating Northern California wildfires last month, the San Francisco Symphony is proud to present *Symphony Relief: A Benefit Concert for the North Bay*. This special event—featuring Michael Tilson Thomas and the SF Symphony and SF Symphony Chorus, along with a special lineup of guest stars—showcases a program of iconic works by Beethoven, Tchaikovsky, Copland, and more. The SF Symphony family is dedicated to helping our neighbors to the north. Michael Tilson Thomas, the SF Symphony musicians, the Chorus, special guests, and the stage crew, ushers, and staff are proud to donate their services on a volunteer basis, with all proceeds benefitting the [North Bay Fire Relief Fund](#) and the [Sonoma County Resilience Fund](#).

Help make a difference and join us for an inspiring evening that attests to the power of music to heal.

<http://www.sfsymphony.org/Buy-Tickets/2017-18/Symphony-Relief>



The Bolinas Community Land Trust
Cordially Invites You to

Gingerbread House Making

Followed by Spaghetti Dinner and
Caroling with Molly Maguire

December 3

House making from 3:30pm-5:30pm
Dinner and Caroling from 5:00pm-7:30pm

Bolinas Community Center

Dinner and drink tickets to be sold at the door (\$6 per plate)

Please R.S.V.P. for house kits by December 1
(\$25 per kit)

ewilhelm@bolinaslandtrust.org or
call (415)868-8880.



HOW DO I PROTECT MY FAMILY AND FRIENDS?

Nicotine is a poison. Never leave e-cigarettes or e-liquids where children can get them. Immediately call the California Poison Control System at 1-800-222-1222 if any e-liquid is swallowed, gets on the skin or in the eyes.

Never allow the use of e-cigarettes in your home. They pollute the air and are harmful to you and your family.

Pregnant and breastfeeding women, children and teens should never use e-cigarettes or be exposed to the aerosol due to the harm nicotine may cause to brain development.

Support policies that do not allow e-cigarettes to be used indoors and where children are present.

If you use e-cigarettes or other tobacco products, call for free help with quitting: 1-800-NO BUTTS (1-800-662-8887).

For more information, visit
www.cdph.ca.gov/programs/tobacco



Funded by the Centers for Disease Control and Prevention
under Grant # 2U58DP002007-06, 2014.

THE FACTS YOU NEED TO KNOW

WHAT ARE E-CIGARETTES?

E-cigarettes are devices that use a battery to heat a liquid nicotine solution ("e-liquid"). The heated e-liquid creates an aerosol that is breathed into the lungs.

E-cigarettes go by other names such as e-cigs, e-hookahs, hookah pens, vapes, vape pens or mods. They come in many shapes and sizes. Some can only be used once, while others can be refilled. Others have a tank which may hold large amounts of e-liquid containing nicotine, flavorings, and other chemicals.

E-cigarettes are also used to smoke illegal substances like marijuana and hash oil.



WHY ARE THEY DANGEROUS?

E-cigarettes contain nicotine and chemicals that can cause cancer, birth defects or other health problems.

E-cigarettes and e-liquids come in fruit and candy flavors that appeal to children who may taste or drink the e-liquid.

E-liquids are poisonous if swallowed, and are harmful if the liquid gets on skin or in the eyes. The e-cigarette batteries are also poisonous if swallowed.



AREN'T THEY SAFER THAN TOBACCO CIGARETTES?

E-cigarettes contain harmful chemicals, but not as many as regular cigarettes.

E-cigarettes produce an aerosol, not water vapor. The aerosol is a mixture of chemicals and small particles that can hurt the lungs just like cigarette smoke.

E-cigarettes are just as addictive as regular cigarettes.

People can become addicted to nicotine from using e-cigarettes and then may start using regular cigarettes.



DO E-CIGARETTES HELP SMOKERS QUIT?

Studies show that e-cigarettes do not help people quit smoking cigarettes. Instead, many people end up using both products.

Over-the-counter and prescription medicines are widely available and very effective at helping people quit smoking cigarettes.



ARE THEY SAFE TO SMOKE INDOORS?

No. E-cigarettes pollute the air with tiny particles that get trapped in the lungs. Just like regular cigarettes, the pollution from e-cigarettes may hurt others.

