

BOLINAS-STINSON SCHOOL

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

Think-Feel-Communicate

What's Going On-November 9, 2017

Be Safe~ Be Respectful~ Be Responsible~ Be Kind

Dear Bolinas-Stinson School Community,
May we all enjoy a wonderful, restful, three day weekend observing Veteran's Day.

I want to share with you all that I am gradually promoting the principles of Love and Logic with the staff at our school. Love and Logic is a book that several of us are voluntarily reading, as we continue to grow as educators who look for better and better ways to promote high levels of learning while teaching and expecting positive behavior. Love and Logic also has a parenting component if you have any interest. Today I am putting in the school news one of the key strategies, Neutralize Arguing. I encourage all of us to experiment with this idea and see if it works for you at home with your children.

How to Neutralize Arguing:

- Stay Calm—don't engage in the argument. Arguing requires two or more participants. If there is only one person arguing, there is no argument.
- Use a "one-liner." Examples include: "I care too much about you to argue." "I would be happy to discuss this with you later when you don't want to argue."
- Go "Brain Dead." Just shut down and disengage. Move on.
- Avoid sarcasm, frustration and anger.

Why Neutralize Arguing:

- Kids use arguing to get their way, get you upset, and/or deflect responsibly.
- If the adult engages in the arguing it is subject to intensifying the problem and leads to the adult getting upset (which also intensifies the problem.)
- We need to model self-regulation.

Important point: This does not mean that we don't set and enforce limits. It does not mean that we don't provide consequences. It just means that we don't participate in an argument with a student. The point is that we can lovingly set and maintain boundaries with our kids, and arguing doesn't help this happen.

Have a wonderful weekend.

Jason

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

Education is understanding relationships.
- George Washington Carver

MARK YOUR CALENDAR

Friday 11/10-SCHOOL CLOSED-in observance of Veteran's Day

Tuesday 11/14-Field trip for 5th & 6th grades to Dance Palace: Sharhzad Dance Company performance of contemporary & classical Persian dance & workshop from 10:30-1pm.
-Regular Board Meeting in the Bolinas campus Library at 6pm.

Thursday 11/16-Field trip for grades 1st-4th to Indian Beach in Tomales State Park (parking at Heart's Desire Beach & hiking in) studying Miwok culture.

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

The Bolinas Stinson Union School District's Facilities Needs Committee is seeking preliminary input from staff, parents and the public in order to assess the viability of a bond measure for particular projects on our school's campuses. The committee's goal is to provide the Board of Trustees with a draft list of bond projects for discussion in December.

General obligation bonds are often used by school districts in California to pay for large projects that would not be affordable through a school's regular funding sources; bonds typically pay for new construction and major upgrades of existing facilities and are not used for normal operating expenses. Here is the link for this very short survey:

<https://www.surveymonkey.com/r/FNC-survey>

You can also access the survey link from the announcements section of the school website: www.bolinas-stinson.org

SNACK & LUNCH MENU

Monday 11/13 Snack: Pancakes/oatmeal, fruit, milk

Lunch: Baked pasta & cheese, roasted veggies, fruit & veggie bar, milk

Tuesday 11/14 Snack: Homemade banana-blueberry muffin/oatmeal, fruit, milk

Lunch: Enchilada pie, fruit & veggie bar, milk

Wednesday 11/15 Snack: Cold cereal/oatmeal, hardboiled eggs, fruit, milk

Lunch: Cheese/hamburger, veggie burgers, fruit & veggie bar, milk

Thursday 11/16 Snack: Homemade scones /oatmeal, fruit, milk

Lunch: Chicken fried rice, fruit & veggie bar, milk

Friday 11/17- Snack: Yogurt & granola /oatmeal/hardboiled egg, fruit, milk

Lunch: Sandwich: turkey, egg salad or sunbutter, fruit & veggie bar, milk



BOLINAS-STINSON UNION SCHOOL DISTRICT

125 OLEMA-BOLINAS ROAD
BOLINAS, CA 94924

PHONE (415) 868-1603
FAX (415) 868-9406

Anticipated Position Announcement Instructional Assistant/Yard Duty - Kindergarten TEMPORARY POSITION: 1/8/2018 to 6/15/18

Under the general supervision of the Kindergarten Teacher, assists by providing instruction to individual or small groups of children or students in a classroom or an instructional resource setting, and/or prepares instructional materials; and/or performs a variety of clerical duties, as required.

- Six (6) hours/day, Monday to Friday
- Salary range: \$ 17.93 to \$ 20.76

EDUCATION:

- High School graduate or the equivalent;

EXPERIENCE:

- Experience in working with children and/or students in an organized setting desirable; clerical experience desirable.

APPLICATION DEADLINE: 11/6/2017

INTERVIEWS SCHEDULED: To be determined

A COMPLETE APPLICATION PACKET WILL INCLUDE:

- District Classified Application Form (Call (415) 868-1603 for application or download classified application at <http://bolinas-stinson.org/>)
- Personal letter of application that includes your specific strengths (1 page minimum)
- Three current letters of recommendation and current contact phone numbers

APPLY TO: John Carroll
Superintendent
Bolinas-Stinson Union School District
125 Olema-Bolinas Road
Bolinas, CA 94924

The selected individual will undergo fingerprinting & TB testing paid by the School.
Bolinas-Stinson Union School District is an equal opportunity employer and maintains a smoke and alcohol/drug-free environment.

The BOLINAS-STINSON BEACH SCHOOL FOUNDATION

Is looking for NEW members

So, what is the Bolinas Stinson Beach School Foundation?

The Bolinas-Stinson Beach School Foundation was created by parents and community members in 1997 to help raise money for special programs and projects. Our purpose is to provide funding for curriculum enrichment to the Bolinas-Stinson Beach School in the areas of art, drama, literature, math, music, physical education, science and technology.

What have we funded in the past?

- Lending Library
- Homework Club for 3rd-8th grades
- Trips to the San Francisco Symphony
- Art of Rake firing for Ceramics
- Jazz & Opera assemblies
- Student Book Publishing
- After-School Program Scholarship Fund (offering classes in ceramics, theater, dance, drawing, chess, music, bike maintenance, nutrition, gardening, etc.)
- Outdoor Learning Lab & Edible Garden
- Library Book Fair Scholarships
- Parenting Education Series
- Living Willow Project – Students, teachers & parents came together to build a living willow structure on both campuses
- Field Trips to: The Sierras, Walker Creek, Monterey Bay Aquarium, the Utah Basin, Oregon Shakespeare Festival

Community building events:

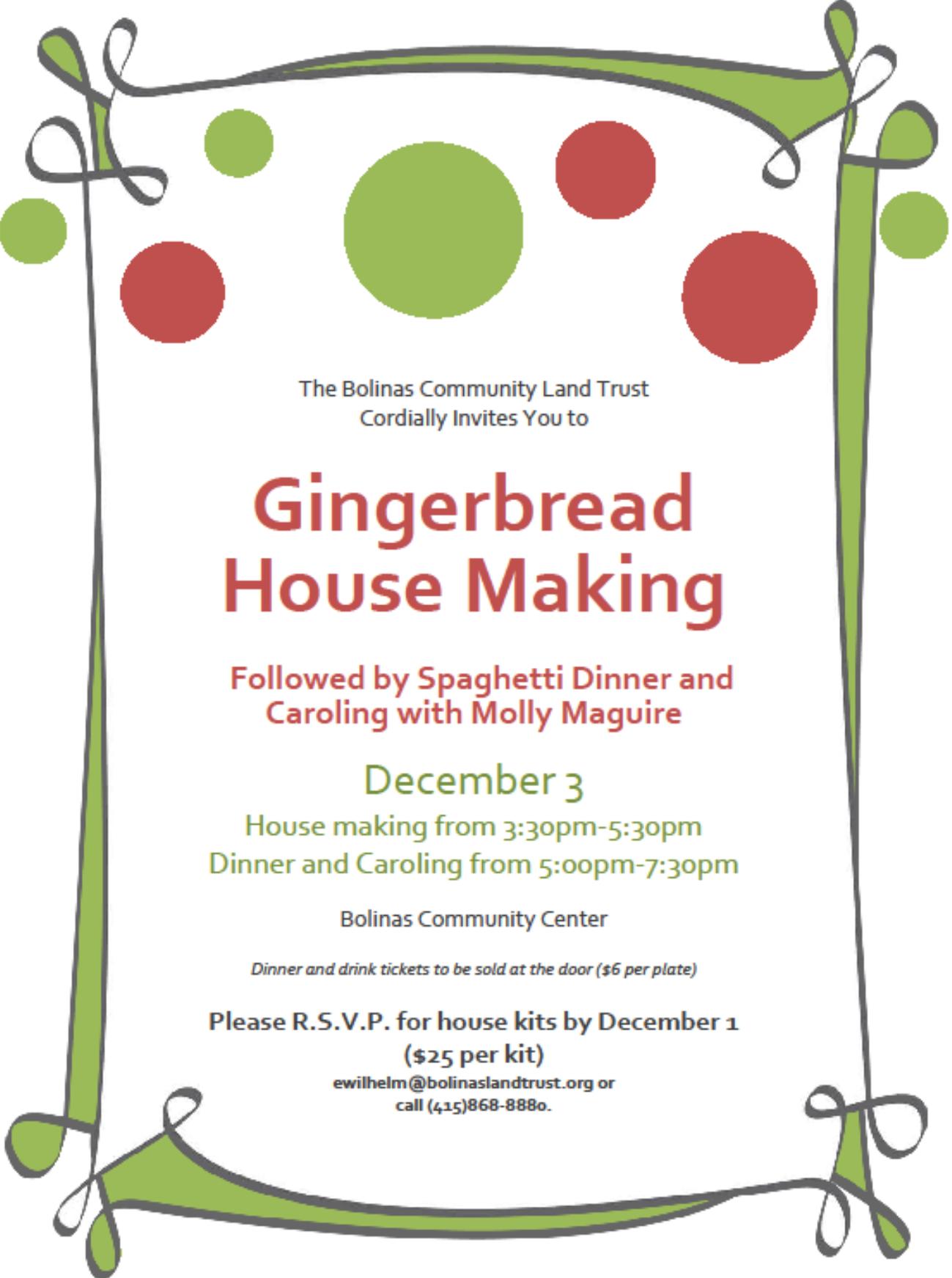
- Annual Square Dance & spring “Sock Hop”

School Spirit

- School T-shirts, towels & hats
- Providing food and beverages for Track & Field Day

Join us and help decide where the money goes! Thank you!

**For more information, call or email
Lisa Townsend 415-868-0473
contact@lisatownsend.com**



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.

Symphony Relief

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.

Conductor/Performers

Nikki Einfeld

Soprano

Renée Rapier

Mezzo-soprano

Solomon Howard

Bass

Members of the San Francisco Opera Chorus, Ian Robertson, Director

San Francisco Symphony

Program

Copland

Fanfare for the Common Man

Copland

Music from the film *Our Town*

Tchaikovsky

Finale: Allegro con fuoco from Symphony No. 4

Beethoven

Finale: Ode, "To Joy" from Symphony No. 9
and more!



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.



Check out the lost and found
On the Front porch of the
Bolinaş-Stinson porch