

BOLINAS-STINSON SCHOOL NEWS

September 28, 2018 ~ 415-868-1603 ~ www.bolinas-stinson.org



Be Safe ~ Be Respectful ~ Be Responsible ~ Be Kind

Get involved and help support our school! Please use this link to sign up: [Parent Volunteer Opportunities](#).

Dear Families,

Our Specialist Back-to-School Night was a lot of fun thanks to all the hard work from our specialists, parent volunteers and community members. I got my first taste of cobb oven pizza and loved it! The evening made me appreciate what a special school community we have, and how lucky we are to have such a wonderful place to gather. Thank you everyone for coming together for our kids, I hope we can have many more opportunities like this in the future.

The logistics of hosting school events is a big undertaking but the outcome is priceless and helps build a strong school community. Supporting important school events is only one area that our developing PTO can assist with. This was a topic of conversation at our last Parent Coffee Connection meeting (PCC) bright and early on Monday morning. Thank you to those of you who were able to attend, and don't worry if you couldn't make it - we will be having more of them in the future! Our group reflected on the following four main talking points:

- Establishing a sustainable and robust Bolinas-Stinson Parent Teacher Organization
- Building a sustainable network of classroom support and communication
- Continuing our PCC on a monthly basis and what topics we would like to discuss
- Reviving the Bo-Stin Harvest Festival

You can share your input with us by using this [Parent Feedback](#) link to let us know what you think! We will share the information out at our next parent gathering (date to be determined).

Wishing you all a wonderful and relaxing weekend,

Michelle Stephens
Bolinas-Stinson School Principal
mstephens@bolinas-stinson.org



Please help us to keep our students & campuses lice-free all year long!

Lice is a part of our environment and is simply a part of childhood (and parenting). We will be conducting a schoolwide lice-check on Thursday, **October 4th**. You will be notified if lice or nits are discovered on your child. Your child will **not** be sent home from school, but it is highly recommended that you begin treatment as soon as lice is detected. The school will be providing lice kits to families who are unable to obtain them.

Here are some ways you can protect your family and others from outbreaks.

What to do if you suspect lice:

- **No shame** - If you discover your child has lice in any stage of development, please tell others who may have been directly exposed (playdates, etc.) **and call the school**. This *really* helps to stay on top of the spread.
- **Notification** - Your call will be kept confidential and will alert the school to check others. Your child could have been exposed on campus, and others may have been affected as well.
- **Check regularly**. Make checking for lice part of your daily hygiene routine. Like most things, early detection makes it so much easier to treat. If you're not sure if your child has lice, ask for help. Once you've had it you definitely know what to look for and it's always feels better to reach out, and get support.

Treatment:

- **Treatment Options:** If you do have lice you may choose a natural treatment or traditional over the counter lice removal products (often more toxic to humans). Natural treatments do as much as the chemicals in that they stun the lice to allow for capture and loosen up the glue of the egg sacs (the nits) on the hair follicle, making nit removal easier.
- **Comb it out...** Whatever treatment route you decide, the **ONLY** way to get rid of lice is to **MANUALLY COMB OUT THE NITS & BUGS**. Use a viscous treatment conditioner/gel and comb, comb, comb... The insects get stuck in the product collected in the comb and the comb pulls out the nits.
- **Treat your home**. Laundry: bedding, towels, clothing daily. Furniture: vacuum and cover with a fresh sheet daily. Quarantine anything else that can't be washed for 10-12 days. And don't forget about your car, car seats, and boosters. Everything that makes contact with the head needs attention.
- **RE-TREAT** hair 3-5 days after first treatment as any eggs that were microscopic in size during the first treatment will now be large enough to comb out. If there is no repeat in treatment the whole cycle will start again.

Prevention:

- **Keep long hair braided** - ponytails are not as effective as they tend to "sweep things up"
- Use a lice repellent essential oil blend on hair, neck, jacket, and backpack
- **Keep hair coated** - oily hair is hard for the lice to hold onto or keep hair lightly oiled by leaving in conditioner or adding a little coconut oil after shampooing. (Olive oil is not recommended as it is hard to wash out and makes nit removal *really* difficult).

- **Cover head** with a clean hat or bandana during outbreak, or simply in general. This will keep the lice off your head as they cannot burrow through fabric. Be sure to wash hats and bandanas often.
- **Regular Lice-check** - If you are interested in volunteering to help campus aides to do regular lice-checks at school, please contact Kara Perras.

Thank you all so much for your support!

For more information, questions or support, please feel free to contact the following parents:

- Mollie Lounibos (Alice and Jordan's mom)
- Laura Kudritzki (Phoenix and Nova's mom)
- Georgia Woods (Fletcher and Alora's mom)

Resources:

- Options for lice preventive shampoo and conditioner such as the following :
https://www.amazon.com/gp/aw/d/B0046KHE1S/ref=mp_s_a_1_5_a_it?ie=UTF8&qid=1535342495&sr=8-5&keywords=fairytales+lice+prevention&dpPl=1&dpID=51sTAqe1XIL&ref=plSrch
- Bug-A-Lugz in Mill Valley makes a safe and effective formula:
<https://www.bugalugz.com/shop/conditioner-8-oz/>
- The best comb is called "the Terminator" and it is aptly named - it really works! Here is a link through Amazon but it is also available at locally at Bug-A-Lugz.
<https://www.amazon.com/Nit-Free-Terminator-Professional-Stainless/dp/B000HIBPV8>
- <http://pediatrics.aappublications.org/content/pediatrics/early/2015/04/21/peds.2015-0746.full.pdf>
- <https://www.bugalugz.com/lice-facts/>



Calendar of Events

Early dismissal at 2pm every Wednesday

Sunday 9/30-All Community Critical Mass Bike Ride-Start at Children's Center (Elm & Maple Rd) to the school for a party/bike swap. *Please contact Ben or Anny to help out.*

Tuesday 10/2-Candidates Night (6pm) School Library. Hosted by the League of Women Voters.

Thursday 10/4-(10am-noon) All school head lice check by Bug-a-lugz Salon

Friday 10/5 (9-11am) School photos on the Stinson Campus for PK, K & 1st Grades.

Monday 10/8 (starting at 10am) School Photos on the Bolinas Campus for 2nd-8th Grades, followed by the All School Photo

Tuesday 10/8-Regular School Board Meeting. Open session at 6pm in the school library

Tuesday 10/23-Friday 10/26-Parent Teacher Conferences

Breakfast and Lunch Menu

Monday 10/1 Breakfast: Breakfast burrito, oatmeal, fruit, milk

Lunch: Baked pasta, roasted veggies, salad bar, milk

Tuesday 10/2 Breakfast: Homemade banana-blueberry muffin, oatmeal, fruit, milk

Lunch: Beef or bean tacos, Mexicali salad, milk

Wednesday 10/3 Breakfast: Assorted cold cereal, hard-boiled egg, oatmeal, fruit, milk

Lunch: Sausage or hot dogs on buns, salad bar, milk

Thursday 10/4 Breakfast: Homemade apple crisp, oatmeal, fruit, milk

Lunch: Roasted chicken and baked potato, salad bar, milk

Friday 10/5 Breakfast: English muffin & sausage patty, oatmeal, fruit, milk

Lunch: Pizza & tossed salad, milk

CANDIDATES' NIGHT
OCTOBER 2, 2018
From 6:00-8:00P.M.

A "Candidates' Night" hosted by the Marin County League of Women Voters has been scheduled for Tuesday, October 2, 2018 at 6:00 p.m. in the Library on the Bolinas Campus – 125 Olema Bolinas Road, Bolinas, CA. Doors will open at 5:30.

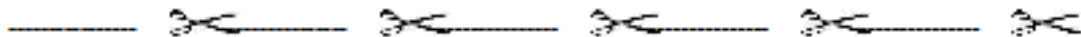
This is your chance to come and pose questions on matters of the Bolinas-Stinson Union School District to the four candidates running for the three seats on the BSUSD Board of Trustees.

The candidates are:

Steve Marcotte
Steve O'Neal
Jennie Pfeiffer
Nate Siedman

The format for the evening will be as follows:

- Each candidate will make an opening statement;
- The audience then will have an opportunity to have their questions posed to the candidates;
- The evening will conclude with closing statements by each candidate.



October 2, 2018 Candidate's night

Please submit your question(s) for the school Board Candidates

Your name (optional): _____

Email them to: johannas@bolinas-stinson.org or bring them to the meeting on
10/2/2018 at 6:00 p.m.



SUNDAY, SEPTEMBER 30TH

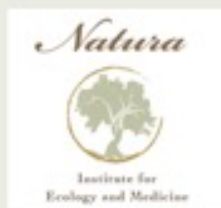
GARDEN PARTY

Join us for a day of fall festivities in the Commonwealth Garden to support our scholarship programs!

12 pm: Environmental play- 'Julia's Travels'. \$10-20. Buy tickets online!

1 - 3 pm: Join us for an afternoon of garden games, music, apple pressing, food, generosity and so much beauty. We would love to see you here! Bring your friends, family, kids! Free.

Family friendly event.



info@naturainstitute.org
480 Mesa Road,
Bolinas, CA



Beginning in October we'll be offering a Permaculture for Kids program, one Saturday a month from October through September 2019 (12 months). Discounts available for family members (old or young) who enroll in the Adult or Kid Permaculture program. More information can be found at: <https://www.naturainstitute.org/permaculture-for-kids>.

Bolinas Children's Center Presents



A Night in Spain

Saturday October 6th 2018
At The Bolinas Community Center

Featuring Barrio Manouche 
Flamenco-Gypsy Jazz & Afro-Cuban Fusion



Tapas * Paella * Silent Auction * Emma Lee & Ben Play Live
Flamenco Show * Cash Bar and Dessert available for purchase!

Doors 5:30pm, Tapas 6pm, Paella 7pm, Auction Ends 9pm

Early Bird Ticket for Entry, Music, Tapas & Paella \$30

At the Door \$20 with no Paella or \$35 with Paella

Just Paella in the Plaza \$15

**Purchase Tickets, Donate or Volunteer! Contact Susan
Tacherra (stacherra@camarin.org or call 415-868-2550)**

Bolinas Children's Center is a non-profit children's services offering of Community Action Marin.



CommunityActionMarin

www.camarin.org | Donate online: www.camarin.org/donate