

# THS BEAR TRACKS



October 3, 2010 Volume I

## Grandparents and Special Person Day

Grandparents and their love towards grandchildren!

The poet, Stacy Smith says that grandparents are special and are full of wisdom and pride. No doubt, they are the most special people in our life. They don't discriminate on the basis of the age or sex of their grandchildren. For them, all of them are equally lovable. The most endearing quality of grandparents is that they are always open to our mistakes. They are ready to forgive us and treat us like angels. Grandparents are the epitome of forgiveness and a living example of wisdom and morals. In their lap, kids feel heavenly enjoyment. Their knowledgeable talks make us more wise and confident to face worldly problems, especially in the later phases of our life. Grandparents are just a few of the special people in our children's lives. On October 4th, we honor and celebrate these special people.

Grandparents are special people

With wisdom and pride.

They are always offering love and kindness

And are always there to guide.

They often make you feel so confident

And strong.

Their arms are always open

No matter what you did wrong.

They try to help out in every way

That they can.

They love all their grandchildren the same

Whether you're a child, woman or man.

They are always there to listen

And to lend a helping hand.

They show you respect

And they try to understand.

They give their love, devotion and so much more,

That's easy to see.

Grandparents, what perfect examples

Of the kind of person that we should be.



## The Campbell Collaboration

Anti-bullying programs in schools are often effective, according to a new Campbell review.

School bullying, increasingly a topic of both public concern and research efforts, has a serious impact on children – both mentally and physically. Different programs have been implemented to combat the problem but have rarely been evaluated.

The authors of a new Campbell review examined the effectiveness of anti-bullying programs and which intervention methods are most likely to reduce school bullying. More than 600 potentially relevant studies were identified, with 89 meeting the authors' eligibility criteria for inclusion in the review. The authors recommend that a system of accreditation for anti-bullying programs be developed and supervised by an international body.

Results were encouraging and demonstrate that, overall, school-based anti-bullying programs are effective in reducing bullying and victimization (being bullied). Parent training/meetings and disciplinary methods were highlighted as the most successful program elements, with the total number of elements and the duration and intensity of the program for teachers and children also having significant impact.

This article is based on the systematic review: Farrington, David P., Ttofi, Maria M. School-Based Programs to Reduce Bullying and Victimization



## Message from your Board of Trustees

Your Trustees meet on a regular monthly schedule. Besides these monthly meeting, there are several sub- committees that meet on their own, mostly weekly schedule.

*From Phil Hurst - Chair of the THS Board of Trustees*

*Like the school the THS Board of Trustees have also been very active this summer. We've added an excited and enthusiastic new board member, Jim Headley, owner of Quality Shoots vineyard management and we have established two new committees.*

*The first, The Admissions Committee, is made up of Karen Tynan, Carin Case, Sanid Passalacqua and Deanna Fontanes-Halliday and is focused on growing our enrollment to 150 students next year. The second new committee, The Marketing Committee, is chaired by Jon Custer-Topai who is currently recruiting his team. His goal is to help build Admissions and Development while consistently communicating our core mission and long term plan. Speaking of long term planning, the board, which recently completed our second board training seminar, is currently updating our 5 year plan complete with new financials, key goals and objectives and overall school strategy. We are hopeful to have this completed in the next 60 days.*

*Finally we are in the process of establishing two new important councils.*

*The first, the Angels Group, is a new group of Angel "investors" chaired by Melissa Imhaus that will help bolster our financials while we build admissions. The second, The Leadership Council, will be a group of current major donors and other community leaders that will support our school in our local community and be a resource for strategic issues.*

*We are thrilled with the progress we have made over the last 4 years and look forward to the future.*

*All the best,*

*Phil Hurst*

## 10 Tips for Ethical Parenting

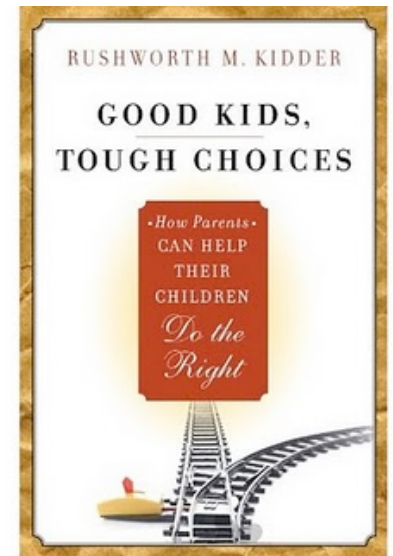
In the forthcoming book “Good Kids, Tough Choices”, Dr. Rushworth M. Kidder reports that lying, cheating, insensitivity and lack of empathy are on the rise in children. According to research, less and less children know what it means to do the right thing.

If you're a parent looking for tips on how to raise a compassionate and ethically minded child, this book is a great, practical read. Using ethical parenting early in a child's life helps them to be fair, mindful, connected and compassionate.

Here are Kidder's 10 Tips for Ethical Parenting:

1. Children learn self-steerage from watching us. Modeling how you think and process helps your children to learn how to do the right thing.
2. The language of ethics helps shape thinking and behavior. Use phrases like "be nice" "be fair" and "consider others" to help shape compassionate behavior.
3. When you think out loud, your children learn your ethics. Let children hear your internal monologue as you move through decisions, thoughts and feelings.
4. Your ethical reasoning elevates their critical thinking skills. Make it clear that your decisions are based on sound ethical reasoning.
5. When you stretch to do the right things, your children grow more ethically fit. Showing both sides of an argument enables both sides to be experienced. This helps a child learn fairness and compassion.
6. When you admit to your own imperfections, you take the pressure off your children. Showing your children that you can make a mistake, own it and learn from it will help them understand their own humanity.
7. If you keep your ethical aspirations high, children are likely to do the same. Be consistent, conscientious and fair with ethics - and your children will follow suit.
8. You're their number one role model. Children are always watching how you act and behave. You are the mirror to the world for them. Remember that they look up to you as not only a parent but as a teacher.
9. You promote moral courage by modeling it. Let your children see how you move through difficult issues. Talk about the challenges you face, the feelings it provokes and the conflicts that arise.
10. You make them believe in the future. Be enthusiastic and upbeat about the importance of ethics in daily life. In doing so, fairness,

sensitivity and mindfulness become more of a reflex than a learned skill.



## Congratulations Kevin Bailey!

Our eighth grade student, Kevin Bailey won two awards from The Johns Hopkins University Center for Talented Youth. Kevin participated in the International Mathematics and Verbal Talent Search and was awarded High Honors for being among the highest scoring participants in the 2010 academic year. He also won the Spatial Ability Award! Way to go Kevin, we are very proud of you!

## UpperGrade Field Trip to Bodega Bay

What do you do when your are out trying to spot some whales off the coast and you can't see 10 feet ahead of you? Ah, California weather at its best! There was a reason that John Carpenter, in his 1980 thriller movie "The Fog", choose Bodega Bay.

*The Upper Grades (Grade 5-8) went to Bodega Head and Doran Beach on Friday, September 17, 2010! We went to watch whales, but the fog never really lifted and we only had one "possible" sighting at the very end of the day. However, the students went with good attitudes and the teachers went with plans! Students listened to poetry about the sea, created beautiful images with watercolors or pencils, hiked and jogged, learned about whales and habitats, learned to ask questions and develop a sense of curiosity about the world around us, played games that required cooperation, trust, being mindful and problem-solving, and generally learned the wonderful life lesson of flexibility. Although we did not see the sun, we treasured the foggy shrouded cliffs of Bodega Head, learned to play and work as a team, and laughed our way home with memories of the lessons learned. A good day indeed! Amy Caldwell*



## Texting May Be Taking a Toll

They do it late at night when their parents are asleep. They do it in restaurants and while crossing busy streets. They do it in the classroom with their hands behind their back. They do it so much their thumbs hurt. American teenagers sent and received an average of 2,272 text messages per month in the fourth quarter of 2008, according to the Nielsen Company — almost 80 messages a day, more than double the average of a year earlier.

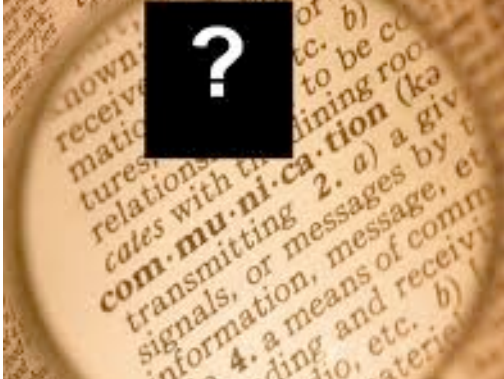
The phenomenon is beginning to worry physicians and psychologists, who say it is leading to anxiety, distraction in school, falling grades, repetitive stress injury and sleep deprivation. Texting may also be taking a toll on teenagers' thumbs. Annie Wagner, 15, a ninth-grade honor student in Bethesda, Md., used to text on her tiny LG phone as fast as she typed on a regular keyboard. A few months ago, she noticed a painful cramping in her thumbs. (Lately, she has been using the iPhone she got for her 15th birthday, and she says texting is slower and less painful.)



Teachers are often oblivious. "It's a huge issue, and it's rampant," said Deborah Yager, a high school chemistry teacher in Castro Valley, Calif. Ms. Yager recently gave an anonymous survey to 50 of her students; most said they texted during class. Parents seem to be far less aware of texting than of, say video game playing. 13-year old Reina of Lake Forest Ca recently hit her all time high of 14, 528 messages, when her parents finally confiscated her phone.

# LOOKING FOR YOU

To help facilitate the future of our school, we are looking to form a dynamic marketing committee with individuals that have the following skill sets:



- Public relations
- Writing
- Advertising
- Public Speaking
- Social Networking
- MS Publisher expertise for developing flyers
- and other forms of marketing

Meet our new volunteer marketing chairperson, Jonathan Custer-Topai (Father of Christian/1st grade, Lexee/2nd grade and Aubree/2010 Lawrence University graduate) at [jon@custerconsulting.com](mailto:jon@custerconsulting.com).

A little about Jonathan:

*Outside of being a very committed parent, I am vice president of Custer Consulting Group, a global market research corporation that provides business analysis and forecasts for the printed circuit and solar photovoltaic industries. I earned a Bachelor of Science degree in Marketing/ Business and a Bachelor of Science degree in E-Business from University of Phoenix. In addition to managing day-to-day operations, I also write monthly columns for Global Solar Technology and coauthor monthly articles in CircuiTree and Global SMT&Packaging. Custer Consulting Group has more than 4,000 high level clients from +250 companies on all 7 continents.*

*I look forward to working with you.*

*Jonathan Custer-Topai*

Vice President

Custer Consulting Group



# THS SOCIAL'S

The beginning of each school year is always filled with special events and activities, and this year was no exception. The sheer number of parties, picnics and events on and off campus has been too numerous to mention in this newsletter, but our thanks to all the enthusiastic planners and hosts.

The building of our community is a cornerstone in our mission. We are so proud to see it come to life!

## **1st Parent Social 2010 -**

Hosted generously by Lisa and Daryl Groom at their home on September 19th with a scrumptious BBQ provided and staffed for by Lisa and Charlie Palmer. Despite the rain threatening the festivities, by the time this sold out party was in full swing, the sun was out and we had a wonderful afternoon. Phil Hurst, Chair of the THS Board welcomed everybody and introduced other Trustees that joined the party.

Our thanks to Lisa and Daryl, and Lisa and Charlie, for the fantastic kick-off to this years Parent Socials. Check in the THS weekly newsletter for the next social, book early.

## **Dad's Club BBQ -**

The Dad's from THS struck again on September 24th. No photos available for this event but we were told that the food was great, and the company terrific.

## **Bravissimo 2011 -**

If the past sold out events are any indication, this annual fundraiser, the only planned event for the year, will again sell out. *The International Red & White Gala* is a perfect set up for your Valentin's weekend!

To our THS Friends and Families:

- Save the date for Bravissimo 2011, February 12th, 6-11pm, Vintner's Inn Santa Rosa
- Please advise us on where you feel you can help us on this event, i.e.

- Silent auction
- Sponsorship
- Live auction
- Wine
- Decorations
- Art Projects

Tickets will go on sale  
prior to Halloween for  
\$125 pp and after  
November 1st for \$150 pp!





The Bravissimo Team is excited to announce that we have our first two sponsors for Bravissimo 2011!



Quality Shoots Vineyard Management is owned and operated by Jim Headley. Through Quality Shoots, Jim offers a full spectrum of vineyard development and management services throughout Sonoma County. They specialize in small and mid-size properties and provide the highest quality service. Like everything Jim does, Quality Shoots operates with integrity and fairness. Jim can be reached at 707-228-5335. Quality Shoots has agreed to support Bravissimo at the Grand Level. The Bravissimo Team is so pleased to have them as a sponsor of this important event.



Imhaus Investment Advisors, LLC will be sponsoring Bravissimo at the Piccolo Level this year. IIA, LLC is a Registered Investment Advisor with clients in California, New Mexico, Arizona and Texas. They offer financial planning and money management services. Using a proprietary model, IIA harnesses recent market strength to enhance portfolio returns. You can contact IIA at 707-338-9257. Melissa Imhaus, President and founder of the firm and her husband Frank van Hoorn are great supporters of THS.

Thank you IIA for your 2nd year of support for Bravissimo, THS and our children.

Your Name Here!

IF YOU ARE INTERESTED IN SPONSORING BRAVISSIMO, PLEASE CONTACT MELISSA IMHAUS at 707-338-9257 or

[mimhaus@sbcglobal.net](mailto:mimhaus@sbcglobal.net)

# TEACHERS CORNER

## Teacher Bio

Second grade teacher TINA CHASE is an award winning, high energy educator whose classroom bursts with creativity. In 2007 Tina was selected as a Teacher of the Year at Merryhill Elementary School in Santa Rosa, a Nobel Learning Communities school. She also won Nobel's Teacher of the Year honors for the Northern California District and the West Coast Region, finishing among the top three nationally.

Tina holds a B.S. in Elementary Education from Illinois State University and has continued her professional development through course work at Western Oregon State University and Sonoma State University. Tina has more than two decades of teaching elementary students in Illinois, Oregon and California. Her special love is second grade, where she creates a classroom environment so energizing that children cannot wait to get to school each morning. Tina loves to integrate poetry, song and drama into her lessons culminating in performances for parents, family members and friends of the students.

Tina's hobbies include photography, scrap booking, travel, and movies with her husband. She has three grown children, all of whom recently finished their college educations and still live in Santa Rosa.



Third grade teacher SIGAL COHEN has always known she wanted to work with children and families, so when she graduated from San Diego State University with a BS in Psychology, she moved back to the the Bay Area. Sigal truly fell in-love with teaching after a two year internship at the Town School, a private school for boys in San Francisco.

Following her internship, Sigal enrolled in the credential program at Dominican University. After completing the credential program, Sigal returned to the Town School where she has been ever since. Sigal finds herself very lucky to have taught at Town School. She learned a lot about herself as a teacher and an active community member. Sigal continues to grow and learn as a teacher. She is always looking for different ways to teach to ensure that all of her students shine in their own special way. We are all different types of learners and Sigal incorporates that in her lessons and introduces new ways of thinking to her students.



## The Importance Of Early Reading In The School-Aged Child

The importance of early reading is a fact that almost everyone acknowledges. When thinking of the importance of early reading, however, most people think of the years before their child enters school. Obviously, exposing your child to reading and to books before entering school is extremely important. But, the importance of early reading also applies to the first few years of school as well.

Even if your child doesn't have great reading skills before entering school, he can still become a successful reader. But, the importance of early reading must be stressed in kindergarten through third grade for this to happen. Research has indicated that these years are most important years in school for learning to read. Students who do not gain strong reading skills during these years are more likely to be struggling learners in later years.

*The Importance Of Early Reading At School* - Because the importance of early reading is so well recognized, most schools have focused on these years to provide intensive remediation in reading. But, becoming a successful reader requires more than stressing the importance of early reading at school. To truly become a strong reader, the importance of early reading must also be stressed at home.

Parents have the greatest influence over their children. Therefore, the greatest responsibility for instilling a love of reading in your child lies with you. To best assist your child in learning to read, you should talk to your school to learn about the program being used there. Your child's teacher should be willing to give you tips on how you can reinforce the reading program at home. The more you communicate with your school and work within the program being used there, the greater the chances are of your child succeeding.

*Stressing the Importance of Early Reading at Home* - Of course, you probably already understood the importance of early reading. What you are probably most interested in is ways to stress the importance of early reading to your child at home. You are also most likely looking for ways to encourage your child to read at home. Or, maybe you are looking to improve his reading.

First and foremost, the best way to encourage your child to read is to show her that reading is important to you. One way that you shown your child that you value reading is to set aside a "family reading time" each night. During family reading time, every member of the family finds something to read. In this way, you are demonstrating both the importance of early reading and reading in adulthood to our children.

In addition to demonstrating the importance of reading through family fun night, this special time can served as a time for your family to bond. After reading, share what you have read. This encourages family discussion and togetherness. In addition, it helps children increase their comprehension and summarizing skills, both of which are needed to be a successful reader.

Another way to stress the importance of early reading is to treat reading as a reward. For example, a child knows that their bedtime is 9:00. But, they also know they can stay up 15 minutes longer if they want to read. In this way, reading has become a treat that allows children to "get away" with staying up later. Reading has now gone from being a chore to a reward.

The importance of early reading is paramount. Children who become successful readers in the primary grades go on to be more successful readers and learners. Better yet, they discover a love for books that lasts a lifetime.

At THS we use the Accelerated Reader software, the World's most widely used reading software. Students choose books at their appropriate reading levels and read them at their own pace. After finishing the book the students takes a quiz that help to motivate and monitor student's reading performance and vocabulary growth. The teachers gets immediate feedback of the students progress.



# ALUMNI SHOWCASE

Baylor Anderson - Sonoma Academy  
Dean De La Montanya - Cardinal Newman  
Olivia Fleming - The Lawrenceville School NJ  
Zachary Fontanes-Halliday - Cardinal Newman  
Lani Frazer - St. Vincents  
McKenna Frazer - Sonoma Academy  
Maddy Hobart - Windsor High  
Clayton Hurst - Cardinal Newman  
Savanna Kochinke - The Lawrenceville School NJ  
Sebastian Kochinke - Sonoma Academy  
Robert Lindee - Cardinal Newman  
Joshua Micallef - Windsor High  
Serbeth Monroy - Healdsburg High  
Morgan Nasholds - Sonoma Academy  
Annamaria Sanderson - Windsor High  
Matilda Schroeter - Urusuline  
Britney Wells - Santa Rosa Christian School

Ian Black - Healdsburg High  
Lindsay Buckel - Mira Monte High School (Orinda)  
Kaitlin Carroll - Healdsburg High  
Patrick Loftus - Sonoma Academy  
Lily Max - Windsor High  
Sylas Montgomery - Cardinal Newman  
Mack Newland - Cardinal Newman  
Lucas Takacs - Healdsburg High  
Reilly Tingle - Healdsburg High  
Emma Tynan - Healdsburg High  
Alex Wood - Healdsburg High

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## **THS FREE FRIDAY BBQ**

Due to the overwhelming number of social event this month at THS the FF BBQ will be held on;

**November 12 at THS from 3-5pm.**

Please join us!



Please send inquiries in regards to Bear Tracks to [bettina@thehealdsburgschool.org](mailto:bettina@thehealdsburgschool.org). We'd love to hear from you!