

Acalanes High School • Bentley School • Burton Valley • Camino Pablo • Campolindo • Contra Costa Jewish Day School • Del Rey • Donald L. Rheem • Glorietta • Happy Valley • Joaquin Moraga

Lafayette Elementary • Los Perales • Miramonte • Orinda Academy • Orinda Intermediate • Saklan Valley School • Sleepy Hollow • Springhill • Stanley Middle • St. Perpetua School • Wagner Ranch

Lamorinda Schools

EFO Celebration of the Arts 2008

By Andrea A. Firth



Grade schools students from OUSD perform at the EFO Arts Celebration

Photo A. Firth

Over 500 students, parents, faculty, and friends enjoyed an evening of art and entertainment at the Celebration of the Arts hosted by Education Foundation of Orinda (EFO) at Orinda Intermediate School (OIS) last week. Art in a variety of media was displayed in

the gym for viewing as the OIS Jazz Band played. Songbirds from all four of the District's elementary schools collaborated on a trio of tunes followed by the OIS String Orchestra who played music ranging from Vilvadi to the Beatles and topped off with a Russian Polka. The evening also included drama and public speaking demonstrations and performances by members of the Miramonte Choir.

Now in its 29th year, EFO has a long legacy of supporting arts within Orinda's school system. "The purpose of the event was to showcase the fabulous musical and artistic talents of our Orinda students. There are over 540 students involved in the various arts programs sponsored by EFO—a testament to our broad and successful commitment to education in Orinda," stated EFO President Janet Riley.

Body Image Issues in Young Children

By Margie Ryerson, MFT

I've just started seeing a child who, at age eight, is already struggling with feelings that she is fat. Actually, she is tall for her age and thin. "Molly" can recognize that on a rational level her feelings make no sense and are not in accordance with reality, but she still frequently thinks of herself as fat.

Part of my efforts with Molly involve working with her family to see how these feelings have evolved and what her parents can do to help her. This particular family seems to be doing everything correctly, but their daughter still developed this issue. Molly most likely adopted her fat feelings in response to her own issues of anxiety and insecurity. Body image disturbances can arise from a variety of factors, including family, societal, individual temperament, and psychological make-up. Therefore, if your child exhibits symptoms of a body image problem, it is important not to blame yourself as there are many possible explanations.

This type of problem surfaces most commonly in affluent, high-achieving communities where often people push themselves to do the best and to be the best they can. Some children, who may be temperamentally prone to perfectionism or feel that they

don't fit in, focus in on their perceived deficiencies. Finding fault with one's body is a way of externalizing inner dissatisfactions and insecurities. It is easier to "feel fat" in our society than to experience uncomfortable and negative internal feelings and try to deal with them.

Years ago I worked with another local eight-year old who also felt fat despite being a normal weight. "Ryan" had poor social skills and was usually ignored by his peers. He put all of his energies into his schoolwork and felt compelled to stand out in this way. Ryan told me that he needed to work hard so he could get into Stanford. Unfortunately, Ryan's parents had given him this message, and he was only a third-grader! With so many conflicting and uneasy feelings floating around inside of him, Ryan expressed them in the form of feeling fat. In this way, he had a focal point for his anxieties.

Body image issues can lead to serious symptomatic behavior if they are not addressed early enough. Children and teens can develop eating disorders and other compulsive behavior such as over-exercising, cutting, and drug and alcohol abuse.

Children who are overweight usually have poor body

images too, but their perception is based on reality and is not distorted like Molly's and Ryan's. In a future column, we will look at ideas for helping children who have an actual weight problem.

What can parents do to help? If your child expresses unwarranted negative attitudes toward her body, try to explore these feelings with her in a deeper way. Find out all you can about what is going on for her in all areas of her life and try to get at the root of her dissatisfactions or anxieties. If you make no headway, contact a professional who can help before the problem grows in intensity.

In the next Family Focus columns we will discuss ways to help children develop a healthy body image. My book, *Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating*, also addresses this issue and is available on www.amazon.com if you are interested in learning more.

Margie Ryerson, MFT, is a marriage and family therapist with offices in Orinda and Walnut Creek. Contact her at 925-376-9323 or www.margieryserson.com

The Painting Ladies

- ✕ Color Consulting
- ✕ Interior Painting
- ✕ Professional / Reliable
- ✕ Excellent Quality
- ✕ Home & Business

Free Estimates
Call Jackie: 925-787-5553

30 Day Challenge

Lose Weight
Drop the Inches
Look and Feel Great

Want a Slimmer, Healthier Body?
Cleanse Your Way to Better Health

"You Can Safely lose Pounds and Inches Naturally Through Nutritional Cleansing"

Call 925-376-3667 www.KFPUSA1.isagenix.com

Download "Your" story from
www.lamorindaweekly.com

CONGRATULATIONS
to Orinda's
Wagner Ranch Elementary
and
Glorietta Elementary,
California Distinguished Schools
for 2008!

ACSA Awards go to many in Lamorinda Schools

By Andrea A. Firth

The Association of California School Administrators (ACSA) in Region 6, which includes schools in Contra Costa and Alameda counties, recently recognized the exceptional work and volunteer efforts of several employees and parents involved with the Lamorinda schools.

The Friends of Education Award was given to eight parents from Orinda who were the driving force behind the move toward more healthy food choices on the lunch menus at the schools in the Orinda Union School District (OUSD). Known by some as the Orinda Lunch Program Pioneers, these individuals, who represent each of the five schools in the OUSD, direct and work along side hundreds of parent volunteers to provide tasty, healthy lunch options to Orinda students each day.

Three school administrators from the Acalanes Union High School District (AUHSD) received awards for their exceptional work: Cheryl Hazell-Small, Director of Special Services; Jim Negri, Superintendent; and John Stockton, Associate Superintendent. Ms. Hazell-Small was recognized for the positive change she has affected in special education services and for her role as a teacher and mentor to staff in this area. Along with the strong leadership he has shown with the District's strategic planning program and Healthy Choices initiatives, Jim Negri was also recognized for the many partnerships that he has created with students, staff, parents, and members of the community. And John Stockton; described by his boss, Jim Negri, as his "go to person" on any

ACSA Awards, Region 6, 2007-2008 Lamorinda Recipients	
Classified Employee	
Robin Bradley	Del Rey Elementary
Teachers	
Molly Henrikson	Campolindo High School
Jan Howard	Wagner Ranch Elementary
Administrators	
Jerry Bucci	Director, Business Services AUHSD
Cheryl Hazell-Small	Director, Special Services AUHSD
Jim Negri	Superintendent AUHSD
John Stockton	Associate Superintendent AUHS
Friends of Education	
<i>Orinda Lunch Program Pioneers</i>	
Robin Bradley	Del Ray Elementary
Sandy Breber	Orinda Intermediate School
Liz Haughey	Wagner Ranch Elementary
Linda Judkins	Orinda Intermediate School
Michele Lehman	Sleepy Hollow Elementary
Beth Marks	Del Rey Elementary
Lori Strand	Glorietta Elementary
Jennifer Vigo	Wagner Ranch Elementary

issue, was lauded for his leadership in the areas of strategic planning, professional development, and teacher negotiations. In addition, Jerry Bucci, Director of Business Services at OUSD, also received an Administrator's Award. He was singled out for the highly effective job he does in communicating the fiscal picture of the District to the Governing Board, staff, and stakeholders.

ACSA Teacher Awards were given to Molly Henrikson of Campolindo High School and Jan Howard from Wagner Ranch Elementary School. Currently teaching Advanced Placement European History and Advanced Placement Psychology, Ms. Henrikson was recognized for her professional and hard working approach to teaching, which is complemented by her ability to serve as a friend and mentor to

many students. Ms. Howard, a 4th and 5th grade teacher for the past 15 years, was described as a teacher who stimulates a child's desire to do his or her best work. "Jan builds relationships with children in such a way that they believe they are capable of succeeding at anything," explains Wagner Ranch Principal Janis Americh.

In addition, Robin Bradley, an employee at Del Rey School in Orinda, was awarded the ACSA Classified Employee Award for the region. As a member of the front office staff at Del Ray, Robin Bradley is the face to the world both inside and outside of the school—a role she fills with a professional manner and a lot of heart. "I can honestly say that she makes a positive impact on everything she touches," notes Del Rey Principal Kirsten Theurer, "and she touches a lot."

Your child's probably ready to go to UC Berkeley.

Your children are precious, aren't they? And one of their most precious gifts is their eyes. That's why we encourage you to have your children's eyes examined first at nine months of age, again at three years, and regularly after that.

Who are we? We're the University of California Eye Center in Berkeley, a key part of UC's top-rated School of Optometry. And we can offer you a great deal of expertise with youngsters' eyes.

In fact, here at UC we've developed ways to test kids' eyes while they play, and to diagnose and treat any vision problems even before they can read an eye chart.

We take most vision insurance plans, and accept all major credit cards. So bring in the whole family for their eye exams. (You'll absolutely love our Eye Wear Center, with its incredible selection of designer frames!) We'll look for you!

UC BERKELEY OPTOMETRY Open to the Public 7 Days a week www.caleyecare.com
Free parking next to Cal Memorial Stadium with appointments. 510.642.2020