

SCHOOL CALENDAR

School Governing Board Meetings		First Day of School, 2008
Acalanes Union High School District Board Room AUHSD Office 1212 Pleasant Hill Rd, Lafayette Wednesday, Aug. 20 at 7:30 pm	Moraga School District Joaquin Moraga Intermediate School Auditorium 1010 Camino Pablo, Moraga Tuesday, Aug. 19 at 7:30 pm	Acalanes Union High School District August 27
Lafayette School District LAFSD Office 3477 School Street, Lafayette Monday, Aug. 25 at 7:00 pm	Orinda Union School District OUSD Office 8 Altarinda Road, Orinda Monday, Aug. 25 at 4:00 pm	Lafayette School District August 26
		Moraga School District August 26
		Orinda Union School District August 27

Lamorinda 4H Youth Fair: A huge success!

Submitted by Alison Boddan



A few of the many 4-H award winners, L-R: Kinsey Hartong-Redden, Amanda Leong, Allison Kostecki, Jennifer Chan, Helen Compton, Tyler Tasker, Joanna Langner, Heather Chan, Madison Gibson, Tara Leong Photo provided

It was the hottest week of the summer and the temperatures soared around 110. The California Youth Fair took place at the Antioch Fairgrounds during the week of July 6 - 12, and despite the heat, Lamorinda 4-H had a group of 24 part and full-time participants, ranging from 5 to 16 years old, who stuck it out bravely and succeeded in having a great, exciting week. It was full of fun, camaraderie and friendly competition. Most of our 4-H kids camped out, to be close to

and care for their show animals, which ranged from the tiniest poultry to Ransom the horse, including lambs, goats, rabbits and many more. It was a very educational week for all as our Club members cared for their animals, showed and competed. We were very successful as a Club, winning an incredible 95 ribbons and trophies!

4-H is starting up again soon after summer vacation, and promises to be another great year! Come and check out our kick-off commu-

nity meeting on September 18, 2008, at 7PM in the Stanley Middle School Multi-Purpose Room (our meetings are held the 3rd Thursday of every month). We have many fun groups to join, including Dog, Horse, Sewing, Foods, Poultry, Swine, Woodworking, Shooting Sports, Photography and many more. If you have any questions, please visit our website at <http://groups.ucanr.org/cc4h/> or call Michelle Chan at (925) 283-9519.

Lamorinda Schools

A Girl Scout Gold Award To Help in The Basurero

By Sophie Braccini



Jenna Pettegrew and Gaby Olufson with Guatemalan children Photo provided

The Guatemala City Dump, or "basurero," covers 40 acres of land. It is the biggest land fill in Central America and the home to hundreds of families, poorest among the poor, who survive by scavenging what the trucks dump daily. That place is where two Campolindo students, Jenna Pettegrew and Gaby Olufson, decided to complete their Girl Scout Gold Award, building ovens and teaching kids basic fire safety in the Colonia del Recuerdo community next to the dump.

The two friends are part of the Lafayette/Orinda Presbyterian Church which helped in raising the necessary funds. "We knew we wanted to do something internationally and that would help children," says Pettegrew, "so we talked to our church's mission leader, John Weems, who gave us

the idea of the stoves."

Families that live by and off the basurero are cramped in small houses in which open cooking fires create hazards and smoke. The incidence of deadly pulmonary disease is staggering among children. The new ventilated safe stoves installed by the Scouts will also reduce burn related injuries, and firewood consumption by 50-70%.

One of the girls' challenges was to find the financing for the stoves. They addressed the Women Senior group at the Lafayette/Orinda Presbyterian Church, who provided financial support for the purchase of the stoves and mission team volunteers to assist the girls in completing their project.

There was something else the girls wanted to do: fire safety training for children. With the help of

the Contra Costa Fire Department, that provided educational materials and training, they created an education session in Spanish for the Guatemalan children. "We had games to teach them the stop-drop-and-roll rule, coloring papers and puzzles to learn to lay low when smoke is present." Fire safety is of great concern in the dump, since 2005 when the cloud of methane gas that hovers over the dump ignited and caused a massive fire.

The girls left for Guatemala with their families on June 22nd and came home on July 2nd. Since their return, they have been making presentations to thank all those who helped them. Their church has decided to pursue their effort and continue providing stoves to Colonia del Recuerdo.

The trip had a profound impact on the two. "I had never seen such a level of poverty," says Gaby, "they have so little and still the children are full of joy and love." She particularly remembers a very young little girl who wouldn't let go of her, who took her to her home and managed to find her again the next day to give her hugs. "I want to spend a year there in the future," says Olufson, "maybe I will teach, all I know is that I want to help." Pettegrew adds, "I had a terrible culture shock, especially coming back to the Bay Area." The entering highschool juniors say they will definitely chose international study in college, "there is so much to do out there

School is Coming Up

There has to be a better way to prepare my kids

By Dr. Harold Jules Hoyle Ph.D.

Imagine for a moment that I were given 3 months off from work. And then someone told you, "Time for work to start again." What if you also had a new boss and a whole new team at work? This is what we ask our children to do this every year and often times with little thought or preparation. This is not just a simple transition. We can call it a big transition. When working with people, it becomes clear very quickly that transitions are hard. Most teachers have problems with students during transitions between activities. Most parents have difficulties when transitioning kids from one behavior to another. How many times have you heard a parent counting down, "5-4-3. . .", when trying to get child to change activities or leave the park or turn off the TV? Leaving summer and returning to school is an important and significant transition time. This is a time when a little bit of planning will go a long way in reducing stress at the start of the school year.

last year. Remember your child is a year older. Help them with their new year by providing them with a new privilege and responsibility. If they get to stay up an extra half-hour, then they can keep their room clean. Privileges generally come with new responsibilities.

Tap into their friends.

Changing behavior can be hard. Having a friend to share it with can help. Plan a carpool or have your kids team up with a friend for their trip to school. They might not want to get up for school, but they might for their friend. We often have our kids isolated except for play times. Set up a homework club that rotates houses. It will provide a fixed time and draw on teamwork. Have them reconnect with their school friends and use the playgrounds before they go back to school. There are a lot of fun activities that happen at school, and kids most often see and make new friends at school.

Plan for reality.

Maybe you and your kids are morning people. Maybe you all love school and homework. Even if that is the case, when school starts things will change. Whether it is the un-cool backpack or the wrong lock, something will bring on the drama. Plan extra time for the first week's drama. Set up a special breakfast, or pack a favorite lunch. Pick the next day's outfit,

and put it out the night before. Think about the possible areas of conflict and attempt to reduce the potential for problems. Picture that first week as if you were planning for a family barbeque or a business retreat. Have realistic expectations, plan for the common issues, and provide yourself the time you will need to adjust to the unknown. With a little bit of planning, you might just miss the drama.



Harold is a licensed clinical psychologist and a lecturer and in the School of Counseling Psychology, Education, and Pastoral Ministries Santa Clara University. With his wife and two children, he is a 13 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, and behavior with adolescents and children. He has a local private practice specializing in assessment and therapy. He can be contacted by phone or email: 510-219-8660 or hjhoyle@mac.com

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