

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

After the Dorm Drop – Mom Moves Forward

Submitted by Jamie Anderson

I was driving home after running a few errands and was caught off guard by a young mother, kneeling to comfort her daughter. They had stopped amidst all the activity of a busy intersection so that mom could give her daughter a hug. I watched her bend on one knee to administer her own particular brand of first aid and my heart swelled, followed quickly by my eyes, as I remembered 18 years of giving kisses that could make scrapes feel better. Or how the long way home seemed to provide just enough time to get to the nitty-gritty of the day. Or how eating cookie dough together really could make a broken heart feel just a little bit better.

I had to pull over and find a place to park and cry. Four days earlier, I moved my daughter into the dorms for her first year of college. I had shed a few tears already, but I didn't see this one coming. The scene was so sweet and so familiar; the surge of my own bitter-

sweet feelings was sure to make for unsafe driving conditions.

One of the obvious goals a parent would like to check off her list at this 18-year milestone is to proudly send one's child off to college. We parents have the unimaginably big job of keeping our young people safe, well nourished and educated, respectful of others, engaged in the world around them – if we did a really good job, they are nice, too. We have listened to our toddlers cry until 4:00 a.m. in the room next door, because they are supposed to sleep alone by that age. We have dragged ourselves out of bed at six to get ready for another day, exhausted and delirious. We have pretended we're not heart broken when we race home from work to pick up the 4th grader and he tearfully begs to be picked up after school, instead of from after-care, like his friends. We put on the smiling face to mask our own hurt, and cheerfully reminded him of how much he loves all the projects

he gets to make – because not going to work is not an option. And, once they were old enough to drive, we paced the hallway, checked the curb from the living room window for the twelfth time in eight minutes, willed the cell phone in hand to ring with the good news explaining a missed curfew.

With one last hug goodbye at the entrance to Rosecrans Hall, all of my work is supposed to be done and I'm supposed to go home, satisfied I met my objective.

The advice I have been receiving about how to best handle the intensity of this transition is the classic American strategy: buck up. I only listen half-heartedly because I'm going with a strategy that has served me, and my parenting, very well: break down. I'm going to let myself have this moment full of all its tenderness and loss. I'm going to pull over for these feelings because I know that attending to my own heavy heart helps me cheer more genuinely for my daughter's

independence and have faith that she will learn valuable life lessons through her struggles. My daughter will never know just how hard this is for me. She will never know that part of me traveled with her to Los Angeles. But my friends who know how to listen and trust that nothing needs to be fixed, changed or avoided, will know I've done the work that helps me parent her with a confident "You can do this." Because underneath all of my fear and sadness, I know that she can. As hard as it is to watch her leave this nest, I'm finding I can do this, too. Jamie Anderson is a communication consultant and educator. She is Vice President and program developer/facilitator of parent programs for the Institute for Collaborative Communication. Jamie believes that her most valuable credential is being the mother of two teenagers who are thriving. They give her ample opportunity to practice what she teaches while enjoying the benefit of warm and loving relationships.

SCHOOL CALENDAR

Acalanes Union High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
Wednesday, October 6, at 7:30pm

Lafayette School District
LAFSD Office
3477 School Street, Lafayette
Wednesday, October 13, at 7pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, October 11, at 4pm

Moraga School District
Joaquin Moraga Intermediate School Auditorium
1010 Camino Pablo, Moraga
Tuesday, October 12, at 7:30pm

Ask Dr. Harold

May I Have Your Attention, Please

By Dr. Harold Hoyle, Ph.D.

I was recently shopping at Diablo Foods and got into a conversation with a parent about their child and an interesting subject came up. How do good or shy kids get the attention they need? So here is an introduction to this issue and some tips to help your child get your attention.

Design problem

People enjoy attention from people they care about. Research has long shown that even when we believe that our kids do not want us to be there with them, they want to know we are there for them. Kids who have good behavior many times get attention only because of their good deeds and not because of who they are. That is how many children have explained it to me. At the same time, they see kids with bad behavior getting more time (translate that to attention) with their parents or other important adults. These well behaving kids often hear from adults, "I wish we had a world full of kids like you, keep up the good work," while the adults go spend time with the kids with behavior problems.

What it looks like

1) Your child may come up to you and show you something that seems quite simple and ask you to look at it. It could be a school project or something they drew or made. 2) Your child may be making a big deal out of what seems like a small issue. 3) Your child may continue to ask you to help them out on something that they have demonstrated they are proficient at.

What you can do

I will take the three examples above and give you the most common response and then a better response. In case one, kids often hear: "You know how to do that," or "Good job keep up the good work." Both of these ignore that the child wants to spend time with you. Undistracted time is the preferred mode. Imagine if your boss asked you to come into her office and help with a simple presentation slide and you stayed on your phone or laptop when talking to her. So instead of the above how about: "Hey let's see what you have here, Ok, talk me through what you were thinking about when you did this."

In case two, kids often hear: "Do not make such a big deal out of this," or "Why are you being such a

drama queen/king?" Again they want to spend time with you they just don't have the vocabulary yet to say, "Hey mom can you hang with me for a while I want to get your opinion on something?" So instead you could say, "Hey seems like this is a big deal to you, let me put the stuff I was doing aside and deal with your stuff."

In case three, kids often hear: "You need to do your own work," or "We already went over this and you know what to do." If they do know what to do and are just trying to get you to hang out with them a bit more then a better response might be: "Okay, I will bring my work over and we can work together," or "Hey, you want to go to the coffee shop and we can do our work together?"

It isn't always the case that shy or well-behaved kids are looking for time from you but many times when they are, we have turned off our antenna to them. Be more aware that they want to spend time with you and be with you.

And by the way, try the Fra' Mani salami, and Humboldt Fog at Diablo, it is the only way I can get my 14-year old to go to the store any more and he still sits in the car.



www.drharoldhoyle.com
Harold can be contacted by phone or email: 510-219-8660
hjhoyle@mac.com

Harold is 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 14 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, behavior with adolescents and children. He has a local small private practice.

CP Launches its Anniversary Celebration with Flair

By Sophie Braccini



(L-R) Heather Plutt, Abigail Buckley, Shauna Silva, and Ashley Hastings dressed up for the CP 50th anniversary party.

Photo Sophie Braccini

More than 120 people gathered at the Moraga Ranch on September 11 to launch the year-long celebration of the 50-year anniversary of Camino Pablo Elementary School (CP). Since the

school was founded in 1961, many in attendance wore 60's attire that looked quite stylish.

The event committee, led by Lisa Crouch, reached out to the school's alumni; several parents

who were raised in Moraga and now send their kids to CP came to party.

The continuity of parents' dedication and support was the main theme of CP principal Debo-

rah Roden's speech; she has planned a whole year of events with her staff. "We will have a writing contest for the kids, with different age categories, we have made anniversary T-shirts that kids are encouraged to wear on Wednesday morning when they walk and bike to school, and each class will have its own way to commemorate the anniversary."

Abigail Buckley, who chaired the organizing team, was pleased with the turn-out. "We couldn't have done it without the support of the Bruzzone family, who gave us the usage of the Ranch to set the festivities," said Buckley.

"Our whole family has been very supportive for years of the entities that deserve acknowledgment, such as our schools," said Dave Bruzzone, "My son went to Camino Pablo; Mary, my wife, is a teacher assistant there. This is a great occasion for the community to get together, get reacquainted and meet new people."

Lafayette School District Returns Dollars to Taxpayers

By Jean Follmer

The Governing Board of the Lafayette Elementary School District took bold action on August 31, 2010, when it decided to refund approximately \$20 million of the District's outstanding municipal bonds.

Similar to refinancing a home to a lower interest rate mortgage, proceeds of new bonds are used to "pay-off" the older bonds and are sold at lower interest rates than the older bonds. Such action reduces both interest costs and debt service payments. The lower payments will result in savings to Lafayette taxpayers – about \$3.7 million

(16.6% of the refunded bonds) - over the life of the debt.

"When we were alerted to the fact that interest rates were significantly lower, we began investigating the possibility of saving the taxpayers money. I'm just thrilled that we can do something concrete for our taxpayers to show that we are good stewards of their resources. The Lafayette community has a long history of supporting our schools and it's nice to be able to give something back, especially in these challenging economic times," said Dr. Fred Brill, Lafayette School District Superintendent.

With municipal bond rates at historic lows and a high credit rating of "AA" (nearly AAA) from Standard & Poor's Ratings Services, the District was able to refinance at an overall interest rate of 1.80%. The original bonds were issued in 2001, with interest rates that ranged from 4.10% to 5.00%. Brokered through KNN Public Finance, the new bonds were awarded to Stone & Youngberg LLC, the lowest bidder, through an electronic bidding process involving 10 competitors.

As a result of the refunding, the average taxpayer (based on an

average assessed home value of \$626,762) will save approximately \$33 per year for the next 11 years, for a total of \$351. Although the refinancing will not impact the District's operating costs or help solve current budget issues, it does demonstrate the Lafayette School District's commitment to the Lafayette taxpayers who both approve and pay for school bonds. Other California school districts have recently come under fire for reallocating such bond refunds instead of returning the savings to taxpayers.

Coffee and Contributions at the Annual EFO Donation Day

Submitted by Sandra McGonigle (written by Jane Wiser)



Photo provided

Get your morning coffee Tuesday September 21st

and say hello to EFO! Friends from the Educational Founda-

tion of Orinda will be out and about that morning spreading the word about EFO and all that it does for our schools. Look for us on corners, at local coffee houses including Geppetto's, Peet's and Starbucks, and at school car-pools collecting donations as we celebrate the new school year. Realtors are also doing their part offering donation baskets at open houses on Tour Tuesday, with yet another way to help our community.

Be sure to look for the balloons and friendly faces, knowing that your latte is doing a "latte" of good!

Books on Tape Go Gold

Submitted by Marie Ziser



Julie Sanders with Trust in Education's Budd MacKenzie Photo provided

Julie Sanders recently finished putting 73 children's books onto cassette tapes. Why? For her Girl Scout Gold Award project Sanders, a senior at Campolindo High School, worked with Budd MacKenzie and Trust in Education

to provide books on tape for children attending schools in Afghanistan.

The books will be distributed to students in the schools sponsored by Trust in Education, and are located about twenty-five miles

south of Kabul in two different villages, Lalander and Tangi Sadan.

Working with a local librarian, Sanders developed a list of appropriate book titles and then raised funds to cover the cost of the books and cassette recorders. She recruited volunteers to help record the books onto cassettes, so that the children could learn to read English as well as listen to the correct pronunciation of the words.

Sanders raised enough money to not only cover the costs of the books, recorders, book bags and shipping, but to make a \$500 donation to Trust in Education. The books will be shipped this fall to Afghanistan. She says she is very grateful to her donors and volunteer readers.

Trust in Education (TIE) is a grass roots, non-profit organization founded in May, 2003, to provide health care, education and economic development programs in Afghanistan; for more information go to www.Trustineducation.org.

Submit stories to
schooldesk@lamorindaweekly.com