

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

Lamorinda Schools

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

SCHOOL CALENDAR

Acalanes Union
High School District
Board Room AUHSD Office
1212 Pleasant Hill Rd, Lafayette
TONIGHT: Wednesday, February 16, 7:30pm
Next: Wednesday, March 9, 7:30pm

Lafayette School District
LAFSD Office
3477 School Street, Lafayette
Wednesday, March 9, 7pm

Orinda Union School District
OUSD Office
8 Altarinda Road, Orinda
Monday, March 7, 4pm

Moraga School District
Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
Tuesday, March 8, at 7:30pm

Registration for Moraga students entering Kindergarten for the 2011-2012 school year
Moraga – March 3-4 at these schools and times:
Camino Pablo Elementary
9-11:45am, & 1:15-3:00pm, 1111 Camino Pablo, 376-4435
Los Perales Elementary
9am-2pm, 22 Wakefield Drive, 631-0105
Rheem Elementary
9am-2pm
90 Laird Drive, 376-4441
Information regarding Moraga registration requirements is available at www.moraga.k12.ca.us.

Troop 219 Eagles

Submitted by Dawn Svedberg



Pepel, Svedberg and Morley

Photo provided

Three Boy Scouts from Troop 219 were recently honored at and Eagle Court of Honor ceremony held at the Lafayette United Methodist Church in Lafayette on January 2nd and led by former Scoutmaster, Stig Svedberg. After many years of diligent work,

Matthieu Pepel, Erik Svedberg and Calvin Morley have attained the Eagle Scout rank which is the highest available rank in the Boy Scouts of America. They will maintain the title of Eagle Scout for life.

For his Eagle Project, Matthieu Pepel refurbished a set of

bleachers for the Acalanes High School swimming pool. The project was funded by the Lafayette Chamber of Commerce. Matthieu is a senior at Acalanes High School.

Erik Svedberg's Eagle Project entailed constructing and installing numerous directional sign posts around the Lafayette Community Fields to help guide visitors along its many winding and hidden trails. Erik is a senior at Campolindo High School.

Calvin Morley's Eagle Project involved building benches for a low income housing community in Pleasant Hill. Calvin worked with Contra Costa Interfaith Housing. This group, who owns the apartments, asked for benches for the courtyard where the children like to play. Calvin graduated from Bentley School in Lafayette in 2010.

Sea Scout Receives Award

Submitted by Carol Lindenhayn



Taylor Lindenhayn Photo provided

Acalanes High School Junior Taylor Lindenhayn, 16, has been selected to receive the Boy Scouts of America (BSA), 2010 Venturing Leadership Award from the local BSA Council. The award is given annually to teens and adults who have made exceptional contributions to BSA programs. Lindenhayn is being recognized for her service and leadership with her Sea Scout ship, the S.S.S. Sea Witch which is based in Martinez. The award will be presented at the Mount Diablo Silverado Council's annual dinner at the Walnut Creek Marriott Hotel on Friday February

18th. Sea Scouts is a non-profit co-ed youth maritime program. Teens learn how to operate and maintain large ships and small boats such as sailboats, kayaks and canoes while gaining leadership skills and seamanship skills in areas such as water safety, knot tying, weather, first aid, navigation, firefighting, engineering, engine repair, compass, radio communications and sailing. No experience is required. For more information contact Rolf Lindenhayn at lindenhayn@sbc-global.net or 917-0573 or go to www.seascout.org.

Journalists wanted.

Lamorinda Weekly is looking for journalists to report on civic & school news. You will be paid per article published.
Email resume to wendy@lamorindaweekly.com

Miramonte Drama Brings it Home to OIS

By Lou Fancher



Miramonte High School drama students "on the bus" in a bullying play at OIS

Photo Ohlen Alexander

If the arts in education movement needs a fresh argument for why drama, music and visual arts should remain a part of K-12 public schools, a group of Miramonte High School (MHS) theater students has a resounding reason: Art fights bullies, and wins.

On a sunny day in January, forty-five 6th grade students sat in the multi-use room at Orinda Intermediate School (OIS); mesmerized, as MHS students performed short plays about teenage cliques, teasing and cyber bullying.

Heather Cousins, MHS drama teacher, said the OIS Theater-In-Education program, developed in collaboration with the school's Character Ed Committee in 2001, has been a success.

"It makes sense, educationally, artistically, and financially," she said. Cousins used the opportunity to assign the task of writing and directing the plays to her advanced drama students. Most of the playwrights and directors found source material in their personal history.

"It makes it better because it's a lot more honest to play a part you know," said Katie Rich, the director of the 6th grade play. "It's not what you think a 6th grader experiences; it's what you know."

Rich's play—about how teasing escalates and intimidates, harming everyone in its path—held the OIS students spellbound.

In a question and answer session immediately following, they

asked, Why were you intimidated? Why didn't you have more courage? Why did you still ask her out after she made fun of you?

The actors, staying in character, gave callous answers when cast in the role of a bully, or fragile, fearful answers, when playing a victim.

Seventh grade students asked different questions after watching a second play about cliques.

"Why pick on one person for so long?" a boy wondered.

"Why are you so mean to each other?" another asked.

"Would you want to be in their spot?" asked a boy, becoming a rare example of someone who might stand up to a bully.

In fact, reporting a bully is so uncommon that a recent case in Pennsylvania, involving 13-year-old Nadin Khoury, who was kicked, dragged, and hanged by his coat from a tree, was enough of a sensation to land him on national television. It wasn't so much the attack as it was the follow-through and accountability demanded of his assailants that drew attention to the eighth-grade boy.

Telling his story on The View, Khoury was rewarded with a surprise visit from his hero, DeSean Jackson of the Philadelphia Eagles. Jackson complimented Khoury's bravery, handing him a jersey and offering future game tickets.

While admittedly less glamorous, the results of the workshops at OIS are no less significant.

Cousins reported that several participants in her high school drama class remembered learning new tools to combat bullying while attending the event as middle school students.

The eighth grade presentation provided the strongest example of why kids teaching kids is arguably more effective than workshops led by adults.

Cyber bullying, the alarming, twisted practice of intimidation delivered via the internet, has rapidly overtaken the physical, playground violence Khoury suffered.

Playwright Rachel Cook tapped into Facebook's worst features: anonymity that protects bullies from discovery and a "status" language that encourages labels.

"We should chat her," replaced the school yard, "Let's get her!" And a bully's cruelest jibes went viral with one keystroke.

Cook's play hit all the right notes with its audience, who, like the groups before them, were completely absorbed by the drama.

"If schools hire professional groups to come in and do these events—and there are many good quality groups—it is expensive. Our cost to the school is nothing," Cousins noted.

"And, we spread the word about the drama department at Miramonte and give these kids role models," she added.

It's a win-win in the bullying world, where the score is rarely even.

Submit stories to schooldesk@lamorindaweekly.com

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- What's Happening with Redevelopment in Lafayette?
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- Meet New Officer Mary Ann Grubb
- Lafayette Police Blotter

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Lamorinda Weekly

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Ask Dr. Harold

What is bullying?

By Dr. Harold Hoyle, Ph.D.

If we think about how a kid experiences bullying it becomes more clear. The child who is bullied feels fear and powerlessness. The bully gets the feeling of gaining power. These are the classic psychological dynamics of bullying. Other definitions include intent to harm by the bully and a real or perceived social advantage gained by the bully. The most recent bullying statistics indicate that 77% of kids report being bullied and cyber bullying statistics are similar. The fact is we all witnessed or participated in kids being mean to one another and our kids are growing up in a similar world. Gender seems to make a difference only in the physicality of bullying, with boys tending to use aggressive behavior more and girls using emotional bullying more often.

What can we do about it?

Lets start with teasing. Who likes to be teased? Not many of us. And contrary to some people's belief there is no psychological evidence that teasing builds character. Taking on a difficult challenge and working hard and accomplishing a goal builds character. Teasing and bullying cause shame in kids that they later have to work out in therapy or cover up with addictions. Character and toughness is built more efficiently when we teach kids to stand up for each other

against those that try to bully them. There is evidence to suggest that bullies attempt to convince the person who is being bullied that everyone is also against them. We need to stand up and let kids and adults know it is not acceptable to make fun of or bully people. We need to model this and actively let kids know everyone is not against them by standing with them.

But many of us have little idea what weapons to provide our kids to deal with the amount of emotional battles they have to deal with.

Strategies for Kids

Resiliency is the emotional karate that we as parents and teachers need to help build with our kids and for our communities. Bouncing back and being able to cope is really what we hope for when we say toughen up. Psychologists once thought resiliency was a thing we each had and researchers have found it is a series of processes. Social problem solving skills are key. We can model and describe how we deal with difficult social issues. Getting and asking for help is important. We need to encourage kids to ask those questions—even during those years when questions come at sonic speeds. Helping others is a key process in resiliency. This is the research that has all the schools implementing service-learning

projects. Turns our helping each other makes us better. Spirituality is a resiliency process. Partaking in your religious tradition is important for your kids to see and build a community that is supportive. Connection and involvement with family, friends, and community are resiliency processes. Encourage these interactions and connections. Families and friends do not let bullies run the classroom or the family. The following site has good resources: Web <http://www.stopbullyingnow.hrsa.gov/kids/>



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 private practice.