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Lamorinda Schools

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

MORAGA VALLEY POOL



- 25 yd long, six lane swimming pool with diving board and shallow play area
- Baby pool with seating and umbrellas
- Summer rec swim team, the "Marlins"
- Year-round tennis program, led by pro Scott Borowiak, on four courts (two lighted)

Email membership@moragavalleypool.org for more info.



Early Childhood – 8th Grade
Parent & Child Classes

Tour: May 12
9:00 to 10:45 a.m.
Observe classes.
Meet faculty, parents
and students.
View student work.

Call to reserve your space.

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[15 minutes from Orinda]

When approached by the news media and asked the question, "What did Waldorf education do for you?", Norwegian Prime Minister Jens Stoltenberg replied...

"It encouraged me to always strive to become a better human being."

WALDORF EDUCATION
• 90 years of experience
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2011 Stanley Science Expo Rocks

Submitted by Dawn Brightbill



Stanley student Chris Mikas makes adjustments to his Rube Goldberg Machine, the Tea Maker.

Photo D. Brightbill

Family Focus

Treat Your Partner Like a Dog

By Margie Ryerson, MFT

(Excerpted from *Treat Your Partner Like a Dog: How to Breed a Better Relationship*, 2011)

"Oh, you are such a love! Come here you sweet thing! Kiss, kiss."

Isn't love wonderful? It's so nice to hear people expressing affection! But too often the recipient of all this devotion is our dog, not our human companion.

Although we may adore our dogs, sometimes we don't put nearly as much effort into our human relationships. Forty to fifty percent of all first marriages, and sixty to seventy percent of all second marriages end in divorce. **Emphasize the Positive (Positive Reinforcement)**

When I take my dog, Nelson, to the dog park here is what happens: I throw a ball for him to fetch. Nelson responds by dutifully bringing back the ball (well, some of the time anyway). Each time that Nelson returns the ball, I say "Good job," or "good dog!" Often I give him a treat for cooperating. Let's face it, Nelson is not bringing me money or doing my ironing, yet I shower him with positive attention.

How often do we use this system of reinforcement and positive rewards with our partner? Do we offer thanks and gratitude when our partner does the laundry, washes the car, or fixes a tasty meal? All too often our humans are the ones going begging for attention and compliments.

Eliminate the Negative (No Negative Reinforcement)

When Nelson makes a mistake, such as digging in the garden, principles of dog training tell me that I am supposed to reprimand swiftly at the time of the bad behavior and then switch gears back to positive mode. The idea is for Nelson to think of himself as a GOOD dog and not have a negative self-image. In this way, Nelson will want to please me because I offer praise and rewards while I minimize his mistakes. In other words, I don't rub his nose in it.

If only couples could get over their grievances as easily! Some couples I see in my practice have memories like elephants when it comes to things their partner did wrong.

Lydia and Dave had been living

together for eight years when they came in for counseling. Three years earlier, after drinking heavily, Dave threw a wine bottle against the wall during an argument. He immediately expressed remorse, and he stopped drinking altogether soon afterwards. Dave had never before engaged in violent behavior, and there were no further incidents.

Lydia continued to harbor distrust and resentment toward him for this incident, although she never let him know how she felt. Her stepfather occasionally beat Lydia with a belt while she was growing up, and Lydia swore she would never tolerate violent behavior when she became an adult. Gradually she distanced herself from Dave physically and emotionally.

After several months of couples therapy, Lydia finally allowed herself to move past this episode. She saw how her doubts and distrust interfered with any chance for a healthy relationship with Dave. She had been overlooking all of his wonderful qualities while she fixated on this unpleasant incident. Now, like Nelson, Dave would be able to think of himself as a GOOD partner and the relationship would have a better chance to flourish.

Is your dog the only one in your household who receives constant praise and a minimum of criticism? If so, it's time to treat your human at least as well as your dog!



Margie Ryerson, MFT, is a marriage and family therapist in Orinda and Walnut Creek. Contact her at 925-376-9323 or margierye@yahoo.com. She is also available for parenting consultation.

Lafayette Partners in Education (LPIE) joined Stanley Middle School in sponsoring the 2010 Stanley Science Expo on March 31st. The Expo, held bi-annually, caps an exciting science fair season for Lafayette schools.

In addition to over 100 student science projects, the event highlighted a wide variety of exhibitors. Projects created by Stanley student scientists ranged from scale landform models of various topographical maps, to Rube Goldberg Machines along with more traditional science fair projects with a hypothesis and conclusion. Attendees viewed scale models of Half Dome, Yosemite Falls, and a model of the Caldecott tunnel. Several projects were related to a student's personal science passion. One particularly innovative project included

a multi-student built bicycle that works on both battery and human power. While the projects can be quite time consuming, the results are inspiring.

Stanley Science Department chair and beloved 6th grade science teacher Michael Meneghetti summed up the value of the event best, sharing "the whole emphasis of the Science Expo is that it highlights science and makes science the rock star. The event shows the diversity of science careers and immerses students in an evening that makes science very, very cool."

Stanley Science Expo co-chairs Gwenn Lennox and Lori Moran recruited a diverse array of scientists and exhibitors to the Expo, along with Science Expo Advisor Carolyn Wan. Exhibitors shared their love of science while

middle school students, teachers, and parents looked on and interacted with the numerous hands-on exhibits. Global Vicinity shared the 3D magic behind XBOX while students extracted DNA from their cheeks with the help of scientists from Sangamo Biosciences. NASA scientist Margaret Race provided 3D glasses for students to view 3D images in space while Sustainable Lafayette, in conjunction with Springhill Schools' Green Team, displayed 65 pounds of untouched lunches thrown away from one day of school lunch garbage.

In addition to student projects and exhibits, student volunteers from Stanley's Opp Knocks were on hand to sell food with proceeds going to LPIE. Attendees also brought along reusable water bottles to cut down on trash at the Expo.



Stanley scientist Chris Nelson shows 6th grader Shelby Bocks how to test his Water vs. Air Experiment.

Photo D. Brightbill

Lamorinda Weekly

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