



Newsnotes

February 11, 2010

No school Feb. 12-17

New This Week:

- Six-Day Week-end for TBS Students!
- Professional Development at TBS
- Sima Misra Reports on TEN Event
- K-1 to Try Research-Based "Recess Before Lunch"
- TBS Parent in the News
- Check EI./MS Lost & Found Before It's Gone
- H1N1 Vaccine Clinic Now on Saturdays Too

Important Reminders:

- Have You Given to the Annual Fund Yet?
- Student Art Show Scheduled
- Spring Break Camp at EI./MS Available Now
- Real Vocal String Quartet CD Out Now
- Wednesday Lunch Now by Gregoire
- Guest Teacher Needs Host Family
- Coin Drive for Haiti Wraps Up
- TBS Book Club to Meet
- TBS Auction: Rumor Control!
- Pick-a-Party Reminders

President's Day Break Next Week

A quick reminder, which will of course be unnecessary for all our attentive Newsnotes readers: school is closed tomorrow for a professional development day (see below), with no childcare available. Monday through Wednesday next week, February 15-17, is the President's Day break, when school is closed but camps are available for those who have signed up. Enjoy the break; we'll see everyone next Thursday, February 18.



Above: A Sweet Briar Creek student gives a presentation of her research on water currents, a continuation of the class' study of water. Photo: Danette Swan.

UPCOMING CALENDAR DATES:

Professional Development Day, Friday, February 12. School closed; no childcare available. (Please note that the printed calendar says "Report Writing Day" in error, but the date is unchanged.)

Chinese New Year, Sunday, February 14. Year of the Tiger. Gung Hay Fat Choy!

President's Day Break, Monday-Wednesday, February 15-17. School closed; camps available.

TBS Book Club Meeting, Wednesday, February 17, 7:00 pm, Saul's Deli, 1475 Shattuck Avenue.

Student Art Show Opening Reception, Wednesday, March 10, at the EI./MS. Time TBD.

Time Bank Potluck & Meeting, Friday, March 19, EI./MS.

Third Annual TBS Auction, Saturday, April 10, 2010, Craneway Pavilion, Richmond.

QUICK LINKS:

- [TBS' Website](#)
- [Calendar](#)
- [Admissions](#)
- [Support TBS](#)



Above: K-1 students in Blackberry Creek have researched animals and plants and created a coastal California habitat in their classroom. Photo: Claire Patterson.

Upcoming Professional Development at TBS

Everyone in our community knows the value which TBS places on Professional Development for our faculty, and how we use it to question and improve our practices, and better meet our school's mission of educating our students for their futures. This Friday, February 12th, the faculty will be meeting for an in-house day of Professional Development focused on ideas from Project Zero and the Thinking for Understanding framework - specifically, Thinking Routines, Artful Thinking, and Documentation/Making Thinking Visible. You can learn more about all of these [here](#). Friday, February 26, is another Professional Development Day, which the faculty will spend at the [NAIS Annual Conference](#) in San Francisco - a fantastic opportunity to think, talk, reflect, and learn with thousands of other independent school educators from around the country.

Sima Misra Reports on Learning Techniques

Wildcat Creek and 7th grade math teacher Sima Misra attended a workshop last Friday with Dr. Jeb Schenk through the Teachers' Education Network (TEN) in San Francisco, which was founded by TBS' own Middle School Director, Mitch Bostian. Sima wrote the following report:
 "Our school recently became a member of TEN, which is an arm of Parents Education Network, an organization bringing experts in learning differences to the Bay Area. Dr. Schenk has been recognized as a National Science Teacher of the Year, among other honors, and is a full-time high school educator, as well as a college and graduate school instructor

- [Newsnotes Archives](#)
- [Wednesday Lunch Form](#)



Above and below: Hard at work in Live Oak classroom! Photos: ECC staff.



on the brain and learning. He shared many teaching techniques and results from current research on learning and the brain that I have already incorporated into my teaching and passed along to the rest of our faculty.

"Here are some of the more intriguing research results I learned that could be helpful to parents:

- Multitasking is a myth; your mind focuses on one thing at a time.
- Quality sleep at the right time is necessary to consolidate memory.
- Research shows that violent videos actually change young people's brains and lead to measurable, violent over-reactions.
- Elevating heart and respiratory rate every 15-20 minutes during lessons and studying increases learning performance.
- Cramming for tests releases an enzyme which causes long-term memory to fade.
- Emotions affect learning, and memories of learned material are linked to emotions in the brain.
- A large, recent study suggests that learning styles (visual, auditory, kinesthetic) do not appear to exist; however, this does **not** discount multiple intelligences, or providing different learning modalities.
- There is no such thing as right brain or left brain thinking; although parts of your brain are specialized, you use both sides of your brain.

"Dr. Schenck gave a talk for parents as well, and a write-up of that talk, including handouts, can be downloaded at the PEN website [here](#).

"I feel very fortunate to work at a school that encourages me to take advantage of opportunities to hear the latest research on learning, to enable me to become a better teacher and expand my own thinking in the process. "



Above: Alphabet work creates writers at the ECC! Photo: Brad Kershner.
 Below: Students in Extended Day make homemade crepes with fruit for snack.
 Photo: Laura Gorjance.



Recess Before Lunch? That's Crazy Talk!
 After reading the provocative *N.Y. Times* article about schools that hold recess before lunch (available online [here](#)),

our intrepid K-1 teachers decided to go beyond the journalism and look at the data itself - including information available from the [state of Montana](#) and the [Journal of Child Nutrition & Management](#), among other sources. When the primary research indicated that "RBL" leads to reduced food waste, better quality eating time, and improved afternoon instruction, the scientist-practitioners of Blackberry Creek and Laurel Creek designed an experiment around those same criteria. They've already begun gathering data about food consumption, lunch and playground conflicts, and afternoon instruction from the standard Lunch Before Recess structure; stay tuned for results of their study after they run Recess Before Lunch in upcoming weeks!

TBS Parent in the News

Scott Blossom, dad of Strawberry Creek's Tara Blossom, was featured in the *San Francisco Chronicle* last Friday. Scott, who teaches yoga in Berkeley and San Francisco, is one of the few masters of shadow yoga, which is based on traditional hatha yoga but incorporates elements of South Indian dance and martial arts. Read more [here](#).

Going, Going, Gone

Please check the Lost & Found at the EI./MS; we will be donating to charity anything still there at 6:00 pm today, Thursday.

Berkeley Offers Free H1N1 Vaccination Clinic

The City of Berkeley Public Health Department is still offering free Friday H1N1 vaccines, 9:00-11:00 am, both nasal and injectable, for everyone 6 months old and older. Clinics will also be offered every Saturday from now until March 6, from 11:00 am-1:00 pm. No appointment is necessary, and you don't have to be a Berkeley resident. Call 981-5350 for reduced service days and holidays.

Annual Fund in Gear

Thanks to all families who have generously contributed to this year's Annual Fund. We are headed toward our goal of \$250,000, but we can't do it without your help! The school's Development Committee -- comprised of volunteer parents -- will be conducting a phonathon at the end of the month to encourage every family to contribute to the Annual Fund. We hope you will be generous when they call! If you'd rather, you can make a gift online right now at www.theberkeleyschool.org -- just click on the Donate Now button. Thanks to all who have contributed already -- your support has brought us 3/4 of the way to our goal. Together we can do it! You can drop checks off in either office, make your donation online through our website, or make a gift of

stock or other appreciated assets by contacting Jennifer Kirk at jkirk@theberkeleyschool.org. Please support all TBS students with your Annual Fund gift today!

Third Annual TBS Student Art Show Scheduled

Save the date! Mark your calendars now for March 10, 2010, when TBS will proudly present the opening reception for the third annual TBS Student Art Show (time TBD) at the EI./MS. We will show the work from all of the students in ECC through Middle School. Come prepared to be blown away by the creativity of our students and their teachers!

Spring Break Camp at EI./MS: Sign Up Now

There will be a fun-filled, five-day camp offered at the EI./MS during spring break. (Please note that spring break extends through April 5, with students returning on Tuesday, April 6, but camp runs only March 29-April 2.) **The firm deadline to sign up is 5:00 pm Monday, March 8.** It will be a week of fun field trips (Ironworks, Yerba Buena Bowling and Skating, and Zeum) and projects on campus (cooking, creation station, iStop motion). You may sign up your child(ren) for as few or as many days as you would like, at \$80 per day, \$60 for each additional sibling. Please email Extended Day Director Liz Heck at lheck@theberkeleyschool.org to sign up or with questions.

Strings Teacher Irene Sazer 's Group's CD Out Now

The Real Vocal String Quartet, featuring founder and TBS Strings teacher Irene Sazer, celebrates the release of their new CD with a CD release concert **tonight**, Thursday, February 11, at Berkeley's famed Freight and Salvage Coffeehouse, now on Addison Street across from Berkeley Rep. See the Freight's [website](#) for details. You can order the CD from several sources, all on RVSQ's website, [here](#).

Wednesday EI./MS Hot Lunch Now by Gregoire!

As our K-8 parents know, the Wednesday hot lunch program is now being run by Gregoire himself! You may order as few or as many Wednesday lunches as you like; download the menu by clicking on the "Quick Link" to the right. Please make checks out to "Gregoire," and keep in mind that the Monday deadline to sign up for any Wednesday lunch is firm.

Swiss Guest Teacher Seeks Host Family

TBS will host a guest teacher from Switzerland in Sweet Briar Creek classroom for several weeks this spring, April 5-23. Heidi Mettler is a student in the University of Zurich teacher education program, and her work there includes spending time teaching in an English-speaking country to improve her English. Heidi is hoping to connect with a host

family, ideally close to the EI./MS or with an easy commute by public transportation. If interested in exploring this opportunity, which comes with a stipend, please contact Associate Head of School Zaq Roberts at zroberts@theberkeleyschool.org.

Coin Drive for Haiti

Today is your last chance to drop off your spare coins in either TBS office, to go toward earthquake relief in Haiti. The TBSPA will count the coins and arrange the donation over the break.

TBS Book Club to Meet

The TBS Book Club's next meeting will be Wednesday, February 17, 7:00 pm. We will meet at Saul's Deli, 1475 Shattuck Avenue, to discuss *The Reliable Wife* by Robert Goolrick. New members are always welcome! For more information, please contact Kathie Hoehn, kdevoli@aol.com or 527-0151.

TBS Auction: Rumor Control

The latest rumor to reach Your Newsnotes Staff regarding the upcoming TBS Auction (April 10, at the Craneway Pavilion on the waterfront in Richmond -- be there or be square!) is that a certain unnamed Business Manager of a local independent school plans to donate to the auction his entire oeuvre of juvenilia, including all poetry written before age 21. Could this be true? We'll only know by attending the auction! Invitations will be going out within the next few weeks. If you'd like to get involved in planning the party, please contact Auction Chair Signy Judd at auction@theberkeleyschool.org, TBSPA Chair Hyungsook Kim at kimbuctu@berkeley.edu, or Director of Development Jennifer Kirk at jkirk@theberkeleyschool.org.

Pick-a-Party Reminders

There are some fantastic parties coming up in the next few weeks, and some of them even have a few spaces available! Please contact Director of Development Jennifer Kirk at jkirk@theberkeleyschool.org for information.

- **Worm Composting for Kids and Adults**, Saturday, February 13, 1:00-2:30 pm
- **Valentine's Night of Love**, Saturday, February 13, 7:00-11:00 pm
- **Queens of Thrift III: Welcome Back, Baby, to the Poor Side of Town**, Saturday, February 20, 9:30 am-4:00 pm
- **Women's Clothing and Accessories Swap with Wine and Cheese**, Sunday, February 21, 2:00-5:00 pm

- **Build-a-Drum Party**, Sunday, February 28, 1:00-4:00 pm