



Rhino Roar

News for the Washington community

Published weekly (mostly)

April 21, 2023

Links to [calendar](#) and past [newsletters](#) on [PTA website](#)

**MULTICULTURAL
POTLUCK NIGHT**

THURSDAY APRIL 27

5.00 -7.30PM AT WASHINGTON ELEMENTARY

BRING A DISH

FROM YOUR FAMILY TRADITION

LET'S SHARE FOOD, FUN AND COMMUNITY

DJ LEAKS AND MARQUIS ON THE DECKS

POTLUCK DINNER 5.00-6.15

STUDENT PERFORMANCES 6.15

School Bus Driver Appreciation Day April 25 | 6:30 pm | [Details >](#)

Show some love to your bus driver!

Multicultural Potluck Night - April 27th, 5-7:30pm

Please mark your calendars for the 2023 Multicultural Potluck Night! As in past years,

we'll have a potluck dinner of delicious foods from around the world, student performances, world beat music and our amazing Washington community coming together! The event will be in the Washington courtyard and Cafetorium. More information coming home soon.

Date: April 27th, 5-7:30pm

5-6:15 - Potluck (on the blacktop)

6:15--7:30 - Student Performances (in the cafetorium)

Bring a dish to share. Come dressed in traditional clothing from your heritage.

All Washington families are invited!

Berkeley High PTSA presents

Lynn Lyons, LICSW

Helping Your Family's Emotional Health: Practical Solutions for Managing Anxiety and Creating Wellbeing

Anxiety and worry are normal and expected parts of learning and growing, but when teens and children face challenges cognitively, socially or emotionally, anxiety can step in and take over. Using creativity, connection and awareness, parents will learn how to increase their child's flexibility, support the tolerance of uncertainty, and emotionally and preventatively equip themselves and those they love as we all move forward.



Tuesday, April 25, 2023
6:30-8:00 p.m.

FREE online event



Registration
is required!

*This event will **not** be recorded.*

Lynn Lyons is a licensed clinical social worker and psychotherapist in Concord, New Hampshire. She has been in private practice for 30 years specializing in the treatment of anxiety disorders in adults and children.

Lynn has appeared in the New York Times, Time, NPR, Psychology Today, and Good Morning America, and is the author/coauthor of several books and articles on anxiety, including *Anxious Kids*, *Anxious Parents* and *The Anxiety Audit*.

Lynn is the co-host of the popular podcast Flusterclux.

Register for free:

https://us02web.zoom.us/webinar/register/WN_o-z50FWJRAyb_6WMS5_txQ



For questions, contact Monique Buffler at
mamadoes@gmail.com

www.bhs.berkeleypta.org

COVID tests: Positive results should be reported to the [BUSD Student COVID-19 Case Reporting form](#)

Calendar Reminders:

- ★ April 25 Bus Driver Appreciation Day
- ★ Apr 27 **Multicultural Potluck** 5 - 7:30 pm
- ★ May 15 NO SCHOOL Malcolm X Birthday
- ★ May 18 Open House 6 pm
- ★ May 29 NO SCHOOL Memorial Day
- ★ June 2 Promotion for 5th grade in the cafeteria
- ★ June 2 Last Day of School!

If your child is absent for any reason, please email washingtonattendance@berkeley.net and copy your child's teacher. Thank you!

If you need to change your address, [please use this link for information](#) on how to notify the school and district.