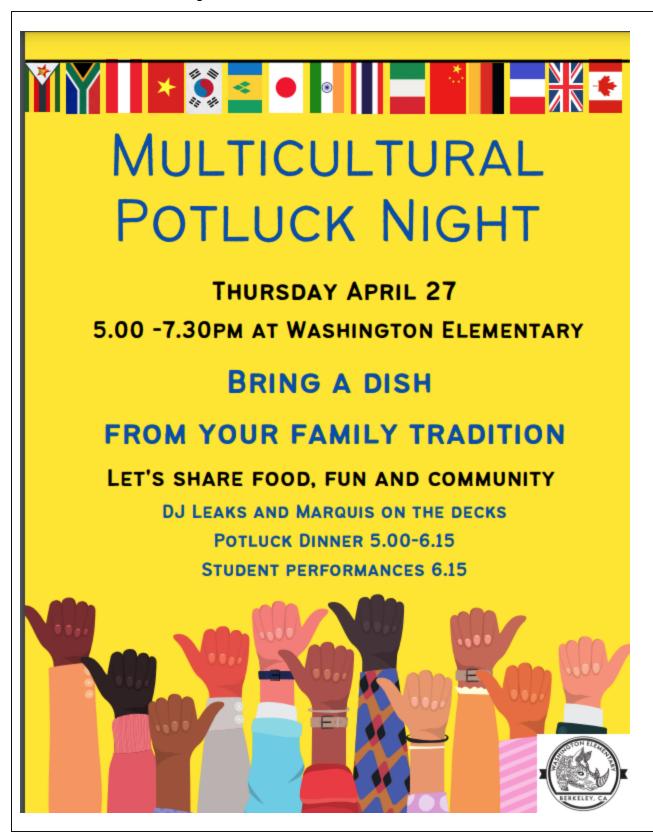


### Rhino Roar

News for the Washington community Published weekly (mostly) April 21, 2023

Links to <u>calendar</u> and past <u>newsletters</u> on <u>PTA website</u>



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 27<sup>th</sup>, 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!

Anxious Kids

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 of 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 <u>BUSD Student COVID-19 Case</u>

<u>Reporting form</u>

#### 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 <u>washingtonattendance@berkeley.net</u> and copy your child's teacher. Thank you!

If you need to change your address, <u>please use this link for information</u> on how to notify the school and district.