



Rhino Roar

News for the Washington community
Published every Thursday (mostly)
January 9, 2020

Absent? Email washingtonattendance@berkeley.net Links to [calendar](#) and past [newsletters](#) on [PTA website](#)

Free bagels, coffee and childcare are available at Saturday's workshop on **Understanding and Managing Anxiety in Children**, from 9 - 11 am. We'll have an informative talk from our counselor Michelle Tirella Ventura, with time for Q&A at the end. Please rsvp to washingtonattendance@berkeley.net so we know to expect you!

Please support our **Zero-Waste Lunch Day** event by helping your child to pack a Zero-Waste or Reduced Waste Lunch for school on **Wednesday, January 22** (and every day!)

Did you know that.....

1. The average American throws away **185 pounds of plastic** each year. While some of this plastic is sent to landfills, much of it **ends up in our oceans.**
2. A study in 2015 found that **90% of all seabirds have plastic trash in their stomachs!** This has increased from 5% in 1960 and is directly linked to increased production, use and waste of plastics. For more information follow the link below:

<http://news.nationalgeographic.com/2015/09/15092-plastic-seabirds-albatross-australia/>

There will be a **Schoolwide Read-in-the-Trees Day to celebrate** if together we bring more than 1,000 reusable items for lunch on our first Zero-Waste Wednesday!

New Year/New Habits: Is your child a **Ready Rhino**? Ready Rhinos are at school on time every day. *On Time Arrivals in the Morning* will be the focus for 2020, with teachers using a variety of rewards and recognitions to encourage students to be at school by 8:10 am. Please make every effort to have your child arrive at school on time, every day. It really impacts the whole class when students trickle in late when instruction is taking place.

How Sick is Too Sick for School? [Alameda County Public Health Dept.](#) says:

- **Fever:** If your child has a fever of 101 or higher, they should stay home until fever is below 101 for 24 hours without the use of fever reducing medicine.
 - **Vomiting:** if your child has vomited 2 or more times in a 24 hour period, keep them home until vomiting has stopped for 24 hours.
 - **Diarrhea:** keep child at home until diarrhea has stopped for 24 hours.
 - Severe, uncontrolled rapid **coughing and wheezing:** keep at home and contact health care provider.
 - **Strep Throat:** keep at home for first 24 hours after an antibiotic is begun.
- Consult your health care provider with questions and specific concerns.

Please email washingtonattendance@berkeley.net if your child is late or misses school with the date and reason for the absence.

Events coming up:

- | | |
|--------|--|
| Jan 11 | PTA Event: <i>Understanding and Managing Anxiety in Children</i> , 9-11 am |
| Jan 16 | Kindergarten Information Night, 7 pm |
| Jan 20 | NO SCHOOL MLK Day |
| Jan 22 | Zero Waste Lunch Wednesday |
| Jan 23 | ELAC Student Awards Night |
| Jan 27 | NO SCHOOL Teacher Professional Development |
| Jan 28 | Washington Green Team meeting 2:45 pm in room 212 |