

# RIO MINDERS

Nov. 10, 2006

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## In this Issue

- 1 Dates to Remember
- 2 From the Principal's Desk
- 3 Current Fundraiser - See's Candy
- 4 Vice Principal's Letter
- 5 Needed: Golf Tournament Chairperson!
- 6 Thank you Aptos Little League
- 7 Parent Alliance

## 1 Dates to Remember

- **Monday after Veteran's Day** – Yes, we have school! 7:49am – 2:05pm
- See's Candy orders due / **Mon. Nov. 13<sup>th</sup>** / return to front office
- Library Redesign Meeting / **Wed. Nov. 15<sup>th</sup>** / 12:30pm in Rio library
- North Zone Advisory Council / **Mon. Dec. 4<sup>th</sup>** / 7 pm / TBA
- Site Council Meeting / **Tues. Dec. 5<sup>th</sup>** / 2:30pm in Rio library / free childcare available
- Parent Alliance Meeting / **Tues. Dec. 5<sup>th</sup>** / 6:30pm in Rio library / free childcare available

## 2 From the Principal's Desk

Dear Seahawk Community:

The first trimester is coming to a close this week and reports cards will be coming home on Friday, November 17<sup>th</sup>. Report cards are an important indicator of your student's progress as the teachers utilize multiple assessments to determine how each student is progressing. Please don't forget to send back the envelope with your signature.

What's happening around Rio? Teachers Linden McNeilly and Jeff Bryant won a technology grant to start a digital newspaper with their classes. Teacher Mary Ann Koue spearheaded a campus beautification project, planting flowers and shrubs in front of the school. Students experienced a really fun assembly that introduced students to physics concepts in an engaging and interactive way.

Student leaders have been elected. While the adults have been busy reading ballot initiatives and listening to candidates, our upper grade students were listening to speeches written by their peers interested in being a part of our student leadership team. This year's pool of candidates was much larger than the first two years. I am happy to welcome the following students to our leadership team: 4<sup>th</sup> graders Maddie Wood, Carly Matarazzo, Maddie Scott, Rachel Salazar, Emily Quinn, Hannah Manabe, and Madeline Ang  
5<sup>th</sup> graders Sarah Jeffery, Courtney Dowd, and Gio Russo  
and 6<sup>th</sup> graders Audrey Nugent, Katie Carrillo, Jon Bol, Nikki Hiltz, and Barrett Hegerle.

Because we have so many students interested in holding a leadership position and so many wonderful things happening at Rio, all of the students who submitted a speech to be a part of the leadership team will be invited to form a committee. The newly formed and developed advisory committee will help work on projects at the school.

Lunchtime activity update: parent Carol Galasso began running our lunchtime Game Club on Mondays and Fridays for the primary grade students. If your student is interested, just have them go to the picnic tables during their lunch recess. As well, we have a second grade Knitting Club underway. Parents Mary Squires, Julie Roberson, Carol Galasso, and Kim Tao along with a team of knitters from Ms. McNeilly's class are spending a lunch recess with interested second graders. If you have an idea or activity you would like to share with our students, please contact me.

If you are at the school for any reason, do not leave any valuables in your car. I have received reports from both Bradley School and the District Office that thieves have broken into cars and stolen loose valuables. I have been told that in other counties thieves will target schools, moving from lot to lot.

Lastly, congratulations to Becky Miller, Rio's Office Manager for the past six years. Becky will be leaving Rio the week prior to Thanksgiving. Please join me in wishing Becky the best of luck in her new job at our District Office.

Thank you for sharing your children with us,  
Mike Heffner

### 3 Current Fundraisers

- **See's Candy Fundraiser!!!**

This is a reminder that the See's Candy order forms and checks/cash need to be returned to the school office by **Monday, November 13, 2006.**

**\*\*Make checks payable to Rio del Mar Parent Alliance or RDMPA**

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Attention business owners or self employed people!!

Please consider giving See's Candy as holiday gifts this year to your employees, co-workers or vendors!!

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**\*\*Up to 50% of the money collected in the candy sales will directly benefit our kids.**

If you have any questions, please call Robin Rose at 662-0103.

Thanks again for supporting Rio del Mar School!

### **Important Rio Fundraising Announcement!!!**

**Receipts from the fundraisers we have held so far this year are markedly lower than last year's receipts. (Monte tickets, Innisbrook wrapping paper, Subaru tickets.)**

**In order to maintain all of the Parent Alliance funded programs for the 2007-08 school year we must make up for lost income in the rest of the fundraisers held this year or by donations to the general fund. Thank you for all the past support and please continue participating as you are able.**

### 4 And now a word from our Vice Principal...

Dear Parents and Guardians,

During course of my day and meeting with parents and their children, the topic of bedwetting comes up occasionally. Frequently parents are concerned, but not sure what's "normal" or when it's going to stop. I have found there is a lot of misinformation around and thought I would share a recent article with you to shed some light on a very delicate and misunderstood topic.

Hope you find the article informative and helpful.

Sincerely,  
Deborah Dorney, Assistant Principal

Bedwetting is an issue that millions of families face every night. It is extremely common among kids who are under the age of 6, and it can last into the preteen years.

Doctors don't know for sure what causes bedwetting or why it stops. But it is considered a natural part of development, and kids eventually grow out of it. Most of the time bedwetting is not a sign of any deeper medical or emotional issues.

All the same, bedwetting can be very stressful for families. Kids can feel embarrassed and guilty about wetting the bed and anxious about spending the night at a friend's house or at camp. Parents often feel helpless to stop it.

There may not be any way for you to cure your child's bedwetting, but the emotional support and reassurance you provide can help your child feel better until the bedwetting goes away on its own.

### **How Common Is Bedwetting?**

Primary enuresis, the medical name for bedwetting, typically starts when kids are toddlers. It is very common among kids who are 6 years old or younger. About 15% of 6-year-olds wet the bed. And about 5% of 10-year-olds wet the bed.

Bedwetting often runs in families: Most kids who wet the bed have a relative that did it, too. If both parents wet the bed when they were young, it's very likely that their child will as well.

### **Coping With Bedwetting**

Bedwetting usually goes away on its own. But until it does, it can be embarrassing and uncomfortable for your child. So it's important that you provide support and positive reinforcement during this process.

It's a good idea to reassure your child that bedwetting is a normal part of growing up and that it's not going to last forever. It may comfort your child to hear about other family members who also struggled with it when they were young.

You may want to remind your child to go to the bathroom one final time before bedtime. Some parents try waking their kids in the middle of the night, but most of the time, that doesn't end the bedwetting.

When your child wakes with wet sheets, have your child help you change the sheets. Explain that this isn't punishment, but it is a part of the process. It may even help your child feel better knowing that he or she helped out.

### **When to Talk With Your Child's Doctor**

In rare cases, when bedwetting begins abruptly and is accompanied by other symptoms, it can be a sign of another medical condition, and you may want to talk with your child's doctor.

The doctor may check for signs of a urinary tract infection, constipation, bladder problems, diabetes, or severe stress.

It's a good idea to call your doctor if your child suddenly starts wetting the bed after being consistently dry for at least 6 months. You may also want to call the doctor if your child begins to wet his or her pants during the day, starts misbehaving at school or at home, or if your child complains of a burning sensation when he or she goes to the bathroom.

In the meantime, your support and patience can go a long way in helping your child feel better about the bedwetting. Remember that the long-term outlook is excellent, and in almost all cases, dry days are just ahead.

Updated and reviewed by: [Barbara P. Homeier, MD](#)

Originally reviewed by: [Sandra G. Hassink, MD](#), and [Steven Dowshen, MD](#)

## 5      **Needed: Chairperson for 2007 Auction / Golf Tournament**

If you would like to fill this position (or co-chair with a friend) please contact Michele Rossi (684-2469) or Amy Jeske ([amy.jeske@sbcglobal.net](mailto:amy.jeske@sbcglobal.net) / 685-2209).

## 6      **Thank you Aptos Little League!**

Rio del Mar Elementary now has two repaired and repainted baseball field backstops. Not to mention newly provided and spread granite fines on both infields thanks to Aptos Little League and Rio parents, Lisa and Dave Murphy, who headed up the field improvement project on Sunday October 22nd.

## 7      **Parent Alliance**

### **Next Meeting:**

All parents are invited to come join us for refreshments and an opportunity to voice your views the first Tuesday of the month in the Rio library. Free childcare and refreshments are available. The next meeting is **Tuesday, Dec. 5<sup>th</sup> at 6:30p.m. in the library.**

### **Harvest Festival:**

The Harvest Festival was a huge success! Special thanks to the Harvest Festival Planning Committee for organizing such a wonderful family event! Thanks also go to all the parents, teachers, Mr. Heffner and Ms. Dorney for volunteering their time, making donations and attending !!