



The Howler

Tracking the Pack...



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Update from The Leader of the Pack

"Excellence is the result of caring more than others think is wise, risking more than others think is safe, dreaming more than others think is practical, and expecting more than others think is possible." ~Howard Schultz

November is the month in which we share gratitude and thanks for all of the blessings in our lives. There are at least 26 research studies that demonstrate a direct correlation between gratitude and happiness. In a recent study published in the *Journal of Research in Personality* scientists found that "gratitude is uniquely important to well-being and social life" and proved that over time gratitude leads to lower stress and depression and higher levels of social support. Some studies have also proven that when people are given the opportunity to express their feelings of gratitude to someone else they actually become happier, themselves. 25% happier.

I think the researchers are right. I have many things for which to be thankful beginning with my wonderful family. Over the last four years, in addition to the gratitude I feel toward my husband, children, and friends, there are several new blessings in my life, one being the development of Redwood Prep. The school and the relationships we are building bring a great sense of meaning to my life. I am thankful that my life is filled with a sense of purpose and that I have the opportunity to share in this process with such amazing students, educators, and families.



When I read the quote above, it resonated with me on a deep level. People that know me well, know that I tend to be idealistic, stubborn, and passionate about what I believe. There are times in my life, when these traits have worked against what I was trying to accomplish. There are times in my life that these traits allowed me to overcome challenges and pursue my dreams. I am grateful for the opportunity to learn with the students and the staff about how our habits and thought processes can increase our opportunities for success. I am learning to practice habits of mind that balance and support the above mentioned traits, such as listening with understanding and empathy, managing impulsivity, and thinking flexibly.

I am grateful for the opportunity to work with the Redwood Prep team as we grow together personally and professionally. I know that our staff is grateful beyond words for every one of you who believe in this school and who join us in the hard work of building a foundation strong enough to last for years to come. The common thread that we all share is exemplified in Howard Shultz' words. The school foundation is being built by educators, families, and community members who care deeply about education; who have risked a lot personally, professionally, or financially to make this happen; who are brave enough to follow a dream; and who expect that success will happen as a result of our hard work, commitment, and passion for what we are building in pursuit of excellence.

On Wednesday, November 6th at 6:00, the Fortuna School District Board of Trustees will be voting to either approve our charter petition for another five years or to deny the petition. We are asking everyone that supports Redwood Prep and/or choice in education to attend this meeting. If you cannot attend the meeting, please consider stopping to talk with one or more of the board members. Your voice and support are very important in determining the future of Redwood Prep. We hope you will join us in expressing gratitude to the FESD board for our first three years and to ask for their support and approval for another five years.

"Our lives begin to end the day we become silent about things that matter."

~Martin Luther King, Jr.

Kindergarten - Krista Croteau (kcroteau@redwoodprep.org)

October was a busy month for the kindergarten class! We have been out and about in the community along with some of our friends in the 1st and 2nd grade!



We visited the Cal Fire airbase.



Picking out pumpkins with the first graders.



Halloween fun at the Humphrey's with the second graders.

1st Grade—Dawn Carroll (dcarroll@redwoodprep.org)

1st graders showing their school spirit and support of living a healthy life!



2nd Grade—Lori Head (lhead@redwoodprep.org)



Second graders at Redwood Prep. have been very busy this past month. We have been reading up a storm! Our reading genre has been fantasies. We have read lots of great fantasy books. Our favorites have included the *Commander Toad Series*, *The Wingdingilly*, and everything by our author of the month, Chris Van Allsburg. *The Wingdingilly* is a story about Scamp, a dog that wishes he were something different. A witch turns him into a wingdingilly. This is a combination of an elephant, a zebra, a camel, and a deer. Scamp finds out that life as the wonderful creature is not so wonderful. Using this story as a guide, the second graders have created their own version of the wingdingilly. They have written stories about their creatures and are now in the process of making large stuffed paper versions. These students have wonderful imaginations and have created amazing stories. This month, we will be working on trickster tales.

We are also finishing up a science unit on rocks and fossils. Students made examples of the three types of rocks using crayons. We grated crayons and used pressure to create sedimentary rocks. We melted crayons to form igneous rocks, and melted and applied pressure to other crayons to make an example of metamorphic rock. We learned about the four types of weathering and will learn about the four types of fossils. Students are wrapping up the unit by writing a dinosaur research paper. Second graders love the project based learning and are always taking projects to the next level! They are enthusiastic learners! Next, we will begin a social studies unit on living long ago. Students will learn how early settlers cooked, acquired the things they needed, and what it was like at their schools.

"I am only one; but still I am one. I cannot do everything, but I can do something. I will not refuse to do the something I can do." ~Edward Everett Hale

3rd & 4th Grade - Kim Kendall (kkendall@redwoodprep.org)

Time is flying in 3rd and 4th grade! The students just finished their pumpkin character book reports - they were so cute! Each student dressed up a pumpkin as a character in the book they were reading. We had a hamster, a storm trooper and even a mutant dog! We are finishing up our space PowerPoint Presentations and we are meeting as a class Monday night to observe the night sky. The local Humboldt Astronomy Club is going to come guide us - it will be a fun way to end our unit. Then, we begin our shift into Social Studies where we study local and California Native American tribes. We are partnering with the 2nd and 5th grade to put on a "Long Ago at Redwood Prep" night in December. I think it will be a fun and meaningful way to end our unit. I am having so much fun with the kids and can hardly believe the holidays are upon us!

**5th Grade- Miranda Kepon (mkepon@redwoodprep.org)**

Fifth graders enjoyed a very fun and exciting month! We are currently finishing up our unit on North American Indians. The students are turning in their reports and doing quick presentations on Friday (November 1). We went on our first fieldtrip to the Clarke Museum. We learned a lot about the Native Indian tribes and about Humboldt County. The Halloween rotations last week were also a lot of fun! The kids had the opportunity to dress up in their costumes and then move around in groups to different Halloween themed centers. Next month is going to be another big month for 5th grade. We are starting a unit on Early Explorers with plans for a fieldtrip, fun activities and much more!

**6th & 7th Grade-Mrs. Downing and Mrs. Morris**

I try to keep my kids involved in running our household - from a young age they helped with laundry and dishes (which I often had to refold/rewash after they'd gone to bed). Even though it was sometimes more work than just doing the tasks myself, I knew that it was important for fostering their work ethic. My own Mom felt strongly about this; as a landlord, she had an experience with a college-age renter who called her to bail him out ("can you bring my term paper to school"). Her irritation with the irresponsible college student renewed her mission to raise independent children by giving us more responsibility around the house....and I like to think that it worked! Anyway, my newest Love and Logic book, [From Bad Grades to a Great Life: Unlocking the Mysteries of Achievement for Your Child](#), has timely information on how vital chores are for raising happy, healthy kids. Here is what Mr. Faye had to say:

Kids who are used to doing chores at home...without reminders, without pay, and without arguing...are far more respectful and motivated at school.

So...how does a parent actually get kids to do their fair share without resorting to begging, bribery, or full-scale warfare?

Listed below are some brief tips:

When you see your kids working hard on a chore, offer to help them as long as they still work harder than you do. This rewards their hard work, gives you an opportunity to bond with them, and ups the odds that they'll be willing to help you when you are old and feeble.

Give reasonable deadlines rather than saying, "Do it now!" Saying, "Just have it done by _____," has an added benefit: it gives you plenty of time to figure out what you will do if they refuse or forget to do the chore.

Don't threaten, nag, remind, or warn. Just let them blow it (you actually hope they blow it so you get a teachable moment).

If they do miss the deadline for finishing the chore, do the chore for them. Expect them to repay you for your time by doing some of your chores (which are probably harder and/or more time consuming than their original chore).

Personally, I find it easy to get caught up in the nagging cycle by saying things like "you only have one hour left to do your chore". Nagging is counter-productive to my mission though; a future boss is not going to give constant reminders about deadlines - he/she will just fire the irresponsible employee. A strong work ethic is a mindset that me must foster within our kids (unless you don't mind yours permanently living in the basement ;). For some additional information, check out this YouTube video:

[Mr. Faye talks about chores.](#)



Enrichment and Afterschool - Moe Holt mholt@redwoodprep.org

October was a busy month in the Afterschool program. We now have one enrichment cycle under our belts. The kids seemed to love all the classes that were offered this time, and that put a big smile on all our faces. Cardboard city lead by Mrs. Kendall seemed to be a huge hit and will be an enrichment that we will be bringing back after the holidays. Karate is another class that seems to be a big hit. I watched these kids in class. They are learning so much and the confidence that they are developing in themselves is amazing. This month we two visitors came in to lead a cooking/baking class. A big thank you to Char Holt and Kamela Hunt! The kids loved cooked together and can't wait for you to come back next month. We continue to make things to add to our scrapbooks, and I can't wait until we start to put them together. Our next enrichment cycle will run from November 5 - December 5. We have some fun holiday classes lined up and will be creating some great items to sale at the boutique.

**Art and Tech Sharn Chinnici (schinnici@redwoodprep.org)**

Try to put well in practice what you already know; and in so doing, you will in good time, discover the hidden things which you now inquire about. Practice what you know, and it will help to make clear what now you do not know. "
~ Rembrandt



This month, students are learning about the life and artistic time of Rembrandt van Rijn. Rembrandt van Rijn was born in Holland in 1606. He lived to be 63 years old and died in 1669. He grew up during the Renaissance Era. During Rembrandt's life, he painted or etched over 500 pictures. Cameras had not been invented yet, so people had portraits painted of themselves and their families at that time. Rembrandt became famous for his ability to capture a person's personality, mood, and emotions on canvas. He successfully painted people sitting still and people in action. His use of light and shadows in paintings draws the viewer's attention to a specific focal point in the canvas. Rembrandt also loved to paint dogs and included them in many of his paintings. Although Rembrandt was a very successful artist, he did not become very wealthy because he loved to spend money.

Ideas from Parenting the Love and Logic Way

Since beginning our "Parenting the Love and Logic Way" series, moms, dads, step parents and even grandparents are reporting positive experiences. Join us for laughs and support on Tuesdays at 6 pm in room 3 at Redwood Prep.

Tuesdays not good for your schedule? Let us know so we can plan our next session.

Lareesa Stanfield lstanfield@redwoodprep.org

The Benefits of Delayed Consequences

Immediate consequences work really well with rats, pigeons, mice, and monkeys. With children, they typically create more problems than they solve.

Problems with Immediate Consequences:

- Most of us have great difficulty thinking of an immediate consequence at the time.
- We "own" the problem rather than handing it back to the child. We are forced to do more thinking than the child.
- We are forced to react while we and the child are upset.
- We often end up making threats we can't back up.
- We generally fail to deliver a strong dose of empathy before providing the consequences.

Delaying the consequences gives you time to think of a good one and allows you the chance to get ideas from other people and get the support you will need to carry out your plan. When you need to talk to a child about their behavior, do it in calm waters when everything is going fine. You can ask them to come up with solutions of what should happen when misbehavior occurs. Have a back-up plan in case they don't follow through with their end of the bargain when a problem arises.

Habits of Mind : Listening With Understanding and Empathy:

(*Learning and Leading With Habits of Mind*, by Arthur Costa and Bena Kallick)

Listening is the beginning of understanding. Wisdom is the reward for a lifetime of listening. Let the wise listen and add to their learning and let the discerning get guidance. ~ Proverbs 1:5

Listening With Understanding and Empathy

According to Stephen Covey, author of *The Seven Habits of Highly Successful People*, “Highly effective people spend an inordinate amount of time and energy listening”. Some psychologists believe that the ability to listen to another person’s point of view and to empathize with and understand that point of view is one of the highest forms of intelligent behavior. The staff at Redwood Prep continuously works to develop our own listening skills as a team and to teach our students to develop effective listening skills. Often people say that they are listening, when in reality, they are actually rehearsing what to say when their partner is finished. Sometimes people ridicule, laugh at, or put down others’ ideas. They aren’t able to build upon, consider the merits, or operate on another’s ideas. Effective listening skills include the ability to patiently hold in our own values, judgments, opinions, and prejudices in order to listen to and entertain another person’s thoughts; to paraphrase another person’s ideas; to detect cues about the person’s feelings and emotions; and to accurately express the other person’s concepts, emotions, and problems. Everyone at Redwood Prep is working on our ability to see through the diverse perspectives of others and to understand and empathize with a variety of ideas in order to build from the collaborative efforts of the team. As Kim Sutton says, “None of us is smarter than all of us.”

REDWOOD PREP SPORTS – GO LADY TIMBERWOLVES

Come out and cheer on the Redwood Prep girls’ basketball teams! Redwood Prep’s home games are being played at the Fireman’s Pavilion (skating rink) in Rohner Park.

5/6th Girls’ Basketball Schedule

Date	Opponent	Where	Time
Nov. 4	Ferndale 6 th	Fireman’s Pavilion	4:30 p.m.
Nov. 6	South Bay 6 th	South Bay	5:30 p.m.
Nov. 13	Fortuna Middle 6 th	Fortuna Middle School	5:30 p.m.
Nov. 18	Ferndale 5 th	Fireman’s Pavilion	4:30 p.m.
Nov. 20	Rio Dell 5 th	Rio Dell	4:30 p.m.
Dec. 3	New Life Christian	Fortuna Junior Academy	4:30 p.m.



6/7th Girls’ Basketball Schedule

Date	Opponent	Where	Time
Nov. 5	Van Duzen	Fireman’s Pavilion	4:00 p.m.
Nov. 7	Hydesville 7/8th	Hydesville	4:00 p.m.
Nov. 12	South Bay 7/8th	Fireman’s Pavilion	4:00 p.m.
Nov. 14	Redway 7th	Redway	4:30 p.m.
Nov. 19	Loleta 6-8th	Fireman’s Pavilion	4:00 p.m.
Nov. 21	Cuddeback 7/8th	Cuddeback	4:00 p.m.
Dec. 3	Ferndale 7th	Fireman’s Pavilion	4:00 p.m.
Dec. 5	Fortuna Middle 7th	Fortuna Middle School	4:30 p.m.

I’ve missed more than 9,000 shots in my career, lost almost 300 games, missed the game-winning shot 26 times. I’ve failed over and over again in my life. That is why I succeed.

— Michael Jordan

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>DIBI Board Mtg</i>	5 <i>Parent Council</i>	6 <i>FESD Board Mtg</i>	7	8	9
10	11 <i>Veteran's Day</i>	12	13	14	15 <i>Family Skate</i>	16
17	18	19	20	21	22 <i>Early Release</i>	23
24	25 <i>No School</i>	26 <i>No School</i>	27 <i>No School</i>	28 <i>No School</i>	29 <i>No School</i>	30

4th— DIBI Board Mtg @ 6:00

5th— Parent Council Mtg. @ 7:001

6th — FESD Board Mtg.

11th— Veterans' Day– No School

15th— RPrep Family Skate Night

22nd—Early Release Day (12:00)

22nd—End of 1st Trimester



RPrep Volunteer Opportunities for November

- Playground Monitor Helpers (lunchtime)
- [Please Attend RPrep Approval/Denial Mtg. Nov 6th](#)
- Kitchen Clean-up Wednesday Afternoons
- Friday Afternoon
 - Mop Annex
 - Garbage Area Clean-up

RPrep Supplies Request for October

- Gallon of Bleach
- Clorox or Lysol Wipes
- Copy Paper
- 33 Gallon Garbage Bags
- Broom and Dustpan



Please give us a call if you are able to help out with any of these chores and activities. I've missed more than 9,000 shots in my career, lost almost



"I was one of the 'puzzle children' myself—a dyslexic...And I still have a hard time reading today. Accept the fact that you have a problem. Refuse to feel sorry for yourself. You have a challenge; never quit! ~Nelson Rockefeller

BOARD OF TRUSTEES
FORTUNA ELEMENTARY SCHOOL DISTRICT

Rich Barsanti Janice Olkin Ken Steele Marilyn Strehl Tina Taylor

November 6, 2013

6:00 PM

Fortuna Middle School Room 801

843 L Street, Fortuna, CA 95540

Members of the public may address the Board regarding items on the agenda as these items are considered. Individual speakers will be allowed three minutes to address the Board. In case of numerous requests to address the same item, the Board may select representatives to speak on each side of the item. Each person who addresses the Board must first be recognized by the presiding officer and will be asked to give his/her name for the record.

1.0 CALL TO ORDER

2.0 FLAG SALUTE

3.0 ADJUSTMENTS TO THE AGENDA

4.0 PUBLIC COMMENTS (*Members of the public may address the board on non-agenda items at this time.*)

5.0 INFORMATION/ACTION ITEMS

- 5.1 It is recommended that the Board review input and take action regarding the Redwood Preparatory Charter School's petition

6.0 ADJOURNMENT

NOTICE: Any writing, not exempt from public disclosure under Government Code Section 6253.5, 6254, 6254.3, 6254.7, 6254.15, 6254.16 or 6254.22, which is distributed to all or a majority of the members of the governing board by any person in connection with a matter subject to discussion or consideration at an open meeting of the board is available for public inspection at the Superintendent's Office, 500 9th Street, Fortuna, CA 95540, (707) 725-2293.

Individuals requiring disability-related accommodations or modifications, including auxiliary aids and services, in order to participate in the Board meeting should contact the District in writing three (3) business days prior to the meeting by mail: 500 9th Street, Fortuna, CA 95540, or e-mail: bgiacomini@humboldt.k12.ca.us