

# Kenwood School Newsletter March 15, 2023

## Principally Speaking



Greetings Kenwood Families,

I am super excited about the upcoming Lights Camera Auction fundraiser. This is our culminating event in which we all have a chance to support the Kenwood School Students in a multitude of ways. Last year was my first opportunity to see how fun and amazing our LCA events can be. And based on everything I have seen so far, this year is going to be even better! Please review the attached LCA documents and see if you can support our students in any way. Of course, I would love to see each and every one of you at the fundraiser but I know that is not always possible. However, there are many other ways in which you can be a part of this incredibly important occasion and to help Kenwood School remain the best in Sonoma County!

Sincerely,  
Nate Myers

### **Safe Drop off/Pick up Reminder**

We would like to remind everyone that our students' safety is our number one priority. During morning Drop Off and afternoon Pick Up, students are out and about and walking around. They are not always the easiest to see, especially when we have rainy weather. Please remember that our designated Drop Off and Pick Up location is at the front of the school. Our circular driveway allows parents to drive straight forward and not put their vehicle into reverse. This increases visibility and safety. Unfortunately, the back Staff Parking Lot is not set up for such a situation. Please do not use that parking lot for student Drop off or Pick Up and let's all work together to keep our students safe.

### **Upcoming Events**

3/13-3/16	Book Fair, School Library	Early Dismissal March 17, 2023 K: 1:15 Grades 1-6: 1:30 p.m.
3/16/23	Grandparents and Special Friends Day	
3/17/23	Early Dismissal (K-1:15, 1-6 at 1:30)	
3/20-3/24	Spring Break	
3/28/23	Author Visit, Grades 3-6, 10:30	
3/31/23	Student Council Color Day	
4/7/23	KSA Father/Daughter Dance, 6-8 p.m. at the Kenwood Depot	
5/20/23	Lights, Camera, Auction, (LCA) 5:00 - 10:00 p.m., Fairview - Oakmont Country Club	

**KSA is in search of a DJ for the Father Daughter Dance on April 7th from 6-8pm.** Do you know someone? If so, please email us at [ksadocs1994@gmail.com](mailto:ksadocs1994@gmail.com) or contact Christine at 209-329-8054. Thank you!

## **KEF Upcoming Events**

### **Light, Camera, Auction (LCA)**

Saturday, May 20, 2023

5:00-10:00 pm

Fairview at the Oakmont Country Club

### **Invite**

<https://drive.google.com/file/d/1cFOe0a4KJ-zC5fpL1rJW7lnwktnz0g3U/view?usp=sharing>

### **How to Help**

[https://drive.google.com/file/d/19KVYZVvtO5Y8Cc\\_EwjqyuT2zxB7gOOPa/view?usp=sharing](https://drive.google.com/file/d/19KVYZVvtO5Y8Cc_EwjqyuT2zxB7gOOPa/view?usp=sharing)

### **Sponsorship**

[https://drive.google.com/file/d/1b0QNjSP-LntPH4ByC7vVKeln4Lyt\\_FF7/view?usp=sharing](https://drive.google.com/file/d/1b0QNjSP-LntPH4ByC7vVKeln4Lyt_FF7/view?usp=sharing)

### **Parent Parties**

<https://drive.google.com/file/d/1iYCYesAFu2D8wD3-uzZNPtjScVqwX0rD/view?usp=sharing>

### **Upcoming training opportunities from the Hanna Institute kicking off next week:**

First – the launch of [Trauma Responsive Sonoma](#) (TRS), a virtual training series in trauma-informed and trauma-responsive care that is **free to anyone living or working in Sonoma County**. This is thanks to Sonoma Connect | Sonoma Unidos, our funding partner and co-conspirators who have made this all possible.

TRS will kick start next Monday, March 20 from 3-5 pm, with foundational training in trauma informed care. Trainings will be in English with live Spanish translation as well as translated materials. All sessions will be recorded for on-demand viewing. CEUs for various positions are offered at no additional cost. **This training series is a critically important learning and skill-building opportunity for our Sonoma County community.**

**If you have been looking for training for you, your staff, your volunteers, or your partners that won't take away from your budget, this is it!** More info and links are below. And if you can't make this first one, be sure to register to access the recordings and sign up for future training sessions – they're happening through December 2023.

**And please please please – share this far and wide in our community!** <https://www.facebook.com/HannaInstitute/posts/154598700826515>

Or in the community

group <https://www.facebook.com/groups/552019191984472/permalink/1608899699629744/>

Second – we have a few spots left in our March 24<sup>th</sup> day-long training [Understanding and Treating Youth Substance Abuse](#), with Dr. Jennifer Dragonette. This important virtual event will describe **indications of youth substance abuse, explore and explain multiple interventions to use with youth, and skills for caregivers working with youth who are using substances**. Some of you may remember Jennifer from her time at Kaiser Permanente or at the Petaluma Health Center – she's brilliant and an excellent trainer. If you work with youth, this is really important training for you and your team The cost is \$250, and CEUs are provided at no additional charge.

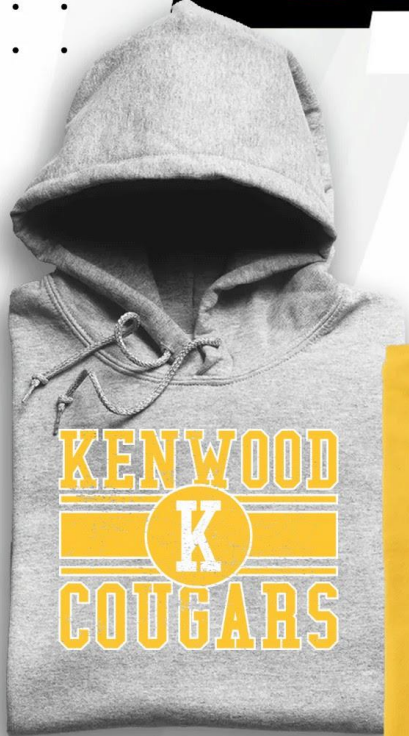
**KENWOOD**

**SPRING**

**SALE**



SCAN TO ORDER



**SAVE 25%**  
**SITEWIDE**

VALID MARCH 13TH-27TH

**NEW DESIGNS**  
**NEW PRODUCT LINES**

**ORDER AT**

**1STPLACE.SALE/12850**



BELLA+CANVAS





KENWOOD  
EDUCATION  
FOUNDATION

Dear Kenwood Families:

***Lights, Camera, Auction!***

*Lights, Camera, Auction!* is back! This is Kenwood's biggest fundraiser of the year, by far. Celebrate LCA with us on May 20th at 5:00 p.m. at the Oakmont Country Club!

This year's theme is *Denim & Diamonds*. Shine those cowboy boots and break out the rhinestones! Your ticket includes dinner, *open bar* from 5pm - 10pm, and a live and silent auction. Yee-haw!

Please see the attached flyer or visit LCA's website at <https://bit.ly/keflca2023>. The deadline to purchase tickets is May 1st, so buy early before we sell out!

Pro tip: Buy a table with your friends to party together!

**Auction items!**

Can you donate something fabulous? Please do! It will really help our kids! Gift certificates, vacation stays, tickets to live events, experiences, and tours make excellent auction items. *We especially need high-value items for our live auction, like trips or experiences.* We love your support!

To donate, please visit LCA's website at <https://bit.ly/keflca2023donate>. Donating by **May 1st** will allow your item to reach us by the auction date.

**Corporate sponsors!**

Like last year, LCA 2023 will be supported by corporate sponsorship, which was a terrific way for local business to gain visibility by supporting our little school. Sponsors will appear on LCA's website, all promotional materials, and the event itself. Many sponsors from 2022 have already renewed! Please see the attached flyer for more information. We love our business community!

**Thank you!**

KEF is a 501(c)(3) Public Benefit Corporation, funded entirely by donors, and staffed entirely by volunteers. About 70% of KEF's budget comes from LCA, which funds most of our school's PE, Music, and STEAM (Science, Technology, Engineering, Art and Mathematics) curriculum.

Questions? Contact me at [CWyatt@KendwoodEducationFoundation.org](mailto:CWyatt@KendwoodEducationFoundation.org). See you at LCA!

Sincerely,  
Chad Wyatt, President of KEF

Kenwood Education Foundation Presents

LIGHTS,  
CAMERA,  
*Auction!*  
*Denim & Diamonds 2023*

**MAY 20** 2023  
5 PM - 10 PM

FAIRVIEW AT THE  
OAKMONT COUNTRY CLUB  
7035 Oakmont Drive, Santa Rosa

**LIVE AND SILENT AUCTION**  
Benefiting Kenwood Elementary School

**TICKETS:** \$125 • **TABLES:** \$1,500 for 10 people

**RSVP** by May 1

- Open bar
- **BLING** and boots attire encouraged



- To purchase tickets or reserve your table, visit: [bit.ly/keflca2023](https://bit.ly/keflca2023)

# We need YOUR help with

# LIGHTS, CAMERA, Auction! *Denim & Diamonds 2023*

Whether or not you attend, anyone can help with our biggest fundraiser of the year! The items auctioned at LCA raise as much as 75% of KEF's yearly budget. These funds go directly to STEAM, music, teacher aides, an enhanced library, and more at Kenwood Elementary School.

## How can you help?

Choose the best option for you!



### ATTEND

Purchase tickets by visiting our website at [bit.ly/keflca2023](https://bit.ly/keflca2023).  
Space is limited.



### GIVE

Donate an item online at [bit.ly/keflca2023donate](https://bit.ly/keflca2023donate). Donation forms can also be found outside the office.



### CREATE

Grab a Gift Basket Tag from the LCA table in the school hallway or create your own item.  
Or sign up to host a Parent Party!



### GOT MILES?

Or a vacation rental? Trips are some of our biggest ticket items!



### GOT WINE?

We need premium and large format wines for our silent auction. Tasting experiences are great, too!



### KNOW SOMEONE AWESOME?

Opportunities to meet unique people or visit unique places are valuable auction items.  
Inspire a growing mind!



KENWOOD  
EDUCATION  
FOUNDATION

For questions contact Chad Wyatt: [CWyatt@KenwoodEducationFoundation.org](mailto:CWyatt@KenwoodEducationFoundation.org)  
Kenwood Education Foundation is a 501(c)(3) nonprofit entity, so donations are tax-deductible.

# PARENT PARTY: DEMYSTIFIED

Lights, Camera, Auction is coming up on May 20th! This year, we are excited to present Parent Parties as part of our fundraiser. They are a wonderful way to bring together our community, while also bringing in revenue for our school.

So what is a Parent Party? Members of our Kenwood community host fun and interesting events that other members of the community pay to attend. These fun-filled events translate into great memories for you, and great donations for our students.

## HOW CAN YOU HELP?

Host a party! We have a long list of suggested parties below. Of course, a party of your own creation is also welcome.

And if you have a great location to host a party, but can't handle throwing it, no problem! We can even pair you up with another person to make it easy. Hosts will decide the party, location, date, number of people attending, and the ticket price.

It's easy to log the party as an auction item. Just go to [bit.ly/keflca2023](https://bit.ly/keflca2023) and enter the party as an auction item. The amazing volunteers at KEF will create a silent auction sheet for you! Tickets will be strictly limited to the number of tickets that you specify.



## LCA 2023 DETAILS

MAY 20, 2023 • 5PM -10PM

FAIRVIEW AT THE OAKMONT COUNTRY CLUB

7035 OAKMONT DRIVE, SANTA ROSA

TICKETS: \$125

TABLES: \$1,500 FOR 10 PEOPLE

OPEN BAR | BLING & BOOTS ATTIRE

ENCOURAGED

## PARTY IDEAS

Wine Tastings and Tours

Game Night/Trivia

Crafting

Sewing

Cooking, Picnics, or Barbecues

Tequila Tasting

Poker

Hiking or Camping

Spa Day

Specialty Cooking Classes

Bocci Party

Tarot/Astrology

Painting

Yoga Class

Flower Arranging

Bingo Night w/ Prizes

Baseball/Basketball/Soccer Game

Crawfish boil



# When to use AT-HOME COVID-19 TESTS



<b>If you feel sick:</b>	Test! Test again 1-2 days later if first test is negative*.
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## Even if you DON'T feel sick, test in the following situations:

<b>After you were exposed:</b>	Test when you find out AND 3-5 days after your last exposure.*
<b>Travel:</b>	You may have been exposed if you used public transit or were in a crowded place without a mask. Test 3-5 days after return.**
<b>Large gatherings:</b>	Test just before large indoor gatherings or visiting people at higher risk for severe illness (elderly individuals or people with weakened immunity).***

Employers should follow [Cal/OSHA COVID-19 Non-Emergency Regulations](#)

\*CDPH Isolation and Quarantine \*\*CDC Travel Guidance \*\*\*CDPH Updated Testing Guidance

## Need more tests?

- Take your MediCal or Medicare card to the prescription drop-off counter at a pharmacy for 8 free tests **OR**
- Check with your insurance plan for 8 free (or reimbursed) at-home tests a month.
- Order 4 free COVID-19 tests per household from the US Post Office at: <https://special.usps.com/testkits>

**Expiration Update:** At-home tests can be used past the printed date if the control line develops appropriately. Details at <https://testing.covid19.ca.gov/>

## Positive Test?

- **STAY HOME**, let your school know, and follow their guidance!
- Ages 12 or older? Ask about FREE medications for COVID-19 that are safe and highly effective at preventing serious illness. Find treatment at <https://covid19.ca.gov/treatment>

## Negative Test but COVID-19 Symptoms?

- **Wear a mask.** Check with your school for further guidance.

Self-report at-home test results with the Primary.Health Pass App  
Download at the [Apple Store](#) or [Google Play Store](#)



# NAPA BMX LEAGUE

**BEGINNERS ONLY!**

Open to Boys and Girls 3-15yrs

**\$159 Entry Fee Includes**

- Five Sessions of Instruction & Racing
- League Jersey & Number Plate
- Loaner Bike/Helmet (if needed)
- Season-End Award



**SPRING, EARLY-SUMMER,  
LATE-SUMMER & FALL  
PROGRAMS**

**TRY IT OUT  
FREE ON  
SATURDAYS:**  
([BIT.LY/FreeRideSat](https://bit.ly/FreeRideSat))



**QUESTIONS?**

[donny@bmxleague.com](mailto:donny@bmxleague.com)

COVID-19 Precautions &  
Procedures In Effect



[NapaBMXLeague.com](http://NapaBMXLeague.com)



3291 Streblov Drive, Napa, CA 94558

## BMX Racing Offers...

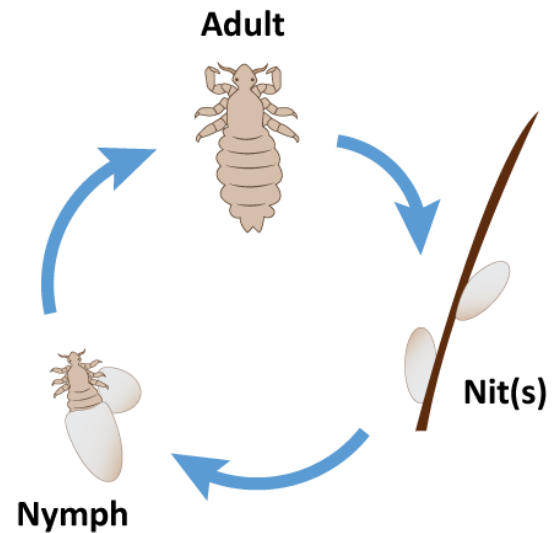
- > Increased Confidence
- > Individual Achievement
- > Acceptance for All Shapes, Sizes and Abilities
- > Positive Physical Activity
- > Valuable Family Time

## Got Lice? Here's What You Need to Know About Head Lice

Head lice are small insects that live in people's hair and feed on their blood. Head lice are common among school-aged children, but anyone can get head lice. Head lice do not spread disease and having head lice is not a sign of poor hygiene or being "dirty".

Head lice have three different life stages:

1. **Nits** – tiny, oval eggs that are glued to hair. Nits are yellow or white, and nymphs hatch from them within 8-9 days.
2. **Nymphs** – immature lice that become full-grown in 9-12 days and must feed on a person's blood to live. Nymphs look like adult lice but are smaller (the size of a pinhead).
3. **Adult lice** – full-grown lice about the size of a sesame seed that are tan or grayish-white. Adult head lice must feed on blood and will die within 1-2 days if removed from a person's head.



### How do people get head lice?

- People get head lice from head-to-head contact with a person who has head lice. Head lice contact occurs most often during family gatherings, play dates, sleepovers, camps, or even when taking selfies.
- Though less common, head lice may also spread by sharing combs, hats, clothing, hair ties or clips, scarves, or other personal items that come in contact with a person's head.
- Head lice are more likely to spread among children at home, daycare, or at a friend's house than at school.
- Head lice glue nits on the hair shaft. Nits found closer to the head (less than ¼ inch from the scalp) usually contain lice that will eventually hatch. Nits located further from the scalp are usually empty or are dead.

### How do I know if my child or I have head lice?

- If you or your child have head lice, you may see nits stuck to the hair near the scalp and lice crawling through the hair. Nits should not be confused with dirt or dandruff in the hair, which can be easily brushed away.
- A person with head lice may have a tickling feeling in their hair or an itchy scalp. Intense scratching may also occur.
- Children may be irritable and have difficulty sleeping since head lice are most active at night.

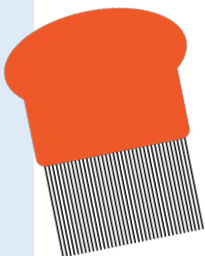
### Where are head lice found?

- Head lice are usually found on a person's scalp, especially behind the ears and near the neckline.

**The best way to prevent head lice is to not touch heads with someone who has head lice.** You may not be able to tell if someone has head lice or not, so it's best not to share personal items that could spread head lice from one person to another, such as hats, scarves, sweaters, headphones, or towels.

## Head lice and nits have been found in my hair or my child's hair. Now what?

- Check the hair of everyone in your household to see if they have head lice.
- Over-the-counter products and medications prescribed by a doctor are available to treat head lice. ***Not all products kill nits, and retreatment is often needed 7-10 days after the first treatment, when nits hatch and more head lice are found.***
  - Follow the label directions carefully.
  - Only treat people who have head lice.
  - Do not leave the product on for a longer time than recommended – it will not kill lice faster.
  - Each person with head lice needs a complete treatment. Do not split a single box of shampoo between people.
  - Everyone in the home with head lice needs to be treated the same day.
- **Important:** Comb the hair in-between treatments to remove nits. Use a metal (not plastic) nit comb that has long teeth – several brands are available at your local pharmacy.



- Hair should be combed every 2-3 days for two weeks or until nits are no longer found. The goal is to remove any nits that can hatch new lice.
- It is easier to comb wet hair that has been parted into small sections. Each section of hair should be combed from root to tip. If lice or nits are found, wipe or rinse the comb before using it again.



## Treatment doesn't seem to be working. What's wrong?

- The problem is not head lice (nits may look like dandruff or drops of hair styling product).
- The label directions for treatment were not followed properly.
- Lice may be resistant to some available lice treatment products.
- You might have gotten head lice again.

**Remember:** It takes 8-12 hours for some products to kill head lice. If lice are still active after this time, the product may not be working. Do not retreat until speaking with a healthcare provider.

## Are there other treatment options for head lice? Do I need to treat my home for lice?

- Devices that blow heated air at high flow towards the scalp and hair have been shown to kill both nits and lice. Treatment requires at least 30 minutes and specialized training for use.
- There is no proof that vinegar, mayonnaise, olive oil, tea tree oil, or products that say they dissolve the glue on the nits “to ease their removal” actually work.
- Fumigation of the home is not necessary. To get rid of lice in the home:
  - Wash clothing, bedding, and other items used by the person with head lice in the 2 days before treatment in hot water (>130°F), then dry on the hottest heat cycle.
  - Place combs, brushes, hair bands, and hair clips in hot water (>130°F) for 5-10 minutes.
  - Vacuum carpets and furniture in areas where the person sat or laid down.

