

School is out - yeah!

Have fun, kids! Lamorinda Weekly team

## SCHOOL CALENDAR

**Acalanes Union**  
High School District  
Board Room AUHSD Office  
1212 Pleasant Hill Rd, Lafayette  
TONIGHT Wednesday, June 22, 7:30pm

**Lafayette School District**  
LAFSD Office  
3477 School Street, Lafayette  
TONIGHT Wednesday, June 22, 7pm

Ask Dr. Harold:

## Your Child's Grieving Process

By Harold Jules Hoyle Ph.D.

A parent recently wrote to me and asked how to help their child deal with the loss of their family dog. So here are some things you can do to help children with their grieving process.

### Perspective

Many people like their animals more than they like people. If you are one of these people, you know what I am talking about. If you are not, take my word for it – the loss of a pet can be one of the most difficult events in a person's life. Kids in particular can learn a lot from the animals that they have around. They can learn joy from their dog and independence from their cat. They learn to be responsible for another being in a way that can be a lot less threatening than being responsible for themselves. And when the pet passes away, they can learn about how to deal with loss if we guide them well.

### Life and Death

The first dynamic to process for the child is the actual dying of the pet. Taking into account the developmental level of the child, it is important to let them know that the pet is in a different place where they are not suffering. Using your cultural tradition here is a great idea. We sometimes make mistakes by trying to avoid our children feeling pain by being vague or using terms that are above their understanding. They need to know that the pet is not coming back. Terms like "put to sleep" need to be avoided with children who are not old enough to understand the medical procedure. A ritual like a pet funeral or letter to the animal can be an important. Balancing the loss with the fond memories can be helpful at the ceremony.

### Grieving

The mourning process is well researched and can be helpful to know. Shock or disbelief comes first. This may be the child looking all over the house for the pet. Denial comes next and is where you explain to the child what happened. Bargaining and guilt can sometimes follow. This could be where the child tries to come up with some behavior they do to get the pet to come back. Anger is often part of the process. The child might blame all sorts of events or people for taking their pet away. They need to be reassured that, as a close friend of my said, "dogs are amazing, they just don't live long enough". Next will be sadness and acceptance. Time is an important factor. Take note not to rush a child through to the next stage. Be with them in the stage they are in and help them to remember all the great and funny stories about the pet to get them through. Let them in on your process and how you are navigating. Tell them the memories you focus on to feel better.

Express and Celebrate  
Tell stories about the pet. Make up legends that go along with the pet's accomplishments. Make the stories a place where the characters can talk about their feelings. Express in a variety of ways. Draw, write a letter, sing a song, do an activity. "Doing" allows for expression to take place. Be open to the activity matching where the child is in the grieving process. If they are angry then an angry song is great. Kids can get confused when we try to get them to express happy when they are sad. Often times they do what we all do when we are confused shut down expression. When they are sad and you want to pick them up, you can tell your favorite story and then see if they want to follow. You ultimately can help them find the meaning that the pet had in their life. And then help them to celebrate that meaning.

### Express and Celebrate

Harold is licensed clinical psychologist and a lecturer and in the School of Counseling Psychology, Education, and Pastoral Ministries Santa Clara University. With his wife and two children he is a 14 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, behavior with adolescents and children. He has a local private practice.



www.drharoldhoyle.com  
Harold can be contacted by phone or email: 510-219-8660  
hjoyle@mac.com

Harold is licensed clinical psychologist and a lecturer and in the School of Counseling Psychology, Education, and Pastoral Ministries Santa Clara University. With his wife and two children he is a 14 year long resident of the Lamorinda area. He is a sought after speaker in the areas of parenting, education, behavior with adolescents and children. He has a local private practice.

## Class of 2011 Graduates from Campolindo

Submitted by Carola Ziermann



Photo Kevin Goto

It was a nice and sunny afternoon on Friday, June 10th, when Campolindo High School's Class of 2011 proceeded to the football field for the graduation ceremony. Principal Carol Kitchens took pride when mentioning in her welcoming speech some of the many accomplishments these 340 students have achieved. "As one of the largest classes Campolindo has had in years, among these students we have 35 Commended National Merit Scholars and of those 10 Finalists. We have ten League Championships, five North Coast Championships and two State Championships. In the Performing Arts, these seniors thrived with numerous instrumental concerts here at Campolindo and in Beijing, China. We had eight great musical performances of Fiddler on the Roof and two

successful plays, Romeo and Juliet and Laramie Project."

Kitchens further pointed out that 80% of these Campo graduates will move on to four year colleges and 17% will attend two year colleges in the fall. So it was no surprise that in his senior address, Erik Svedberg presented his fellow classmates as an exceptional class with the ability to succeed, while Cynthia Meng in her address also acknowledged their sass, class, and surpass. It was a proud moment for teachers and all the parents when the students were each called by name to receive their diplomas. Excitement and happiness were in the air when 340 hats were finally tossed way up into the sky.

What followed this ceremony was a Grad Night beyond expecta-

tions. A team of highly motivated and very talented parents, led by Chairs Lisa Monroe and Margo Isaacs, had been working tirelessly for the past twelve months up to the very last day to give these seniors a fantastic night of fun and memories. This year's theme was The Wizard of Oz and they created a world somewhere over the rainbow where dreams really do come true, with a perfect Munchkin Land and a stunning Emerald City.

With the combined efforts of community, sponsors, teachers and lots of dedicated parent volunteers, the stakes were set high for years to come at Campolindo. "It takes a village..." says Lisa Monroe, "and it doesn't get much better than seeing close to 300 smiling teenage faces having the time of their lives!"

## Count Reading In: How to Build Reading into Your Child's Summer

By Diana LaScala-Gruenewald



Left to right: Max Rittman, Annalise McKenzie, Tommy Richards, Hailey Richards  
Photo Sophie Braccini

After a long and rainy winter, the sun has finally decided to bless Lamorinda with its first radiant week. In every neighborhood kids are basking in their sudden freedom from teachers and schoolwork, and parents are finalizing summer plans. As families pencil in vacations, 4th of July picnics and days at the pool, they should also consider making time for a less stereotypical activity: summer reading.

A three month break from required reading can be too long for young students, especially those that are struggling. By the fall semester, many have regressed, and teachers must spend the first weeks of school reviewing material. Summer reading can help your children maintain their skills and enhance their work in writing and spelling.

Some parents worry that their kids will burn out without ample time to recover from the school year. However Jill Mary, a literacy expert from Purdue University, believes that as long as children are engrossed by what they read, summer reading is beneficial. In a 2005 interview with the news website newswise, Mary advises: "Have fun, relax, enjoy yourself, read a book or two, and don't worry about the upcoming [...] school year." In addition, research suggests that as few as six books can prevent young readers from losing the skills that they labor to develop during fall, winter and spring.

Use these ten great tips to encourage reading, discussion and fun in your home this summer.

1. Teach your children that reading is an important part of family life by taking regular trips to the library.  
2. Never stop reading aloud! You read at a higher level than your child,

and he or she will benefit from listening to you and discussing words or ideas that he or she doesn't understand.

3. Host a book club. Reading is more fun if all your friends are doing it, too! Allow each child (or parent-child pair) to select a book to read and discuss. Ask the children to summarize the story, talk about their favorite or least favorite parts and hypothesize why the main character acts the way he or she does.

4. Keep a list on your refrigerator of all the books each family member has read over the summer. You and your child might even agree on a goal; race to see who can finish five books first, or plan an outing as a reward for reading ten books.

5. Never force your child to finish what they start reading. If the material doesn't appeal, ask your child why they dislike the book and encourage them to choose a different one.

6. Remember that children can ben-

efit from reading a variety of materials. For example, if you and your child make cookies, you might ask him or her to read each step in the recipe aloud.

7. Bring audio books on road trips or long car rides. While these can be expensive to purchase, many can be rented from any of the Lamorinda libraries. Consider listening to books that relate to your destination. For example, if your family is camping in Yosemite, you could listen to a children's book about wild animals on the drive up.

8. Try to read something with your child every day. Set an example – read the cereal boxes together in the morning and reserve a half hour for family reading in the afternoon.

9. Get involved with your local bookstore. Some bookstores offer fun summer reading programs for kids.

10. Talk to your local librarian! The Lafayette Library and Learning Center, Moraga Library and Orinda Library offer a bevy of summer activities that encourage students to engage in summer reading. For example, the summer reading program for children (ages 2-10) requires your child to pick up a reading log, which contains a series of footprints. A footprint can be colored in after your child reads for 20 minutes; when all the footprints are full, there are a variety of spectacular prizes available, including Round Table Pizza coupons and tickets to the Lawrence Hall of Science.

With such a wide array of strategies and strong local support, there are a myriad of opportunities to help students learn to love reading this summer.

Submit stories to  
schooldesk@lamorinda  
weekly.com

## ORINDA ACADEMY summer school 2011

Session 1: June 20 - July 12  
Session 2: July 14 - August 5  
9:00 am - 1:00 pm

### Earn High School Credit

- Algebra 1 & 2, Geometry
- U.S. History • Spanish
- English for all grades
- Cartooning • Music Lessons

### Middle School Prep High School Prep

- Reading • Math • English
- Study Skills

All classes meet college prep requirements  
Personalized Instruction  
1:1 Tutoring • Small Class Sizes

Call today for a brochure!

**ORINDA ACADEMY**  
19 Altarinda Road, Orinda (925) 254-7553 x305  
www.orindaacademy.org

starstyle

productions®



Need help with writing, speaking, performing, or life challenges? Empowerment expert Cynthia Brian, listens to your requirements, assesses your needs, and helps you achieve your goals.



PO Box 422, Moraga | 925-377-STAR  
cynthia@star-style.com | www.star-style.com