



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

The ACORN for the week of April 27, 2020

Virtue for April - Friendship



Good friends

help you to find important things
when you have lost them. Your
smile, your hope and your courage.

- Doe Zantamata

This Week

- 4/28 - Tuesday - Finance Committee Meeting at 4:15 PM

Covid-19 Resources

For the most up to date resources and links regarding the COVID 19 Emergency please visit our website:

www.blueoakcharterschool.org



- Technology
- Essential Services Childcare
- Counselors
- Grab and Go Lunches

Middle School Band Families

Here is the code the Google Classroom page for both bands. I will be posting assignments and some fun extras for the students. They do not have to have their instrument at home to participate. It is a wonderful way for me to stay in touch with my awesome band kiddos. Email me directly if you are having any issues.



Warmly,
Ms. Lee

The code is: **nt3ymrc**

Blue Oak School Spirit Week

Join our faculty and staff in participating in Spirit Week!

Post a picture of how you are participating with the tag

@blueoakcharterschoolchico with #BlueOakBliss

Email picture to info@blueoakcharterschool.org to be reposted to our Parent Square Community



4/27 Monday - PJ day

4/28 Tuesday - Silly Hat Day

4/29 Wednesday - Bring a pet or toy to class

4/30 Thursday - Show off a book day

5/1 Friday - Blue Oak School SWAG Day

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Mindful Moments from our School Counselor

Sleep is such an important part of our physical, emotional and cognitive wellbeing. As this pandemic stretches on, sleep problems are becoming more common and may cause increased levels of anxiety and depression, among other symptoms. Here are some things you can try if you are struggling to get a good night's sleep:

- If possible, limit use of screens 1 hour before bedtime
- If it is not possible to put your phone away before sleeping, download a free "blue light" app to filter out the blue light. You can also purchase blue light glasses online to help decrease your exposure.
- Manage your environment - turn lights down, listen to calming music, read a favorite book, use calming essential oils through a diffuser such as lavender
- To ease a racing mind, try listening to nature sounds or a sleep story
- Create a calming night time routine - drink herbal tea, take a warm shower, stretch your body focusing on tight areas where you may hold stress (back and neck are common areas).

Sometimes simple changes can help us sleep better. Other times, our inability to sleep can be a symptom of a greater need. If you would like more support with your or your child's night time routine or sleep concerns, please reach out for support! You are not alone in this journey.

Warmest wishes,

Emma Todd, LCSW, emmatodd@blueoakcharterschool.org



Packet Pickup

DRIVE UP PACKET PICKUP

Packet #4 for work from 5/4/2020 to 5/15/2020

Friday, May 1

4:30PM to 5:30PM

Monday, May 4

7:45AM to 8:45AM

4:30PM to 5:30PM



Next Week

- 05/05/20 Parent Council Meeting
- 05/08/20 NO SCHOOL / Teacher In-Service

