

# BLUE OAK SCHOOL

The ACORN for the week of May 18, 2020

Virtue for May - Reverence

PURSUE SOME PATH, HOWEVER NARROW AND CROOKED. IN WHICH YOU CAN WALK WITH LOVE AND REVERENCE.

- HENRY DAVID THOREAU -



5/19 - Tuesday - Charter Council Meeting at 6:00 PM

### Blue Oak Charter Council Applications Applications will be accepted from April 15 to May

**VOLUNTEER OPPORTUNITY** 



A DIFFERENCE

- 20, 2020. All Blue Oak parents and community members are
- eligible to apply. Applications can be found on the school website. Go to Councils and Committees > Charter
- Council Elections, or to the link below.
- The election will be held from May 26 to May 29.

www.blueoakcharterschool.org > Parent Resources > Forms

## WOW Summer Camp - CANCELLED

We regret to inform you that this year's WOW Camp has been cancelled. It is our plan to bring it back in the future when we can ensure safety for all. We will dearly miss you all! Check out our facebook page throughout the summer for fun ideas you can do at home!

https://www.facebook.com/pg/wowcampchico/photos/?ref=page\_internal



## choice when we are faced with parenting challenges and struggles. Just as in a garden,

we can show up, nurture, and water our plants, or we can give up and miss out on the We may be feeling overwhelmed, anxious, and exhausted. Our children will feel this as well, only they may not yet have the ability to cope with the uncertainty. The beauty is that we can help through regulating with them and providing emotional support.

When your child seems to be overwhelmed and frustrated, validate their feelings. Validating is NOT an agreement with their perspective, coddling, or accepting inappropriate behaviors. It IS a great parenting tool that lets your child know you

understand and accept their thoughts and feelings. Here are a few validating phrases to help in the heat of an emotional moment: 1. I can see you are (angry, upset, mad) right now. It is okay to feel (angry, upset, mad). 2. Help me understand what you are thinking.

5. I am here for you. 6. It is hard to feel positive right now.

4. It's disappointing when things don't go your way.

- 7. It can feel lonely when we have to stay home. 8. It can be scary trying new things.
- Packet Pickup
- DRIVE UP PACKET PICKUP

7:45AM to 8:45AM

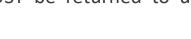
4:30PM to 5:30PM

9. I would feel the same way if that happened to me.

Packet #5 for work from 5/18/2020 to 5/29/2020 Monday, May 18

Packet #6 for work from 6/1/2020 to 6/5/2020

Emma Todd, School Counselor



• Monday 5/18 - 7:45-8:45 Monday 5/18 - 4:30-5:30 Friday 5/29 - 4:30-5:30 Monday 6/1 - 7:45-8:45

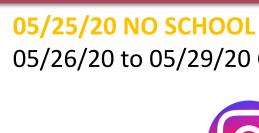
Monday 6/1 - 4:30-5:30

Friday 5/15 - 4:30-5:30

case of the instrument so we can get it checked in.

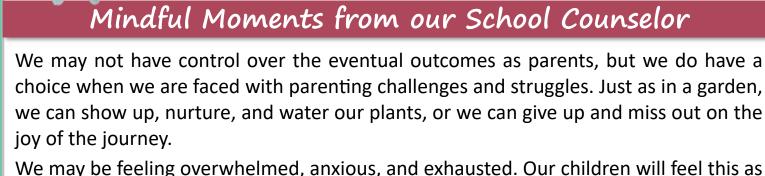
Please make sure that the student's name is CLEARLY LABELED on the

- Next Week
- 05/26/20 to 05/29/20 Charter School Elections









3. I am listening.

10.I love you.

pickups:

Thank, you!

Friday, May 29 4:30PM to 5:30PM Instrument Return Hello music families! As we near the end of the school year we will begin returning instruments. If you have a school instrument, book, folder, or any other Blue Oak music class material, it MUST be returned to us at any of the following packet