



# BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

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 -**



*This Week*

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

## *Blue Oak Charter Council Applications*

### **VOLUNTEER OPPORTUNITY**



**GET INVOLVED AND MAKE  
A DIFFERENCE**

- Applications will be accepted from April 15 to May 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.
  - [www.blueoakcharterschool.org](http://www.blueoakcharterschool.org) > Parent Resources > Forms
- The election will be held from May 26 to May 29.

## *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](https://www.facebook.com/pg/wowcampchico/photos/?ref=page_internal)



## *Mindful Moments from our School Counselor*

We may not have control over the eventual outcomes as parents, but we do have a 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 joy of the journey.

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.
3. I am listening.
4. It's disappointing when things don't go your way.
5. I am here for you.
6. It is hard to feel positive right now.
7. It can feel lonely when we have to stay home.
8. It can be scary trying new things.
9. I would feel the same way if that happened to me.
10. I love you.



*Emma Todd, School Counselor*

## *Packet Pickup*

### **DRIVE UP PACKET PICKUP**

**Packet #5 for work from 5/18/2020 to 5/29/2020**

**Monday, May 18**

7:45AM to 8:45AM

4:30PM to 5:30PM

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

**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 pickups:



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

Please make sure that the student's name is **CLEARLY LABELED** on the case of the instrument so we can get it checked in.

*Thank you!*

## *Next Week*

- **05/25/20 NO SCHOOL**
- 05/26/20 to 05/29/20 Charter School Elections

