This Week

- 5/19 - Tuesday - Charter Council Meeting at 6:00 PM
- 05/25/20 NO SCHOOL
- 05/26/20 to 05/29/20 Charter School Elections

Virtue for May - Reverence

Weekly Summer Camp CANCELLATION

We report to inform you that this year’s Wonder 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/wonderofWonder/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

Volunteer Opportunity

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

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:

- Monday, May 18 - 7:45AM to 8:45AM
- Monday, May 18 - 4:30PM to 5:30PM
- Friday, May 29 - 4:30PM to 5:30PM

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

Next Week

- 05/24/20 to 05/29/20 Charter School Elections