



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF JANUARY 18TH, 2020

UPCOMING EVENTS

01/18 – No School (MLK Day)

01/19 – Charter Council Meeting
(6:00PM)

01/22 – Semester 1 Ends

MATERIAL DISTRIBUTION

Next Material Distribution Date:

**Monday, January 25th
4:30PM – 5:30PM**

“THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.” – MARTIN LUTHER KING JR.

THIS MONTH’S VIRTUE: WISDOM

MEAL PICK UP FOR DISTANCE LEARNERS

Available at Oak Bridge Academy located on the Chico Mall

Curbside Meal Pick-Up
Breakfast & Lunch Sack Meals
Monday-Friday
11:00AM – 1:00PM

BLUE OAK INSTRUCTIONAL AIDES

In order to safely reopen and provide additional support to our teachers through these challenging times, Blue Oak has hired 7 new Instructional Aides. We are excited for the opportunity to build relationships with our beautiful, new additions. Welcome to Blue Oak:

Amber Saetern
Darlasia Miller
Jesenia Rodriguez
Jill Vought
Lillian Golde
Melissa Stach
Samantha Huefner



work or quarantined. Here are some practical tips to increase your patience with your kids:

1. Interrupt the build up

On most days, by the time we lose our patience with our children, there has already been a long buildup of small moments where we have kept our patience.

If you become mindful of the buildup, interrupt it by making a change - eg. start an activity everyone enjoys, have 20 mins of "quiet time" with everyone in their bedrooms, lock yourself in the bathroom for a few moments of quiet, or use the tv if you need a breather.

Interrupting the buildup will redirect & calm the stress.

2. Intentionally increase your serotonin levels

Higher serotonin levels have been connected to higher levels of patience. So intentionally increasing your own serotonin levels naturally, will increase your patience levels with your children.

Serotonin levels increase with:

- Specific foods (eggs, cheese, pineapples, tofu, salmon, nuts & seeds, turkey)
- Light aerobic exercise
- At least 10-15mins of light exposure daily
- Massage
- Mindset refocuses: remembering happy moments, looking over special photos, planning future moments to look forward to.

COUNSELOR CORNER

Being patient with our children is a challenging part of parenting in normal circumstances, but in this current season, it can feel like an almost impossible task.

Patience is the capacity to accept or tolerate delay, trouble or suffering without becoming angry or upset.

This is a monumental task when you are tired, managing multiple children, juggling

3. Quickly repair

When you lose your patience with your child (& it is going to happen regularly - particularly at the moment), be intentional to quickly repair the relationship.

All relationships have conflict. The un-health develops when we don't address the conflict and hurt. To repair your relationship with your child:

- Take Responsibility for your actions (no matter what your child has done) - "I shouldn't have yelled"
- Apologize - "I'm really sorry"
- Moving Forward - "I'm going to try to do better not to yell next time"

After you have repaired the relationship, you can then have a calmer conversation about your child's behavior or changes needed.

Remember that particularly in this season, raising children is a marathon & requires a huge amount of personal strength just to get through one day.

Rather than beating yourself up for the moments where you "failed", intentionally call to mind the moments where you stood in courage, capacity & strength.

UPCOMING SPIRIT WEEK

Spirit Week will be **January 25th – 29th** and will include the following daily categories:

Monday (01/25) – Tie Dye/Rainbow Day

Tuesday (01/26) – Inside Out Day

Wednesday (01/27) – Sparkle + Shine Day

Thursday (01/28) – Sports Day

Friday (01/29) – PJ Day