



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

UPCOMING EVENTS

10/06 – Parent Council Zoom Meeting

10/07 – Charter Council Special Meeting

10/13 – Finance Committee Regular Meeting

THE ACORN – WEEK OF OCTOBER 5TH, 2020

MEAL PICK UP EVERYDAY!

CUSD Nutrition Services

Breakfast & Lunch Sack Meals

Monday-Friday

11:00AM – 12:30PM



CHAPMAN ELEMENTARY

CITRUS ELEMENTARY

LCC ELEMENTARY

SHASTA ELEMENTARY

CHICO JR. HIGH

BIDWELL JR. HIGH

EMMA WILSON ELEMENTARY

SIERRA VIEW ELEMENTARY

MATERIAL DISTRIBUTION

Friday, October 9th • 7:45AM – 8:45AM

Monday, October 12th • 4:30PM – 5:30PM

BERRY MUFFIN RECIPE

While we have been surviving at home, the seasons have begun to shift and the rhythm of the year continues. We are entering the season that calls for courage, and we will need all of the courage as we can muster as we live through the current fire season and pandemic. We are a strong community, we are Butte Strong, and yet the weight of reaching 6-months of social distancing can take its toll. I encourage you to take a moment to celebrate the work you have done as parents and families to take care of your children, your loved ones, and our precious community that is Blue Oak. We can and will make it through this tough time together.

In honoring the rhythm of the year, it is important that we mark the changing seasons with our children and welcome them into fall. As the days begin to cool and trees begin to shift, baking can be a comforting ritual to both celebrate the seasons and create memories as a family. Here is a favorite recipe in my home- I hope you enjoy it too! – *Emma Todd, Blue Oaks Counselor*

What you'll need:

- 1/2 cup coconut oil
- 1/3 cup maple syrup
- 1 tsp. pure vanilla extract
- 2 large eggs
- 1 cup unbleached flour
- 1 cup whole wheat pastry flour
- 1 tsp salt
- 1 1/2 cups any combination of berries, cut if necessary.

What to do:

Mix the dry ingredients in a large bowl. Mix the wet ingredients separately. Add the wet ingredients to the dry, and stir until combined. Gently fold in the berries.

Spoon the batter into a greased muffin pan. Bake at 350°F for 30 minutes or until a tester comes out clean. Let the muffins cool in the pan for 10 minutes, then remove them to a baking rack until you are ready to eat. These muffins can be stored in an airtight container for 2 days (but are best eaten right away!).

Optional: Sprinkle dark brown sugar or raw sugar on top of the muffins before baking for an extra sweet treat!

