



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF OCTOBER 19TH, 2020

MEAL PICK UP EVERYDAY!



CUSD Nutrition Services

Breakfast & Lunch Sack Meals

Monday-Friday

11:00AM – 12:30PM

<p>CHICO JR. HIGH</p> <p>BIDWELL JR. HIGH</p> <p>EMMA WILSON ELEMENTARY</p> <p>SIERRA VIEW ELEMENTARY</p>
<p>CHAPMAN ELEMENTARY</p> <p>CITRUS ELEMENTARY</p> <p>LCC ELEMENTARY</p> <p>SHASTA ELEMENTARY</p>

THIS MONTH'S VIRTUE: *COURAGE*

MATERIAL DISTRIBUTION

Friday, October 9th

7:45AM – 8:45AM

Monday, October 12th

4:30PM – 5:30PM

SOCIAL JUSTICE TASK FORCE

We can practice **courage** this month by choosing not promote cultural stereotypes. The "We're a Culture, Not a Costume" campaign explains how harmful it is to reduce cultures to caricatures and jokes. To dismantle these stereotypes, we must first have the **courage** to listen and acknowledge the problem as it is beautifully explained in "My Culture is NOT a Costume" by Teen Vogue. Once we are better informed, then we can make better choices!

Please visit select the link and watch the video attached below for more information.

-Brought to you by the Blue Oak Equity and Anti-Racism Task Force

UPCOMING EVENTS

10/20 Charter Council Regular Meeting

COUNSELOR CORNER

It can be really hard to see our children struggle through the big emotions of schooling at home. Dr. Becky Bailey teaches a five-step process for self-regulation that can help us create a more peaceful and productive home. While it may not come as a natural strategy for many of us, learning and practicing these five steps can help not only help to regulate our current emotions, but also create deeper insight to use in the future. And remember, we can only support our children if we are doing okay and tending to our own emotions first. So take a deep breath, and help your child(ren) through the following steps when feeling overwhelmed or out of control.

I Am- Becoming aware that something has triggered an emotion

I Calm- Breathing deeply and noticing emotions without judging them

I Feel- Identifying and naming the emotion (Name it to tame it)

I Choose- Accepting the feeling and choose a calming activity to help self-regulate

I Solve- Now in a calmer state, solve the problem that originally triggered the emotion

If you would like to learn more about Dr. Bailey's Conscious Discipline strategies to use at home, please reach out to Blue Oak's School Counselor, Emma Todd. Emma uses these strategies to great success with her children, and with students (and parents!) of all ages.