



# BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

## THE ACORN – WEEK OF OCTOBER 26<sup>TH</sup>, 2020

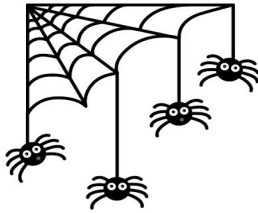
### UPCOMING EVENTS

11/03 – Parent Council Meeting (6:00PM)

11/04 – School Tour (9:30AM)

11/05 – School Tour (4:30PM)

### MATERIAL DISTRIBUTION



**Friday, November 6<sup>th</sup> Canceled (Teacher In-Service Day)**

**New Material Distribution Schedule Coming Soon!**



We are spicing things up at Blue Oak by combining our Material Distribution drive-by with Spirit Days! Be sure to stay on the lookout in upcoming Acorn newsletters to see what Spirit Days you and your child can participate in.

### THIS MONTH'S VIRTUE: COURAGE

#### COUNSELORS CORNER

If you are planning to have your student return to campus this semester, there are some small steps you can take now to help make the transition easier! School will look a lot different from how students will remember it, so talking about it now can help to decrease a lot of worry in the future.

**Talk about what school might look like.** We won't be able to share hugs and handshakes, and we all might look a little silly with our masks on! But there are things that will feel familiar - smiling eyes from teachers, words of support and encouragement, and lots of laughter and love!

**Practice!** Even if you and your family have been wearing masks, consider practicing more at home. Have your child wear their mask while doing school work for small periods at a time to get used to the sensation of learning while masked.

**Coping strategies.** What works for your child if they begin to feel overwhelmed? Deep breaths? Singing a silly song? Find what works for you and chat with your child's teacher about any concerns you may have about their re-emergence anxiety.

**Pick 3!** Help your child identify 3 adults they can talk to on campus if they are feeling nervous, confused, or anxious.

**Normalize the uncertainty.** We are all unsure of what things will really look like, and we are all in this together. We will work hard together to make sure we stay safe.

#### TEACHER REPORT

This month, our 3<sup>rd</sup> grade students have been keeping moon journals and learning about time and passing seasons. Teacher Sheila Moss reported that her students have been connecting strongly with the lyrics from the song, "Turn, Turn, Turn" by Pete Seeger.

We feel that these words not only resonate with our current state of affairs, but also echo this month's virtue: **courage**. What do you think?

*"To everything (turn, turn, turn)  
there is a season (turn, turn, turn)  
and a time to every purpose, under the heavens.  
A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones, a time to gather stones  
together"*

#### MEAL PICK UP EVERYDAY

##### CUSD Nutrition Services

Breakfast & Lunch Sack Meals

Monday-Friday

11:00AM – 12:30PM



CHICO JR. HIGH	CHAPMAN ELEM
BIDWELL JR. HIGH	LCC ELEM
EMMA WILSON ELEM	SHASTA ELEM
SIERRA VIEW ELEM	CITRUS ELEM

**Please Note:** If you plan to have your child return to in-person instruction on Nov. 9<sup>th</sup>, you must report all recent immunizations to Kris Fortado before Nov. 6<sup>th</sup> or your child will be unable to return to campus.