



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF MARCH 22ND, 2020



MATERIAL DISTRIBUTION

*Next Material
Distribution Date:*
**Monday, March 29th
4:30PM – 5:30PM**

THIS MONTH'S VIRTUE: WISDOM

MEAL PICK UP EVERYDAY

**Available at Oak
Bridge Academy
for Distance Learners**

Breakfast & Lunch Sack Meals
Monday-Friday
11:00AM – 1:00PM

FOLLOW US!

Follow Blue Oak on Facebook and Instagram to keep up with our latest updates. The Equity and Anti-Racism Task Force will be working to post important information about our school and our community.

Additionally, Blue Oak will be sharing recordings of teachers reading books to their students so you will be able to share in these moments with your children at home as well!



CARD OUTDOOR SPORTS

Youth outdoor sports are back! For anyone who is interested, CARD has begun phasing outdoor youth sports programs and leagues such as Outdoor Volleyball League, Outdoor Football League, CARD Hiking Club and more. To learn more about these opportunities for your students, visit chicorec.com/youth-sports or check out the CARD flyers attached to this post.

MINDFULNESS ACTIVITY

Spring can feel like a season in which time seems to speed up. Sometimes we can feel rushed or overwhelmed during this time so it might feel counterproductive to take a few moments to reflect. But, if we do take a few moments of mindfulness every once in a while,

it can help make the race feel a little less intense and a little more productive.

One mindfulness activity that was introduced to the Blue Oak faculty and staff recently by our School Counselor, Emma Todd, invites us to try counter-factual thinking. Try this activity for yourself:

- 1) Take a moment to think about a positive thing or person you have in your life currently.
- 2) Think about what your life would be like now if you didn't have that positive thing or person in your life now.

Sometimes, we can get caught up in this type of thinking in a negative way, such as thinking about what almost was or could have been. But, we can use this same type of thinking with positive thoughts as well.

So take some time for yourself today to give this activity for a try; who knows how many positive things you will notice today!



UPCOMING EVENTS

03/23 – Charter Council Meeting
(6:00PM)

04/02 to 04/05 – No School for
Easter Weekend