It’s that time of year, you can almost hear the school bells ringing. As we enter back-to-school season, which can be a particularly stressful time, we want to remind all the students, parents, and teachers out there that each and every one of you can play a role in suicide prevention. Learn about the warning signs for suicide, how to have a conversation, and where to reach out by visiting suicideispreventable.org.

As you settle into the school routine – packing healthy lunches, after school snacks, and cooking dinner – don’t forget about our new Blue Oak school fundraiser! Farm Fresh to You is a Northern California company that delivers organic produce right to your door. Along with seasonal fresh fruits and vegetables, Farm Fresh to You offers other options such as sandwich ingredients and kid friendly snacks like granola bars, string cheese, juices, and more. When you sign up for a box, use the promo code BLUEOAK to help raise funds for our wonderful school. See the attached flyer for more details.

Anyone interested in sharing their Blue Oak experience? Use the Google Form link below! We would love to hear about how Blue Oak has helped your student since starting with our school.

Along with the amazing new hires that joined us over the summer, we also have a few new interns helping in our counseling department. Lacey Williams and Justin Shupe, our social work interns, are working towards their Bachelors of Social Work at Chico State and Dina Menendez, our counseling intern, is working towards her Masters of Social Work. All three of them have been working hard to create a safe space for our students here at Blue Oak through our newly established Wellness Room. We are so grateful for their support!

“To a child the whole world is largely unknown: if we are to guide [them] towards knowledge and sound judgement of it, the best way is to awaken in [them] a feeling of reverence towards it; and we can be sure that by so doing we shall lead [them] to fullness of experience in any walk of life.” – Rudolf Steiner