



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF SEPTEMBER 13TH, 2021

UPCOMING EVENTS

09/14 – School Picture Day!

09/14 – Finance Committee
(4:15PM)

09/21 – Charter Council (6:00PM)

09/24 – Open House (4:30PM to
7:00PM)



*“Good morning dear Earth
Good morning dear Sun
Good morning dear Plants and
Flowers, every one
Good morning dear Beasts
And the birds in the trees
Good morning to you
And good morning to me”*



SCHOOL VIRTUE: REVERENCE

SCHOOL PICTURES

Get ready to smile! School Pictures are taking place on the Blue Oak campus this **Tuesday, September 14th**. You should be receiving a photo packet from your classroom teacher soon. Extra packets are available at the front desk.

MINDFUL MOMENT

After-School Restraint Collapse

What is it? After working so hard all day, sometimes children need an emotional release afterschool. This can look like a “meltdown” that is out of proportion to any stressors at home.

Why does it happen? After managing all of the academic and social challenges of their day, children can feel exhausted and emotionally drained.

What can you do? As a parent, you have many tools at your disposal to help your child if they are struggling at home after their long day at school. These are tools you can use right when your child is showing signs of emotional exhaustion, before starting the tasks of being home such as homework or chores. The most important thing to do is to be calm, acknowledge what your child is feeling, and offer ways to calm their body and mind:

1. Listen to soothing music
2. Make some art
3. Have free play time
4. Read a book for fun
5. Spend time outdoors (if the environment is safe)

Want to learn more? Reach out to your school’s counseling and behavior team! We are here to support you and your child to be successful at school.

COURTYARD PROJECT

Some exciting things are happening in the courtyard at the school! This space has lots of potential, but has rarely been used. Claire Fong, the lower grades handwork teacher, is planning on revitalizing it and turning it into a therapeutic healing space where students can connect with plants and miniature ecosystems, as well as cultivating a fiber and plant dye garden.

First steps will be clearing out all the weeds and installing a new irrigation system. Once that is done, compost will be brought in and perennials that support bird and pollinator life will be added. All this will be done with the help of students and hopefully parent volunteers! If you would like to help, contact Ms. Claire at clairefong@blueoakcharterschool.org and see the front office about volunteer clearance.

FOLLOW US ON SOCIAL MEDIA

Have you seen the fun new content we have been sharing on the Blue Oak Facebook and Instagram pages? Follow along to read some Waldorf myth busters, learn more about our Blue Oak staff, and see beautiful artwork by our staff and student through our posts and stories. Invite your extended family or anyone who is interested, we love to share our schools beauty with the world!