



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF JANUARY 9TH, 2023

UPCOMING EVENTS

01/09 – i-Ready Testing Begins

01/09 – Equity Task Force Mtg.
(3:30PM)

01/10 – Finance Committee Mtg.
(4:15PM)

01/16 – No School (MLK Jr. Day)

01/17 – Charter Council Mtg.
(6:00PM)

01/19 – Clothing Swap (12:45PM)

STUDENT SUPPORT

We recently received news that one of our beloved teachers will soon be undergoing treatment for cancer. This news has had a significant impact on our school, and has been difficult for many of our students, parents and faculty/staff who deeply care for this teacher and the community. The news has also likely hit close to home, as most of us have either had personal experiences within our own families, or know someone who has struggled with cancer. I would like to share resources with parents and caregivers on ways you can talk to your children and youth. These are things you can do to support your children and youth through this time:

Validate: Help your child understand whatever they are feeling is okay. Children can respond with a wide array of different feelings, including confusion, shock, anger, fear, sadness, etc. and it is important for them to know whatever they are feeling is valid.

Normalize: Communicate to your child that whatever they are feeling is normal, that many other people may feel that way; that perhaps even you might feel that way sometimes.

Help them know what to expect: Talk to your children, in age-appropriate ways about what is going on, and help them know what to expect next. One of our teachers found a great book, *Cancer Party*, to help kids ages 4 -10 years to understand what cancer is, what happens when it grows, and how it is treated. We've included a link to the book in this newsletter. We've also included a link to support caregivers in finding ways to talk to their preteens and teenagers about the topic.

This is a difficult time to navigate, and my hope is we can continue to rally together as a community to support one another. If you are in need of additional support or would like to touch base, please feel welcome to reach out.

GROWING HEALTHY CHILDREN

An excerpt from Waldorf Early Childhood Association of North America (WECAN):

“What do children need to grow and learn in a healthy way? Love, joy, and warm human relationships are essential, along with nourishing food and plenty of sleep. Otherwise, the child’s basic needs could be described as **security** and **freedom**. Just as the mother’s body provides a safe, protected environment within which the child’s own body grows, in the first years of life we need to provide a safe haven within which the child has freedom to exercise, explore, and develop her individuality. Waldorf educators work with these polarities in many ways. . . “

To read more, use the link below to check out the information and resources that WECAN has to offer.

TEACHER CORNER

An update from Ms. Machek’s 4th Grade class:

Before break, students performed the Old Norse song *Völuspá* at the Winter Concert. With the deep animal hide drum accompaniment, this song sounded so incredible! Students are back from winter break, and the energy is busy and happy. We will be wrapping up our Norse Mythology triad of blocks this month, and moving on to our class play block next month as we study the play *Thor’s Hammer*.



SCHOOL VIRTUE: WISDOM

Völuspá: An ash I know it stands - It is named Yggdrasill. High tree, sprinkled, with white mud; There from come the dews - That fall on the dale! It stands always green, above - The source of Urdhr (fate).