



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

THE ACORN – WEEK OF JANUARY 23RD, 2023

UPCOMING EVENTS

01/27 – Popcorn Sales: 8th Grade Fundraiser (3:00PM)

02/01 – School Tour (9:30AM)

02/02 – School Tour (4:30PM)

02/03 – Coffee Sales: 4th Grade Fundraiser (7:45AM)

GIRLS ON THE RUN

Registration has opened and is on a first-come, first-served basis. Registration will stay open until we reach a full team of 15 or February 27th – whichever comes first.

Girls on the Run is a program for 3rd, 4th, and 5th grade girls. Meeting twice a week in a small team of 8-15 girls, running is used to teach girls how to set a goal, slowly work toward it and accomplish it while building confidence through accomplishment. Volunteer coaches follow a research-based curriculum that covers topics such as:

- how to turn negative self-talk into positive self-talk
- how to understand their emotions
- how to choose good friends and be a good friend
- how to show gratitude and express empathy
- how to deal with gossip and handle peer pressure

At the season's conclusion, the girls will complete a 5K (3.1 miles) fun run Saturday, May 6th. Completing the 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals and so much more! Check out the attached flyer for more information and how to sign up.



MINDFULNESS CLUB

A reminder that Mindfulness Club has begun for the New Year! We meet every Monday from 3:05PM – 4PM.

What is a Mindfulness Club?

Students will participate in an hour long class that incorporates journaling, breathing & meditation techniques. Practicing mindfulness is incredibly important to a child's overall health and contentment. By learning ways to allow our emotions and feelings to move freely and not get stuck in our mind or body coupled with a chance to quiet the mind with meditation and breathing will result in increased emotional resilience. What this translates to is lower depression & anxiety, increased focus and productivity, better sleep and an overall sense of calm.

See the flyer attached for more information and visit the Front Desk to sign your student up!

NURTURED HEART WORKSHOP

The Butte County SELPA will be hosting a Nurtured Heart Approach Workshop on Thursday, February 9th from 4:00PM to 5:30PM for both parents and educators. Attendees will learn how brain development influences behavior as well as learn new ways of interacting and communicating in order to alleviate power struggles, develop positive relationships, and create success for children of varying ages and challenges.

This is a hybrid online/in-person event; free childcare, pizza and translation services will be offered on-site. This event is free of charge but seats are limited. Use the link below to register and see the attached flyer for more information.

CHICO STATE INTERNS

This semester we are excited to introduce six new Wellness Room interns and one returning intern (welcome back, Jancy!) to the Blue Oak campus. Welcome Jordan, Bella, Megan, Caitlyn, Lulu and Jisselle. These students are currently studying Psychology at Chico State and will be bringing their knowledge and abilities to support our students under the guidance of our Wellness Coordinator, Amber Bass. We are so happy to have them join our team!