



BLUE OAK SCHOOL

A WALDORF-INSPIRED PUBLIC CHARTER (K-8)

The Acorn



Welcome Back!

Welcome back, it is so fun to see the children so excited to see their friends and ready for a New Year. We are noticing that it is really Winter with the cold and wet & are enjoying warm coats and gloves! You will see some changes in the regularly scheduled meeting times. These are due to the timing of the break and other scheduling issues. We should be back on track in February.

Please note the January 9th update on COVID requirements from the California Department of Public Health. COVID-19 isolation recommendations move away from five days of isolation. We will treat COVID like other illnesses now. Children and staff should stay home 24 hours after a fever.

Have a joyous long weekend, we will see you Tuesday.

S. Domenighini

"One book, one pen, one child and one teacher can change the world."

Upcoming Important Dates

January 15th MLK (No School)

January 16th Finance Committee 4:15pm-6:15pm

January 23rd Parent Council Meeting 6pm-8pm



TK/Kindergarten Parents

Kindergarten Parents – In the coming weeks, our Registrar will be sending out a google form via ParentSquare regarding your Intent to Return for the 2024-2025 school year. Please be sure to fill out the form once received so that we can ensure your student has a seat in class next school year.

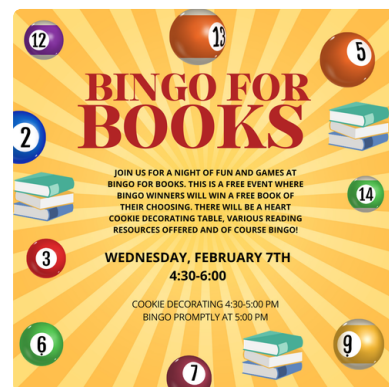
Bingo for Books

Join us for a night of fun and games at Bingo for Books! This is a free event where bingo winners will win a free book of their choosing. There will be a heart cookie decorating table, various reading resources offered and a course Bingo!

Wednesday, February 7th

Cookie Decorating 4:30-5:00

Bingo Promptly at 5:00PM



Coffee Truck Tuesdays

January 16th, grab a delicious cup of coffee and a snack at the coffee truck in the parking lot. A percent of proceeds support staff appreciation.

Save The Date: Blue Oak Community Night

Save the date for Blue Oak's Community Night on Wednesday, January 31, 6-7pm! The theme for this first community night is "Sharing Our Skills" where you will get to meet and learn from parents, guardians, and teaching staff in our community about their unique hobbies and personal talents.

This event is free but seating will be limited because this is an interactive event. Ticket sign-ups will be available in next week's Acorn.

This spring, Blue Oak will host community nights with the themes "Sharing Our Skills" and "Sharing Our Stories". "Sharing Our Skills" is a chance for you to showcase something you are passionate about, that you have experience with, and that you can share with other adults at Blue Oak. "Sharing Our Stories" is an hour of family-friendly storytelling based on different prompts. If you are interested in participating in these community nights, [please fill out this form](#). Thank you!

Creative Writing Club

The Creative Writing Club still has space! The club meets every Tuesday from 3:15 - 4:15 and is available for 4th - 6th graders. Every week, students will write a short story using fun prompts and engage in discussions about plot, setting, and characters. Students who want to be published will have the chance to see their stories in Blue Oak's newspaper, The Leaf. Join the fun and tap into your creative side.



Sign-Up Link: <https://app.jackrabbitclass.com/regv2.asp?id=551503>



Winter Break Clubs

We had a fun-filled 7 days of winter break clubs with lots of baking, crafts, and games! It was a great start to a new program! Stay tuned the Spring Break Clubs

Girls on the Run Program

Parents/Guardians – We are happy to announce that our school will be hosting a Girls on the Run team this spring for girls in 3rd, 4th, or 5th grade.



Registration Opens on January 16th at 6am on a FIRST-COME, FIRST-SERVED basis and will stay open until we reach a full team of 15 or March 1st - whichever comes first.

Girls on the Run is WAY more than a running program. Through dynamic, conversation-based lessons and running games taught by certified Girls on the Run coaches, Girls on the Run is a safe, supportive place for your girl to build her CONFIDENCE, CONNECT with peers who turn into friends, and learn LIFE SKILLS to help her navigate her world.

Meeting twice a week in small teams of 8-15 girls, running is used to teach girls how to set a goal, slowly work toward it and accomplish it while encouraging lifelong health and fitness and 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
- and SO MUCH MORE!

At the seasons conclusion, the girls will complete a 5k (3.1 miles) fun run. Completing the 5K gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals. The result—making the seemingly impossible, possible and teaching girls that they CAN.

Season begins: Week of Feb. 19th or Feb. 26th 2024. Start time depends on school holiday schedules.

Season Ends: Week of May 6th

Be sure to register your girl as soon as registration opens to guarantee her spot. To register your girl and for

more information, visit: www.gotrNorthState.org.

Covid Updates

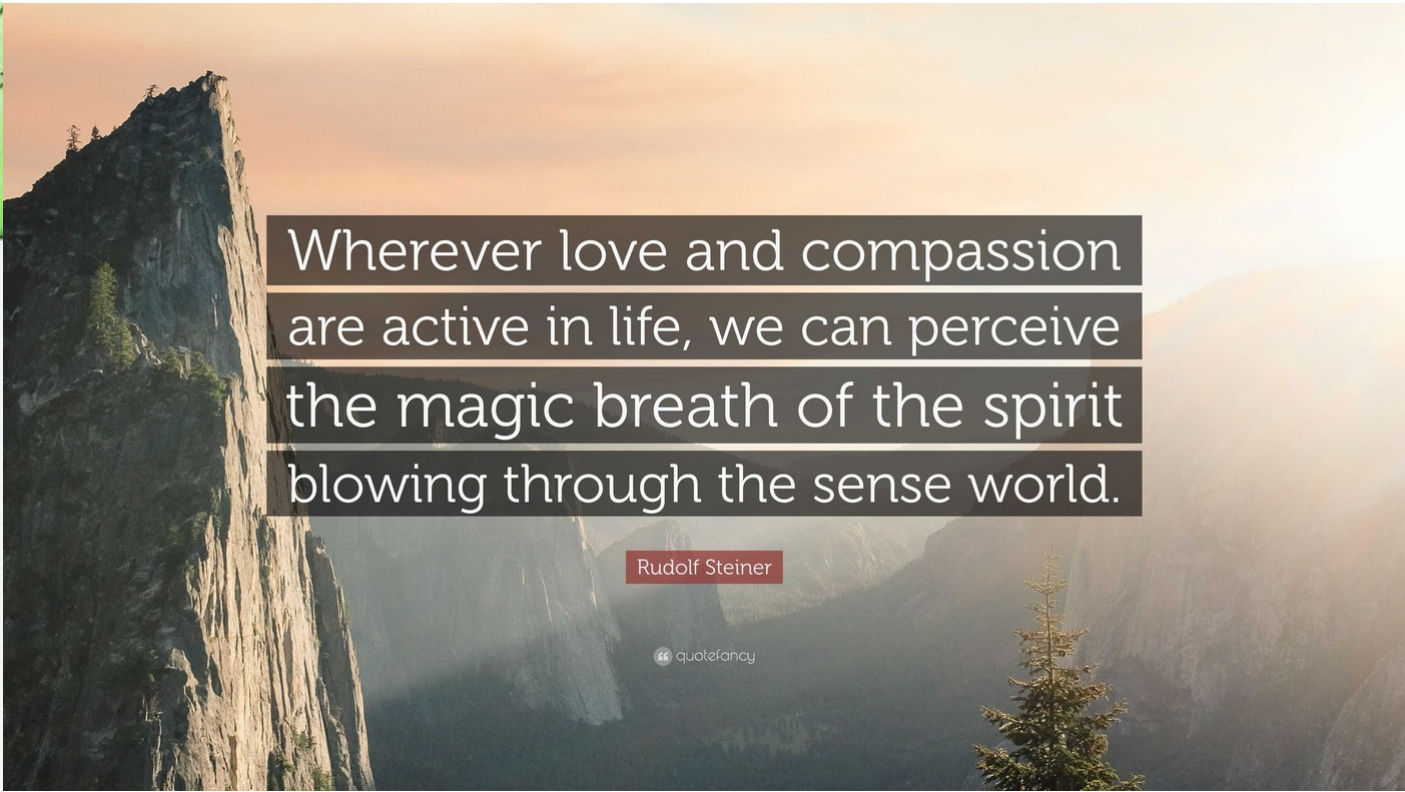
Updates as of January 9, 2024:

- COVID-19 isolation recommendations move away from five days of isolation and instead focus on clinical symptoms to determine when to end isolation.

Recommendations for people who test positive

1. **Stay home if you have COVID-19 symptoms**, until you have not had a fever for 24 hours without using fever-reducing medication AND other COVID-19 symptoms are mild and improving.
 - If you do not have symptoms, you should follow the recommendations below to reduce exposure to others.
2. **Mask** when you are around other people indoors for the 10 days* after you become sick or test positive (if no symptoms). You may remove your mask once you have been symptom-free for 10 days.
3. **Avoid contact with people at higher risk for severe COVID-19 for 10 days***, higher-risk individuals include the elderly, those who live in long-term care facilities, those who have immunocompromising conditions, and those who are at higher risk for serious illness.
4. **Seek Treatment**. If you have symptoms, particularly if you are at higher risk for severe COVID-19, speak with a healthcare provider as soon as you test positive. You may be eligible for antiviral medicines or other treatments for COVID-19. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5 days from when symptoms start.
 - Call 1-822-4225 if you are unable to contact a healthcare provider, or use the [treatment options](#) to find one.

*The potential infectious period is 2 days before the date of symptoms began or the positive test date (if no symptoms) through Day 10. (Day 0 is the symptom onset date or positive test date).



Wherever love and compassion
are active in life, we can perceive
the magic breath of the spirit
blowing through the sense world.

Rudolf Steiner

quote fancy

Virtue of the Month- Compassion

"Wherever love and compassion are active in life, we can perceive the magic breath of the spirit blowing through the sense world."

— [Rudolf Steiner](#)



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