



# Blazer Newsletter

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



October 2014



### School Office Hours

Mon - Fri

7:30am - 4:00pm

To report an absence, call 951-696-1428 and press 1 for attendance or send a note with your student

Stay up to date - Check out our School Website [www.murrieta.k12.ca.us/buchanan](http://www.murrieta.k12.ca.us/buchanan)

### Upcoming Friday Spirit Assemblies

Oct 3

Oct 17

at 8:30am

In the amphitheater



## School Notes

Buchanan Families,

October is a busy month with many activities taking place both during the school day and after school. PTA is sponsoring our Fall Festival and Red Ribbon week this month. Our Fall festival will be held on Friday, October 10th from 5 – 8 pm. Red Ribbon week, the nation’s largest drug prevention program, will be October 20 – 24 where our students pledge to live a drug free, healthy life. Red Ribbon week activities will include Think First Assembly on Monday, Oct 20th, VMHS pep rally on Wednesday, Oct. 22nd, and Bring Your Parents to Lunch on Friday, Oct 24th.

Parent Conferences are also scheduled to take place October 27 through October 31, 2014. This is a wonderful opportunity for parents to meet with their child’s teacher and hear about their progress. Conference notices will be sent home electronically or as a hard copy.

Did You Know.....

- ◇ the Santa Rosa Plateau Foundation funds a field trip every year for our third graders to visit the Santa Rosa Plateau Ecological Reserve. Buchanan third graders will be going in October this year
- ◇ Second grade students are participating in the Super Writers program to develop their writing abilities
- ◇ PTA sponsored Running Club meets every Tuesday and Thursday at 8am on the grass field
- ◇ Our School wide Reading Round-Up program begins this month. Take a moment and read with your student.
- ◇ Friday Spirit Assemblies are held the first and third Friday of each month at 8:30am

Good things are happening at Buchanan Elementary!  
Jennifer Randel and Jim Curtis

## What is UA Time

At Buchanan all students participate in Universal Access (UA) time throughout the day to insure exposure to high-quality differentiated instruction so that all students are college and career ready. Universal Access refers to the teacher’s scaffolding of instruction so each student has the tools they need to be able to access information. Each grade level has a set period of time designated in the day for Universal Access.

## Parent Conferences - 1st Reporting Period October 27 - 31

**Monday is an Early Release Day.** Grades 1-3 are out at 1:40pm Grades 4-5 are out at 1:45pm

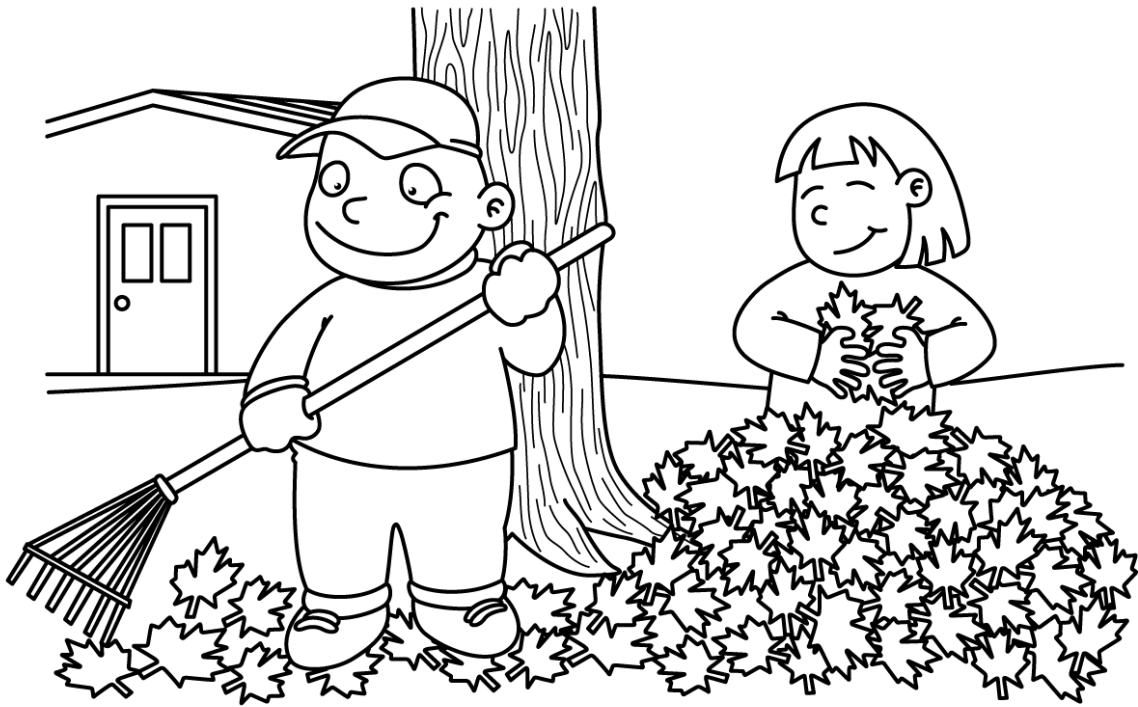
Early Bird TK & K students attend 8:20-11:40am

Late Bird K students attend 10:15am-1:35pm

**Tuesday thru Friday are *Minimum Days*.** Grades 1-3 are out at 12:05pm

Grades 4-5 are out at 12:10pm

ALL TK and K students attend 8:20-11:40am



## Buchanan Elem October Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Drama Club Auditions K-3rd	2 Drama Club Auditions 4th-5th	3 Spirit Assembly	4
5	6 Early Out Day Chorus Rehearsal	7	8	9 Drama Club	10 PTA's Fall Festival 5-8pm PTA's Reflection entries due	11
12	13 Early Out Day Chorus Rehearsal	14 PTA Reflection Awards	15 3rd Grade Field Trip	16 Drama Club 3rd Grade Field Trip	17 Spirit Assembly	18
19	20 Early Out Day Think 1st Assemblies Chorus Rehearsal	21	22 VMHS Pep Rally TK/Kinder Sock Hop 3rd Grade Field Trip	23 Drama Club	24 PTA's Bring your parent to lunch	25
26	27 Early Out Day Chorus Rehearsal	28 Minimum Day ASB Jog-a-thon	29 Minimum Day ASB Jog-a-thon	30 Minimum Day	31 Minimum Day Spirit Day - Crazy Hair	

----- Red Ribbon Week Activities -----

----- Parent Conferences -----



## MILITARY CORNER

Hello my name is Mrs. Mendoza, I am the Military Liaison for Buchanan. I'm excited for this year's Military Families as I will be able to give much needed information out to our Families. I am planning some fun events to get our Military Families connected here at Buchanan. My contact information is [momamendoza@yahoo.com](mailto:momamendoza@yahoo.com)

Did you know?...

MVUSD has a Military Family Support & Resources page located under the parents tab. Here you can get contact information to the school liaison officers, Crises support information, Military scholarship information and much more!

Tutor.com is free to Military Families. For more info go to [www.tutor.com/military](http://www.tutor.com/military)

## Positive Behavioral Supports Moment



**Being Respectful** - Students at Buchanan learned about Following Directions from a new friend, named 'Blazer Bob,' during a Friday Spirit Assembly. In a fun song he and some student helpers described four simple steps for how to follow instructions:

1. Make eye contact with the teacher or adult talking with you. This simple gesture can show anyone that you are paying attention.
2. Show you understand by saying "okay" or nodding your head. Letting a person know that you are following along with what they are saying is a great sign of respect.
3. Do what you have been asked right away. Teachers and other adults love to see a student not only listen, but show they understand by doing.
4. Check back after you are done. Let that person know you have followed the instruction and completed the task. They will love your follow through.

**Being Responsible** - Blazer Bob and friends came back to a second Friday Assembly and used an old fifties song to teach a skill of responsibility to the tune of 'Yakety Yak, Stay on Task.' In this five step process students learned how to accept a task and see it through to its finish:

1. Look at your task or assignment. This shows you eager to get started right away.
2. Think about the steps needed to complete the task. Consider what materials or information you will need.
3. Focus all of your attention on the task. Keep your eyes on your own work. Looking around can cause you and others to be distracted.
4. Stop working only when instructed. Follow the teacher's instructions. He or she will let you know if there is any further work to do, change of directions, or if you are done.
5. Ignore distractions and interruptions from others. This is not as easy as it sounds. Think of it this way, do not worry about what others are doing and focus on what you need to have done.

**Being Safe** - Every October schools all across the state of California participate in the "Great Shake Out" Earthquake and Evacuation Drill. This year this will occur on October 16<sup>th</sup>. The purpose is to test the schools procedures and make improvements in the event of a real disaster. We, as staff, place a great value in this because it allows us to assess one of our primary goals, keeping your student safe in all situations.



## What Every Parent Needs to Know About Praise

*"An impressive body of scientific research has shown that the more we reward people for doing something, the more they tend to lose interest in whatever they had to do to get the reward. Now the point isn't to draw, to read, to think, to create – the point is to get the goody, whether it's an ice cream, a sticker, or a 'Good job!'"-- Alfie Kohn*



If you think you should always praise your child, you may be surprised to hear that research shows that praise--at least as we usually give it to children in this culture-- often backfires. To be clear, I'm not saying to withhold your love, ever. I'm suggesting that we all become a bit more thoughtful about how we give children feedback. Here's why.

It's well-established that kids who receive money for grades stop taking joy in a job well done and operate in single-minded pursuit of the monetary reward, even to the point of being more likely to cheat. And praise, given its potency as a reward, has similar effects to tangible rewards. So studies show that:

**Kids who are praised for reading learn that reading isn't inherently rewarding -- so they're *less* likely to read independently.**

**Kids who are praised for eating vegetables learn that vegetables aren't inherently delicious -- they need to come with a spoonful of sugar in the form of praise.**

**Kids who are praised for sharing begin to share less when they think adults aren't watching, because they have apparently learned from the praise that no one in their right mind would share out of the goodness of their heart.**

This doesn't mean you can't give your child positive feedback. All children need that. It's how we do it that matters. Let me explain.

Most parents know that negative judgments undermine children, and at least try to bite their tongue instead of saying *"What?! Are you an idiot?!"*

But positive judgments like *"What a smart boy!"* also sabotage children. Unfortunately, children don't feel they have any control over that quality, and they don't know how to improve it. So children who are told they're smart often get worried. They know their smarts are limited--there is so much they don't know! They don't want to disprove our opinion, so they avoid situations in which they may not appear so smart, such as learning new things they might have to work at. When they have to work hard at something, they assume that means they aren't smart. So they often simply give up at a task they could master with a little effort.

Maybe worst of all, studies show that kids who are praised a lot conclude that someone is constantly evaluating their performance. They become more insecure about expressing their own ideas and opinions, worried about whether they will measure up. Praise teaches children that their value is evaluated from outside, so they lose the ability to take pleasure in their accomplishments unless someone else tells them "Good Job."

So conventional praise:

**Makes it less likely that children will independently practice the behaviors they are praised for.**

**Undermines kids' self-confidence.**

**Turns them into praise junkies by teaching them to look for outside feedback to feel okay.**

**Robs kids of their joy in their accomplishments.**

**Keeps kids from applying themselves for fear they won't live up to the praise.**

But that doesn't mean you can't engage positively with your child. All children need and thrive on our unconditional positive regard. That's just a fancy way of saying that all children need to feel seen--really seen for who they are--as well as appreciated and encouraged. For instance:

**1. Empathize with his excitement.**

*"Wow, look at you pedaling all by yourself!"*

**2. Notice your child and let her know you're really seeing her.**

*"I see that you're doing the sides of the puzzle first."*

**3. Be specific in your description.**

*"You counted from zero to twenty!"*

**4. Empower by pointing out the results of her behavior.**

*"Look how happy your friend is to have a turn with your toy."*

**5. Ask questions to help your child reflect and let him be the one to evaluate.**

*"Do you like the way it came out? Why or why not?"*

**6. Encourage effort rather than results.**

*"You're working so hard on that....Just a little more practice and you'll nail it!"*

**7. Express your own feelings, including gratitude.**

*"I love it when we work as a team like this! Thanks so much for helping me."*

Notice the difference? You're not judging your child. You're loving him. As Deepak Chopra says, *"Love is attention without judgment. In its natural state, attention only appreciates."* That's the kind of attention every child needs.



## New online bullying reporting system empowers kids

We recognize that creating a safe learning environment is a critical part of helping each child achieve academic success. This year the district is using Sprigeo, a new online system that students can use to report bullying incidents and school safety threats. Sprigeo will give your child another medium for communicating with our school administration when bullying or school safety incidents occur. All information sent through the Sprigeo system goes directly to school administrators through a secure online connection at <http://report.sprigeo.com/>

## Student Lunches and Cafeteria Meals

Due to parent concerns and health/food allergies, students and parents should not share lunches with other students. Parents who join their student during lunch time will eat with their student at the tables under the blue canvas cover.

Student Meal Prices:	Breakfast - Full Pay \$1.50	Reduced price \$.30
	Lunch - Full Pay \$2.50	Reduced price \$.40
	Milk or Juice - \$.50	Bottled Water - \$.75



Free and reduced lunch applications are to be completed online at [www.fma.murrieta.k12.ca.us](http://www.fma.murrieta.k12.ca.us)

Parents can make payments to lunch accounts at [www.myschoolbucks.com](http://www.myschoolbucks.com)



## Buchanan Elementary SSC Meeting October 7, 2014 Agenda



Attendance:

I. Call Meeting to Order

II. Approval of Minutes and Agenda

Minutes of March 3, 2014

Agenda of October 7, 2014

III. Action Items

School Site Council members introduced themselves.

Election of Officers – President, Vice President and Secretary

IV. New Business

Role of School Site Council –

Buchanan Elementary Overview Powerpoint

Buchanan Elementary is frozen in the 2<sup>nd</sup> year of Program Improvement; MVUSD is frozen in the 3<sup>rd</sup> year.

Local Control Funding Formula.

Next School Site Council meeting the following will be reviewed and discussed – Parent Involvement Plan, SPSA Plan and Technology Vision Committee

Next Meeting date – December 9<sup>th</sup> at 3:15

V. Adjourn



# PTA News

What - Fall Festival celebration

When - Friday, October 10th from 5 - 8 pm

Where - Buchanan Elementary School

Come and join the Fun!!



## PTA Reflections

The Reflections Arts Program is underway! The PTA is looking forward to viewing all student artwork inspired by the theme, "**The world would be a better place if...**" Student artwork is due Friday, October 10th by 9:00am. All artwork must be submitted with a Student Entry Form. Additional entry forms are available in the front office. Student Art Exhibit, artist recognitions and awards will be presented the evening of Tuesday, October 14th beginning at 6:15pm in the MPR. All the rules and student entry forms can be found on the school website at [www.murrieta.k12.ca.us/buchanan](http://www.murrieta.k12.ca.us/buchanan)

## Buchanan's 2nd Annual ASB Jog-a-Thon

Students will be able to participate in our Second Annual Jog-a-Thon to raise money for field trip admissions, buses and other enriching activities. All funds donated for laps ran will go directly to your student's grade level. The Jog-a-thon will be held October 28th & 29th with the pledge monies due October 31st. The event is also held to encourage physical fitness and a healthy lifestyle while raising funds for enriching activities. More information will be coming home with your students.



## 2014-2015 First Spirit Day



Our first Spirit day will be Crazy Hair Day on Friday, October 31st. Please be creative and wear your hair crazy. This event is sponsored by our 5th grade Student Ambassadors.

# MINDSET CHOICES



## Growth Mindset

### **BELIEF:**

We are NOT limited in learning potential. Our intelligence is like a muscle and it will grow the more we use it. Practice and persistence builds our intelligence.

### **Embrace challenges.**

When learning is hard, it is satisfying and fun.

### **See academic struggle and effort as the path to mastery.**

Everyone can learn if they work hard enough. Just like learning to ride a bike, some things simply take time to master.

### **Persist in the face of setbacks or challenges.**

I have nothing to lose and everything to gain if I just keep trying to figure this out. Setbacks and challenges are keys to learning.

**Learn from criticism** because I know it is simply helping me to grow and learn. It is no reflection on how capable I am of learning.

**Find inspiration in the success of others,** because I know that their success does not lessen my capacity as a thinker and learner.



## Fixed Mindset

### **BELIEF:**

An individual is born with a fixed amount of intelligence that does not change throughout his/her life.

### **Avoid challenges.**

When learning is hard, it is not fun. It may reveal that I am not smart enough. It is therefore too risky for me to take on learning challenges.

### **See academic struggle and effort as a weakness.**

If I am smart, I shouldn't need to try too hard to learn. If I am working too hard, it proves I am not very smart.

### **Get defensive or give up easily in the face of setbacks or challenges.**

These challenges must mean I am not smart. Therefore, it is safer to blame the teacher or NOT try, than reveal my lack of intelligence.

**Ignore useful criticism** because to let it in makes me feel like a failure or stupid.

**Feel threatened by the success of others,** because it suggests that I am not as smart or capable as they are.