



Buchanan Elementary

Blazer Newsletter

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



November 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 stu-
dent

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

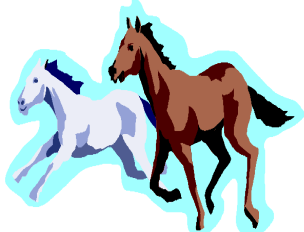
Assemblies

Nov 7

Nov 21

at 8:30am

In the amphitheater



School Notes

Buchanan Families,

This Holiday season let's take time to reflect on being thankful.

Gratitude....

unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance, chaos into order and confusion into clarity.

It can turn a meal into a feast, a house into a home, and a stranger into a friend.

Gratitude make sense of our past, brings peace for today, and creates a vision for tomorrow.

Be thankful, be hopeful, be kind. Happy Thanksgiving.

Did You Know.....

- ◇ TK & Kindergarten students celebrated the 50th day of school with a 50's style sock hop
- ◇ Any food or snack provided/shared for students to consume should be store bought pre-packaged and labeled due to food allergies, food sensitivities or dietary restrictions.
- ◇ All 2nd graders just participated in Special Fall Rotations. During rotations students got to go to every teachers class and take part in fun, educational, enriching activities like reader's theater, literature read and dress-up, a math game, an art project, autumn bingo and each student got to make their own bird feeder to go along with our Reading Theme: Nature Walk
- ◇ All 5th Grade Students will be going to Murrieta's Field of Honor to support and learn about our men and women in the Military
- ◇ Buchanan's administration ran over 95 laps in our 2nd Annual Jog-A-Thon

Good things are happening at Buchanan Elementary!

Jennifer Randel and Jim Curtis



Don't forget - Daylight Savings Ends Saturday
So Fall Back and set your clock back 1 hour Saturday Night

**Monday, November 3rd is a non student day
No School**

Buchanan's Reading Round-up

October's Reading Round-Up reading logs are due this week. Reading logs are to be turned into the library during your child's regularly scheduled library time. All students who have met their monthly goal for October will receive a Free Kids Meal to Dave's BBQ and a chance to win a new book and book bag. 600,000 minutes is our school wide reading goal! So keep reading!

**COMMUNITY
FOOD DRIVE**



Buchanan Elem Calendar of Events for November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		PTA Canned Food Drive Runs November 4th - November 14th				1 Set Clocks back one hour tonight
2	3 No School for Students	4 Election Day	5 2nd Grade Student Award 5th Gr Band	6 3pm Drama	7 Spirit Assembly 5th Gr Band	8
9	10 Early Release 2pm Children's Chorus	11 Veteran's Day Holiday No School	12 5th Gr Band	13 3pm Drama	14 5th Gr Field Trip to Field of Honor 5th Gr Band	15
16	17 Early Release 2pm Children's Chorus	18 7pm Children's Chorus Show at WSMS	19 5th Gr Band	20 Kinder Feast 3pm Drama	21 Spirit Assembly 5th Gr Band 5th Gr Turkey Trot at WSMS	22
23/30	24	25	26	27	28	29
Thanksgiving Break - No School						



MILITARY CORNER

Adopt a soldier for Christmas project has started. All information was sent home with the name of the soldier your child's class will be adopting along with a wish list of items that can be brought in during our collection week.

At the Spirit Assembly on Nov. 7th we will be honoring all Military Personnel past and present. Donuts and coffee to follow. Please R.S.V.P. via flyers that were sent home.

Any questions, please contact Buchanan's Military Liaison Melissa Mendoza at momamendoza@yahoo.com

**Veteran's Day Holiday is Tuesday, November 11th
No School**



Positive Behavioral Supports Moment

Resolving Conflict with Others

One of the goals for this year in teaching students social skills is to provide them with tools that will make them more independent. This month we have focused on resolving conflict with others. To do this we taught the students STAR: Stop, Think about what to do, Act on your best choice, and Review or Reflect on that action. Using STAR students will be able to resolve conflict independently and meet Buchanan expectations. It will teach them to respect others, make responsible decisions, and, most importantly, keep themselves safe.

Now, acronyms like KAHFOOTY and STAR are nice ways to frame skills, but if the students do not know how to put them into practice then their purpose is lost. So with the assistance of our new friend and PBIS expert, Blazer Bob, Buchanan students participated in skits that modeled real life situations they might run into at school. They watched as their peers acted out scenes where they could see when an apology might be a quick stop to a conflict or how calmly talking things through can show the perspectives of all those involved in a conflict. They also got to observe and talk through situations where tough decisions have to be made. Sometimes conflicts don't get resolved easily, and sometimes the right choice is to find new friends to play or talk with at recess. As you can imagine for students who have had the same friends for a long time, to walk away from those friendships is an extremely decision to make. It is our hope that by acquiring the right social tools, the students will be better equipped to make the difficult decisions.





Tardy Bell Reminder and Procedures

Please remember to wake up each morning with enough time to make it to school before the Tardy Bell Rings. School starts at 8:20am for Kindergarten and at 8:25am for 1st thru 5th grade. Each morning staff members will be at each entry gate when the **8:25am TARDY BELL** rings to give out tardy slips. Arrive early to enjoy breakfast or have some play time on the playground. Gates open at 8:00am.

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

Parents can make payments to lunch accounts at www.myschoolbucks.com



Buchanan Elementary SSC Meeting October 7, 2014 Minutes



Attendance: Carolyn Fitch and Kristin Richardson certificated,
Mary Lowitz - classified, Mrs. Randel and Mr. Curtis Administration,
Lacey Aarsvold, Larry Sword, Lena Meserve and Monica Silhan parents

- I. Call Meeting to Order at 3:19pm
- II. Approval of Minutes and Agenda
Minutes of March 3, 2014 - Council approved minutes
Agenda of October 7, 2014 - Council approved agenda
- III. Action Items
School Site Council members introduced themselves.
Election of Officers - President, Vice President and Secretary - Only open position was Vice President - Monica Silhan nominated and voted in as Vice President
- IV. New Business
Role of School Site Council - Mrs. Randel reviewed local control and accountability responsibility
Buchanan Elementary Overview PowerPoint - Mrs. Randel reviewed PowerPoint
Buchanan Elementary is frozen in the 2nd year of Program Improvement; MVUSD is frozen in the 3rd year. Mrs. Randel shared current status of PI school
Local Control Funding Formula. Council approved the installation of a sound system in 36 classrooms.
Next School Site Council meeting the following will be reviewed and discussed:
Parent Involvement Plan, SPSA Plan and Technology Vision Plan
Next Meeting date - December 9th at 3:30pm
- V. Adjourn



PTA News

Canned Food Drive is November 4th - 14th

Bring your cans to the MPR in the morning before so your class gets credit.

PTA Reflections Awards

The PTA Reflections Arts Program winners for the theme "The world would be a better place if..." are:

AWARDS OF EXCELLENCE (artwork advancing to Murrieta Valley Council Reflections)

Visual Arts - Emerson Vincent and Liliana Gonsalves

Literature - Brooklyn Hodge

Photography - Reese Layne and Emily Nunez

Film Production - Giavanna Bertini

AWARDS OF MERIT

Visual Arts - Daly Hodge and Che Bravo

Photography - Jaelynn Sauers and Riley Meserve

HONORABLE MENTION AWARDS

Visual Arts - DJ Holden, Jillian Aspan-Martin and Natasha Voorhees

SPECIAL THANKS to all our participants, including Karlye Barrs, Arianna Lantz, Madina Wardak, Maya Henry, Sophie Meserve and Marina Shan.

A Note from the Health Office



Just a reminder—Students may not have any medication (prescription or over the counter) in their possession. If your student needs to take any medication during the day, contact the health office for proper procedure and forms.

Buchanan Children's Chorus Concert

When: November 18th at 7pm

Where: Warm Springs Middle School MPR

Chorus members need to arrive by 6:15pm to practice.



The Good Kid Project: Perseverance Talking Points

Cultivating a "setbacks won't stop me" mind-set starts as early as when kids are learning to tie their shoes. As children get older, developing grit becomes more about helping them work through their challenges and reach their goals in the face of roadblocks. Here are a few common academic and social situations your child might find herself in, and how to help her persevere.



By Elizabeth Lombardo, PhD

The situation: It's the night before your fourth-grader's science project is due, and things aren't going as planned.

Your strategy: First, help your child manage his stress. Think of stress as being on a continuum ranging from 0 (relaxed and confident) to 10 (freaking out). When you're at level 7 or higher, it's hard to think rationally or be productive. This is where the "I can't do it" thinking starts to take over. So, help your child calm down so he can focus. You might try deep breathing, jumping on a bed, watching a brief funny video, or listening to a favorite song.

Once your child feels as though his stress level is below 7, help him problem-solve by breaking down the project into the specific steps that need to happen in order to finish. This will make the large task feel more manageable and achievable. To get the process started, ask your child questions such as *What are the specific steps that will take you from where you are now to where you want to go?* Have him write each step down, no matter how small, then tackle them one-by-one. As he finishes each step, he can check it off. This will reinforce his progress, and help him stay motivated to finish the project.

The situation: Your high-school student comes home from soccer practice threatening to quit the team, saying that the coach was really harsh on her performance.

Your strategy: Kids can take feedback very personally, even when it's constructive. So when someone says, *Do X differently*, what they can often hear is (1) A negative comment, or "You messed up," and (2) An evaluation of who they are as a person, or "You're no good." Start by explaining that people speak in certain tones for different reasons. For example, a coach who yells at her team might feel frustrated because she knows they can do better. Reinforce the fact that the coach believes in your child (or she wouldn't be on the team), and prompt her to think about how the feedback can be helpful: What if she *did* apply what they coach is saying? How could her game get even better?

Then, encourage your child to speak with the coach about his comments. She could say something like, "Coach, I know you told me to do X. I am going to focus on applying your advice, do you have any other pointers for me?" Then, after a few practices, she could follow up with the coach, and say, "I've been focusing on incorporating your comments. How do you think I am doing?" This will signal to the coach that her feedback was taken seriously, and she may rethink how she delivers her comments or criticism in the future.

The situation: Your 12-year-old is upset because he feels like a friend has been snubbing him lately by not inviting him to the movies or other after-school social activities like he used to.

Your strategy: Resist the urge to downplay the situation or your child's feelings. Telling him that it's not that big of a deal will confuse him, because, after all, it is a *huge* deal to him. And, he may be less likely to discuss these kinds of situations with you in the future. Instead, empathize and validate your child's feelings by saying something along the lines of, "It is OK to feel upset for a bit, then let's figure out what you want to do next." Then, talk him through the situation following these steps:

First, ask your child about situations in the past where he may have acted this way, and why he did it. Bring up instances in which his behavior was forgiven by another friend, or even a family member.

Then, talk about forgiveness -- what it is and what it isn't. For example, forgiveness *isn't* about letting someone walk all over you. It *is* about expressing your feelings, and letting the other person know (in a calm way) that his actions are hurtful. Remind your child that it's normal for friends and family to sometimes get upset with each other. You might want to give specific examples of how you worked through a rough patch with a close friend, family member, or partner.

You may also want to help your child rethink and reframe what happened. Maybe the friend is struggling with another situation, and his behavior was unintentional. Instead of thinking "He did this to me," your child may come to realize that his friend was simply focused on himself at the time.

If your child wants to discuss the situation with his friend, help him figure out what he'll say beforehand, and even practice role-playing with you. For example, your child might say something along the lines of, "I was really sad when you didn't invite me to the movies. I thought you were dissing me." Then, encourage him listen to what his friend has to say.

The situation: Your fifth grader says that she's not trying out for the lead in the school play, because she's worried that she won't get it.

Your strategy: The key here is to help your child reframe her thinking, and talk about her fears in order to overcome them. Consider questions like, *What's the worst that could happen? What's the best that could happen? What is likely to happen?* This will help her shift away from catastrophic thinking, and hopefully see that there are more possible outcomes than she may realize.

Next, encourage your child to talk about her specific concerns related to trying out. Is she worried that she'll be devastated by not getting the part? That people will laugh? That she will completely freeze up on stage? Then, help her work through those fears. For example, discuss the potential upsides of trying out for the lead and not getting it. Since the teacher knows she's interested in theater, perhaps she'll keep her in mind for future performances, or might give her a different role that she wouldn't have gotten otherwise.

It can also be helpful to remind your child of past situations in which she overcame her insecurities -- whether it involved a social situation like sitting with new friends at lunch, or a school-related one, such as spending extra time on a difficult subject or skill -- and highlight the positive things that happened thanks to her courage.



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Grades 4–12

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6–9 p.m.
Sunday–Thursday

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