



The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



August 2015



School Office Hours

Mon - Fri

7:30am - 3:45pm

Back to School Nights

TK/K - 8/10 5-6pm

1st gr - 8/19 5-6pm

2nd gr - 8/20 5-6pm

3rd gr - 8/19 6-7pm

4th gr - 8/20 6-7pm

5th gr - 8/18 5-6pm

Stay up to date - Check out our School Website www.murrieta.k12.ca.us/buchanan

Upcoming Friday Spirit

Assembly

August 14

at 8:30am

In the amphitheater



School Notes

Buchanan Families,

On behalf of Buchanan Elementary school staff, we would like to welcome all of our returning families and new families to this 2015-2016 school year! Many projects were completed over the summer to enhance our educational institution: from our new electronic marquee, which will improve our home to school communication, to our "Love of Books" mural located in our new reading garden. The month of August is going to be very busy with our four (4) Back to School Nights along with our annual PTA Book Fair. Please plan to join us on these nights to meet your child's teacher and learn more about the upcoming school year.

We will continue our focus on student academic and social/emotional needs in an effort to support their development of a strong academic foundation. Our staff maintains a philosophy of a growth mindset in their approach to planning curriculum and how they teach each individual student. Instead of being discouraged by setbacks or failure, we look at both as an opportunity to grow and succeed. We are committed to provide appropriate programs that support "first best instruction", intervention/prevention, and enrichment. Buchanan also subscribes to PBIS (Positive Behavior Intervention and Support) social skills development to support our students as they navigate the world we live in. Be Safe, Be Responsible, Be Respectful themes will continue along with the practice of KAHFOOTY (**Keep All Hands Feet and Other Objects To Yourself**). With the addition of another R.A.I.N. counselor, we will be able to provide social/emotional support for our students four days a week. We are excited about the upcoming year and hope you will join us on campus on a regular basis.

Did you know.....

- New faces on campus are: Ms. L. Richardson – R.A.I.N. Counselor
Mrs. Kowalski - Kindergarten Teacher
Mrs. Aramendia-Ricci - Title 1 Teacher
Mr. Newton – 5th Band Teacher
- Growth Mindset for the Month - Failure is just another chance to succeed!
- Buchanan was recently awarded the Campaign for Business and Education Excellence 2014 Honor Roll recognition.

Good things are happening at Buchanan Elementary!

Jennifer Randel and Jim Curtis



Failure is success if we learn from it. — Malcolm Forbes



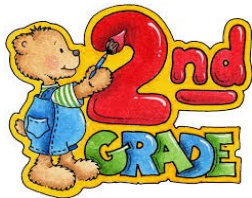
Kindergarten News

Kindergarten welcomes the newest member to their team, Mrs. Amy Kowalski! We are excited about the upcoming school year and look forward to meeting TK/K parents and students this coming Monday, August 10th beginning at 5 p.m. Please plan to arrive a little early so you have time to drop your child off in the MPR and then head on over to your child's new room to listen to a special Teacher Presentation. After the presentation you will return to the MPR to collect your child and return to his/her room to meet the teacher and fellow students! This will be TK/K's only Back-to-School Night, so please make every effort to attend. It's going to be a great year in K-Land!



First Grade News

Welcome to the other side of the campus, first graders! You have spent time learning the basics of the abc's & 123's in kindergarten. Now, it is time for you to GROW even more, socially and academically. You will learn to read many, many words, sentences, and stories. You will explore greater numbers and learn to solve challenging mental math problems. You will also learn different forms of writing: opinion, narrative, and expository. And of course, you will always use your best penmanship. During the year, you will gain a great deal of independence. You will be amazed at yourself if you PERSEVERE and have a positive MINDSET that you can, and will, do great this year. First grade is AWESOME!



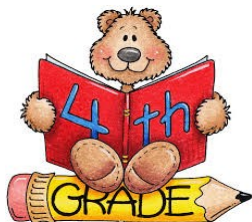
Second Grade News

Welcome to Second Grade! We are a super close team of second grade teachers who enjoy working and planning together to give your children the best educational experience possible. We have a new Second Grade teacher joining us this year, Ms. Vesneski. She comes to us with a wealth of experience from our own Kindergarten team. We are excited to begin our 2015/16 school year, focusing on a growth mindset.



Third Grade News

Welcome to 3rd grade! This year, your child will begin focusing more on reading to learn. Your child will begin to read more non-fiction and learn strategies for understanding what he/she is reading. You will find that language arts will often be integrated with social studies and science. The focus in math will be to continue developing number sense in addition and subtraction before moving on to multiplication, division, and much more. Students will be challenged to use strategies to solve given math problems and to discuss their thoughts about how they approached them. Students are expected to become more responsible for themselves and their learning this year. We look forward to a great year with your 3rd grader.



Fourth Grade News

Welcome back to school 4th graders! We all look forward to the journey we will be taking together this year! Fourth grade is an exciting year of learning greater independence, growing our minds through the many challenges and adventures we have in store this school year, while preparing you to be leaders of Buchanan! We can't wait to see you at school, prepared and ready to learn!



Fifth Grade News

Welcome to 5th grade! We are excited to get to know you and your family. Fifth grade is full of interesting topics and projects. We look forward to working with all of you as you gain greater independence and become life long learners.



Educational Specialists

As Educational Specialists, we are here to support our students and our teachers in a variety of ways. We have an abundance of knowledge when it comes to accommodations, supports and services that can be utilized on our school campus. Our team also includes a team of specialists: Speech-Language Pathologist, Occupational Therapist, Adaptive Physical Education, and Deaf-Hard of Hearing Specialists to support our students' needs in communication/language, fine motor/sensory needs, gross motor needs, and hearing needs. We help with learning from Pre-K through 5th, and are here to answer questions parents may have about the transition to each grade level. We look forward to another wonderful year!



Lost and Found

All lost and found items are outside the office by the amphitheater. Please label your student's items so we can return it to them

We Need Your Help in the Parking Lot

Student safety is our number one concern. It is extremely important that parents and students use the crosswalk when walking to and from the parking lot.

If you are picking up your children in your car please ask them to wait for you in front of the Multi Purpose Room and not by the kindergarten gate area. Remember to keep moving forward so we can get as many cars as possible into the loop. Your help keeps the students safe. Please take your time when entering and exiting the parking lot and remember the loop is a NO cell phone use area. Safety is our top priority.



Celebration Policy

Per MVUSD policy regarding food allergies, any food brought on campus to be shared with other students needs to have prior approval from school personnel.

As an alternative suggestion to food for student celebrations (i.e. birthdays), you may donate a book to the classroom or school library honoring your student. Another idea is to bring in a goody bag (with no food items) or a non-food treat for each student in the class.

Thank you for adhering to this policy for the safety of all students and staff.

A Message from the Health Office



Health Alert-Food Allergies/Sensitivities

We have several students in our school that may have food allergies, food sensitivities or dietary restrictions. Food allergies can trigger reactions that range from very mild to life threatening (anaphylaxis). Generally, an individual must ingest a food allergen to have a reaction, but for some, even being exposed to it or ingesting a very small amount can cause a life threatening reaction. As a result, there are several procedures that will help to prevent exposure and reduce the risk of anaphylaxis and help keep all of our students safe:

1. Students should be encouraged to wash their hands upon arrival to the classroom and again before and after lunch. This not only is good for food allergies, but helps reduce disease transmission.
2. The classrooms should be peanut/tree nut/food allergy *aware* spaces. Classroom projects or assignments should NOT include the use of peanut butter/nuts or other food items. Any exception to this rule would require pre-approval and prior notification to parents.
3. Any food or snack that may be provided/shared must have pre-approval and prior notification must be provided to all parents prior so they can make alternate choices. Additionally, all food items provided should be pre-packaged and food ingredients must be known or labeled. ***Suggestions for class sharing (birthday parties, etc.) may be providing or donating a book for the classroom or other non-food items.***

If your student has a food allergy, please make sure you contact/inform the Health Office. You may want to speak to the School Nurse if the allergy requires medication or other interventions. Students with food allergies may be entitled to accommodations or plans to address their needs. We look forward to working collaboratively with you to provide all of our students with a safe learning environment. We appreciate your care and support of our students and school.

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 or you can pick up an application in the school office. Parents can make payments to lunch accounts at www.myschoolbucks.com

A Note from the Health Office Regarding Medications



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.

PTA Book Fair

The annual Book Fair is opening in the library on August 14th. Your student will be able to visit during their classroom library time. The book fair will also be open at the Back to School nights on August 18th, 19th and 20th. Come in and support your child's love of reading.



Early Out Schedule - Mondays

Early Bird TK and Kindergarten
Late Bird TK and Kindergarten
1st - 3rd Grade
4th - 5th Grade

8:20am - 11:40am
10:15am - 1:35pm
8:25am - 1:40pm
8:25am - 1:45pm



Positive Behavioral Interventions & Supports Moment Our Pillars of Good Behavior

The Buchanan family has always been a strong community of parents, teachers, and others that have worked together to assist all Blazer students in becoming the best scholars they can be while also being productive members of their future communities. As we start the 2015/16 school year Buchanan students will focus on being **safe, responsible, respectful**, and following **KAHFOOTY**. These are Buchanan's universal expectations of behavior.

The question is, what do these expectations mean for our students? We can tell a student to be responsible or respectful repeatedly and they may even shake their heads acknowledging they understand, but do they really? At Buchanan we feel it is important to intentionally teach these expectations.

This year the students will attend an assembly during the first week of school where these expectations are explained in detail. Then they will be reviewed in the classrooms by the teachers throughout the year. You can help at home by reviewing the below expectations:

Be Safe

1. Look at your activity, task, or assignment.
2. Follow the teacher's or adult's instructions.
3. Think whether or not this is a safe activity.
4. Check with teacher or adult whether the activity is safe.

Be Responsible

1. Look at your activity, task, or assignment.
2. Follow the teacher's or adult's instructions.
3. Think about the steps needed to complete the task.
4. Focus all of your attention on the task.
5. Ignore distractions and interruptions from others.
6. Check with teacher or adult to make sure everything is done correctly.

Be Respectful

1. Make eye contact with the teacher or adult talking with you.
2. Show you understand by saying "okay" or nodding your head.
3. Do what you have been asked right away.
4. Check back after you are done.

Follow KAHFOOTY

Keep All Hands, Feet, and Other Objects To Yourself



By following **KAHFOOTY**, and being **respectful, responsible, and safe**; together, we can create a positive school community that makes us all proud to be a Blazer.

Counselor's Corner

Ten Tips for Helping Your Child with Homework

Environment: Make sure your child has a clean area to work in. Background noise or clutter can interfere with your child's ability to concentrate. Provide your child with pencils and other necessary work supplies.

Presentation: Require that your child learn to turn in neat work. Providing a homework folder or notebook can help your child keep his work wrinkle and stain free. Nicely presented work reinforces the importance of respect and responsibility.

Homework Time: Observe your child to determine the best time to do homework. Some children need a break when they get home from school. They may work best after a short play period. Other children may work best as soon as they get home to avoid staying up to late. Children with attention problems may need to take frequent breaks. The breaks should be based on work completed, rather than intervals of time. For example, you can say, "When you have finished six math problems, you can take a five minute break."

Create a time management system for long term projects: When a large project is required, help your child create a calendar with specific tasks for each day leading up to the due date. This will prevent a last minute cram session that keeps you both up all night! This will also help your child develop good time management habits for the future.

Facilitate, but don't fake it: It's important that your child work independently, but check in with you from time to time. Don't do the work for him/her! The teacher bases her understanding of your child's ability by the homework that is turned in.

Prevent battles with your child when he/she doesn't understand the work: Rather than argue, try to understand where the problem lies. If it isn't clear to you, make an appointment with the teacher to see if you can get a better understanding of the difficulty your child is having.

Know your limitations: If you have been working all day and know you don't have the patience to work with your child, seek out tutors or homework clubs at school or in the community that can assist your child with homework.

Set a good example: If your child sees that you value and practice good work habits, he/she will be more motivated to practice his/her own positive work habits. Review your child's work and require that they turn in respectable work.

Maintain good communication with the teacher: In addition to checking your child's grades, ask the teacher about your child's work habits and attention span at school. Problems with homework may reflect problems your child is experiencing at school.

Positive Reinforcement: Compliment your child for work well done. Have a special place to hang good work. This will help your child develop positive self esteem and will reinforce good work habits.

Ms. Richardson – School Counselor

Dr. Rieger - School Counselor





A PROJECT OF THE CHILDREN'S PARTNERSHIP

Enroll. Get Care. Renew. Health Coverage All Year Long

Health Coverage Options

Medi-Cal:

- ▶ Children, foster youth, pregnant women, adults, US citizens, and immigrants—including those with DACA status—may be eligible for no- or low-cost Medi-Cal.
- ▶ Medi-Cal covers immunizations, checkups, specialists, vision and dental services, and more for children and youth at no- or low-cost.
- ▶ Medi-Cal enrollment is available year-round.

Covered California:

- ▶ Covered California is where legal residents of California can compare quality health plans and choose the one that works best for them.
- ▶ Based on income and family size, many Californians may qualify for financial assistance.
- ▶ Enroll during Open Enrollment or any time you experience a life-changing event, like losing your job or having a baby. You have 60 days from the event to complete enrollment.

! Undocumented Families visit: www.allinforhealth.org/resources#Undocumented
Immigration status information is kept private, protected, and secure. It will not be used by any immigration agency to enforce immigration laws, but only to determine eligibility for health programs.

You and your family may qualify for financial help:

Household Size	If 2015 household income is less than...		If 2015 household income is between...
	\$16,105	\$31,043	\$16,106 – \$46,680
1	\$16,105	\$31,043	\$16,106 – \$46,680
2	\$21,708	\$41,842	\$21,709 – \$62,920
3	\$27,311	\$52,642	\$27,312 – \$79,160
4	\$32,913	\$63,441	\$32,914 – \$95,400
5	\$38,516	\$74,241	\$38,517 – \$111,640
6	\$44,119	\$85,041	\$44,120 – \$127,880
▶	Adults may be eligible for Medi-Cal	Children may be eligible for Medi-Cal	May be eligible for financial help to purchase insurance through Covered California

Enroll.

Three ways to enroll in Medi-Cal and Covered California:

- www.coveredca.com
- 1(800) 300-1506
- Find in-person help: www.coveredca.com/get-help/local/

Get Care.

- ▶ Find a primary care doctor in your network.
- ▶ Schedule an annual checkup for you and your family.
- ▶ Make sure to take your child to the dentist.
- ▶ Pay your monthly premium if your plan requires it.

Renew.

- ▶ Medi-Cal must be renewed every year. Medi-Cal will mail renewal packet. Complete and return. For help, contact your local Medi-Cal office or call 211.
- ▶ Health plans through Covered California must be renewed every year. Renewal information will be mailed at the end of the year, or contact Covered California at 1 (800) 300-1506.

For more information go to:
www.allinforhealth.org

April 2015





Buchanan Elementary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 TK/Kinder Back to School Night and Meet & Greet 5-6pm	11	12 1st Day of School 	13	14 Spirit Assembly	15
16	17 Early Release Day	18 5pm—5th Grade Back to School Night 7pm—5th Grade Band Parent Information Night	19 5pm—1st Grade Back to School Night 6pm—3rd Grade Back to School Night	20 5pm—2nd Grade Back to School Night 6pm—4th grade Back to School Night	21	22
23/30	24/31 Early Release Day	25	26	27	28 Fall Pictures for all TK thru 5th Grade Students 	29