



# The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



December 2015



## School Office Hours

Mon - Fri

7:30am - 3:45pm

## Winter Break

No School

Dec. 21st

thru

Jan. 11th

Students return on  
January 12th

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

December 4

December 18

at 8:30am

In the amphitheater



## School Notes

Buchanan Families,

Seasons Greetings! The holiday season is quickly upon us as we finish our first semester of the school year. We continue to be blessed by the giving hearts of our Buchanan families who have helped make this Thanksgiving holiday even more special. The donations received from our annual food drive enabled us to provide 30 food baskets, complete with a turkey, to families in need this season. Our students continue to give generously to our military toiletry drive supporting military men and women who serve our country daily.

May your season be full of all the cheerful gatherings and happy times of togetherness that make this holiday season a time to cherish and look forward to each year.

Happy Holidays to our wonderful and caring Buchanan community.

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

Did you know.....

- Monday, December 14th is **NOT** an early release day.
- Buchanan students and staff collected over 2300 non perishable items for our annual food drive.
- Peyton Doull and Noah Benavides were the winners of our annual School Spelling Bee and will go on to represent Buchanan at the District Spelling Bee on January 20th. Jonathan Krynicki is our alternate.

## Warm Springs Middle School Turkey Trot

Twenty one of our 5<sup>th</sup> grade students represented Buchanan Elementary school in the Warm Springs Middle School Annual Turkey Trot on Friday, November 20, 2015. We had 5 students place in the top 6 places. Our girls took all three medal places with **Emily Nun-  
ez** finishing 1<sup>st</sup>, **Christine Carmody** 2<sup>nd</sup> and **Baily Layne** 3<sup>rd</sup>. **Adriel  
Rocha** took 1st and **Owen Skrettingland** 3rd for our boys division. Congratulations to all who participated! Way to go Blazers!!!!!!!



**Character Counts!**  
**AT BUCHANAN!**



He who is not courageous enough to take risks will accomplish nothing in life.  
— Muhammad Ali



## TK / Kindergarten News

Our TK and Kindergartners ended the month of November with our annual Thanksgiving Feast! It's always fun to come together as one and share a special event. December is looking to be just as busy! We will be assessing for report cards this month. Please make sure your child gets plenty of sleep, eats a healthy breakfast and snack every day so the children are ready to show us how much their brains have grown in the last 9 weeks! Don't forget that on Friday, December 18th we are asking ALL TK/K students to come for morning hours to participate in our annual Gingerbread House building day. We ask that one grown-up accompany each child that morning for the house building. More information will be coming out soon!



## First Grade News

Happy Holidays! The first graders have been working on their reading skills and working toward the second trimester goal of reading words with blends and digraphs. They have also been working diligently on their math skills and showing growth with making tens. The excitement is in the air as they look forward to upcoming holiday activities in their classrooms. Practicing a GROWTH MINDSET is evident with these kiddos as they are finding more and more success in all areas. Way to go, first graders!



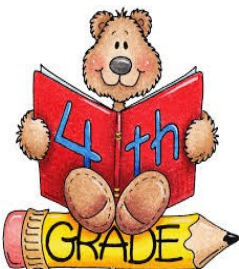
## Second Grade News

Our 2<sup>nd</sup> graders are persevering to learn all they can during this busy time of the year as we wrap up our second quarter. We will be exploring different cultures and traditions with our Holidays Around the World rotations this month. The 2<sup>nd</sup> grade teachers wish everyone a happy and restful holiday season!



## Third Grade News

The third grade teachers recently watched a video that gave some thought to approaching math. Here's what it said. Many people come from the perspective that "math is hard." Mathematicians say that "math might be hard," but with perseverance and a growth mind set you can conquer the challenge and be anything you want to be. A student that lacks confidence in math has a more difficult time becoming a mathematician. Remind your child of this when they are feeling frustrated with their math. If you are interested in watching this video, search YouTube for "Math Major Talks About Fear."



## Fourth Grade News

It is hard to believe that the first half of the year is almost over! As we wrap up this first semester, please continue to encourage your fourth graders to persevere and finish up strong! Also, we will be making gingerbread houses on Friday, December 18<sup>th</sup>. Please start saving half gallon milk/juice containers...look for more information from your child's teacher.



## Fifth Grade News

The month of December is here. The fifth grade students have been working hard this past semester. The students have participated in lessons focused on growth mindset, STEM activities, teamwork, mathematics applications, and reading comprehension. Writing and communication standards have been incorporated into each lesson. During the next three weeks, the students will continue to focus on the academic standards as well as participate in holiday rotations.



## Educational Specialists

This month we would like to spotlight our wonderful Occupational Therapist, Jennifer Molina. Buchanan has been very lucky to have such a devoted and exceptional OT. She is on campus a few days a week and works with students who need fine motor, visual motor, and sensory input support within the classroom setting. She has created an incredible sensory gym that allows all classes to visit and share in the experience of various activities. She has included the Zones of Regulation into her sensory room. She supports students with IEP's and collaborates with general education teachers and students.

## 5th Grade Band Winter Concert

Buchanan Band will make it's 2015-16 premier on December 16 at 7:00pm in the Buchanan Multi-Purpose Room! Students have been working hard since the beginning of September to show off their talents to parents and community members! Come enjoy the progress beginning band students have made in just 3 short months! The concert that evening is also shared with Alta Murrieta's band premiering their performance at 6pm. Buchanan band follows with their performance at 7:00pm. Enjoy the music!

MUSIC MATTERS!



## Coffee and Conversation with Our EL Families

Join us on Wednesday, December 2nd at 8:30am in Room E3

## 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.





## Box Top Contest



Our second contest period will end on December 18th. One classroom from each grade that submits the most Box Tops will get to play a Nation Ball game with Mrs. Randel and Mr. Curtis. A few reminders:

- \* Box Tops may be submitted glued to a sheet or loose in a baggie.
- \* Box Tops cannot be expired and the whole expiration date must be showing. Be careful when cutting them out.
- \* Be sure to put student and teacher's name on the sheet/baggie.



### Author and Artist of the Month



The following students were honored at our November 20th Friday Spirit Assembly. Their work is being showcased in our library.

#### Artist of the Month

TK/Kinder: Olivia Zala (McKenzie)

1<sup>st</sup>: TBA ( )

2<sup>nd</sup>: Kieana Smith (Ogawa)

3<sup>rd</sup>: Emerson Vincent (Morgan)

4<sup>th</sup>: Student in (Adams)

5<sup>th</sup>: Portia Echiverri (Prario)

#### Author of the Month

TK/Kinder: Kailee Guzman (McKenzie)

1<sup>st</sup>: TBA ( )

2<sup>nd</sup>: Cali Chambers (Ogawa)

3<sup>rd</sup>: Kaylee Goff (Corbett)

4<sup>th</sup>: Emma Novak (Adams)

5<sup>th</sup>: Levi Good (Lyda)



## Buchanan's Reading Round-Up School Wide Incentive Program

During Friday's Spirit Assembly, the reading team announced the winning challenge for "What Will Mrs. Randel Do?". If the students meet the school wide reading incentive goal of 1,500,000 minutes by the end of April, Mrs. Randel will dress up as a hip-hop, dancing hamster and dance the "Whip & Nae Nae!" With 293,034 minutes read for the month of October, Buchanan is quickly on their way to achieving that goal!

We also had our first classroom winners of Reader's Recess. The following classes enjoyed an extra recess with Mrs. Randel and Mr. Curtis. These classes had the highest student participation and turned in the most reading logs for their grade level.

TK/K: Mrs. McKenzie and Mrs. McWhorter

1st Grade: Mrs. Davis

2nd Grade: Mrs. Ogawa and Mrs. Ruppert

3rd Grade: Mrs. Corbett

4th Grade: Mrs. Adams

5th Grade: Mrs. Lauvray

November reading logs are due the first week of December during your child's regularly scheduled library time. Prizes are awarded for students who turn their reading logs on time, with goal met, and parent initials. Please help your child to add up and record total minutes read and have their raffle ticket clearly and completely filled out. Good luck Blazers and keep on reading.

Happy Reading!  
The Reading Team



# The Blazer Way Moment

## Accepting Decisions from Adults

For the month of December the Blazer Way focuses on teaching our students a way to accept decisions from an adult. Many of the steps are shared by other skills like following instructions. However, this particular skill requires the art of patience. How many of us wish we had a better mastery of that skill? Let's take a look at how the Blazers will be approaching it:

### 1. Look at the person

#### ► 1. Look at the person

- This could be:
  - Your teacher
  - A supervisor
  - An adult volunteer
  - Another student



### 2. Remain calm if you don't like their decision

- 2. Remain calm if you don't like their decision
  - Take 3 deep breaths
  - Nod your head
  - Do not interrupt



### 3. Use a nice voice

#### ► 3. Use a nice voice

- Try not to be loud
- Use your normal voice



### 4. Show you understand

#### ► 4. Show you understand

- Nod your head
- Say "Yes, I understand" OR "OK."
- Do what is asked of you



### 5. If you disagree, do so at a later time

- If you disagree, do so at a later time
  - Ask the person when you can talk to them later
  - Waiting can calm things down



There are times where accepting the decision of a person in authority is a required skill. This can be true in our jobs, at home, or, very importantly, in a time of an emergency. School is a great place to learn that it is important to make sure we are listening to those who are instructing us. That's the Blazer Way.

## MVUSD Health Services

It's Flu Season! Help Stop the Spread of Germs



- The CDC recommends everyone 6 months of age and older should get a flu vaccine every year.
- Wash your hands often with soap and water. Scrub your hands for at least 20 seconds (the Happy Birthday song twice.) If soap and water are not available, use an alcohol-based hand rub.
- Cover your nose and mouth with a tissue or your elbow when you cough or sneeze, and throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched objects and surfaces, including doorknobs, keyboards, and phones.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you or your child gets sick, the CDC recommends that you or your child stay home for at least 24 hours after the fever is gone without the use of a fever-reducing medicine.

Together we can help stop the spread of germs and stay healthy!

Susan Byrne RN, BSN, PHN, Credentialed School Nurse  
Warm Springs, Buchanan, Alta Murrieta



# Counselor's Corner

## Stress relief in children

As your child continues to adjust to a new grade with higher expectations, you might see changes in their attitude, behavior, and emotions. Here are a few tips for helping your child manage their stress:

- Recognize that a negative attitude or poor behavior choices can be a result of stress. This doesn't mean that your expectations for respectful behavior should change.
- Acknowledge your child's stress. Let them know you understand that change can be hard.
- Listen to your child. Let them tell you about their school day, the good parts and the bad parts.
- Help them identify their feelings. Are they frustrated, mad, sad, confused, overwhelmed? Finding the correct feeling word(s) can help reduce stress.
- Validate their feelings. Never tell them they shouldn't feel a certain way. Tell your child about the importance of school and doing their best, even when it's hard or they don't want to. Hold firm to your expectations.
- Try not to take away their stress for them by letting them stay home from school or doing their homework for them. This will not help them in the long run.
- Talk about stresses they can control vs. stresses they can't. Write them down and 'get rid' of the ones they can't change (rip them up, throw them away, put them in a box).
- Help your child develop a growth mindset and positive self-talk habits. When they're stressed, they can begin to talk themselves through it – "I can do this," "I am good at this," "I've gotten through this before," or "I'll try my best."
- Ask your child if they can come up with workable solutions to his stressful situations, such as doing homework earlier if doing it later doesn't allow enough time. Your child will feel empowered if they solve the problem. They will be able to draw on that problem solving ability in future stressful situations.

Ms. Richardson (M-W) &

Dr. Rieger (Th)

RAIN Counselors

951-696-1428 ext 2723



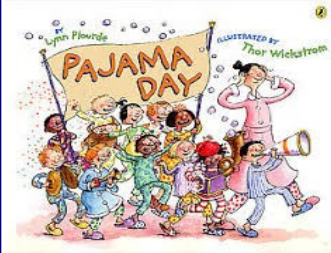
## School counseling in the

### classroom...

In November, we focused on the Boys Town Skill of Identifying Your Emotions and Controlling Emotions in 3rd and 4th grade. Students learned how to identify their strong feelings as well as what happens in their bodies and brain when strong emotions take control. We have also begun small groups to target the social aspect of learning skills that students may need additional practice with.

December guidance lessons for 3rd and 4th grade include identifying the feelings of others and how to calm down when we are angry.





## DECEMBER'S SCHOOL SPIRIT DAY DECEMBER 18TH - PAJAMA DAY



### **Buchanan Elementary SSC Meeting December 8, 2015 3:30pm Room E8 Agenda**



#### Attendance:

#### I. Call Meeting to Order

#### II. Approval of Minutes and Agenda

Minutes of October 6, 2015

Agenda of December 8, 2015

#### III. Action Items

Review BES Safety Plan

Review Parent Involvement Plan

#### IV. New Business

Measure BB update - BES Technology

Next School Site Council meeting the following will be reviewed and discussed:

2015-2016 BES Technology Plan

2015 - 2016 SPSA Plan

2015-2016 Disciplinary Dashboard Summary

Next Meeting date - February 9<sup>th</sup>, 2016 at 3:30 in room E8

#### V. Adjourn



# Buchanan Elementary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Running Club School Spelling Bee	2 5th Grade Band	3 Running Club Drama Club	4 Spirit Assembly 5th Grade Band	5
6	7 Early Release Day	8 Running Club	9 5th Grade Band	10 Running Club Drama Club	11 5th Grade Band	12
PTA Snow Time Shop - each class will visit during the week						
13	14 <b>NOT</b> an early out day	15 Running Club	16 5th Grade Band 7pm Band Winter Concert	17 Running Club Drama Club	18 Spirit Assembly 5th Grade Band  Spirit Day - wear your PJs to school	19 <div>Friday Dec 18th All TK/Kinder students attend in AM 8:20- 11:55am</div>
20	21	22	23	24	25	26
Winter Break December 21st - January 11th Students Return - Tuesday, January 12th						
27	28	29	30	31		