



# The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



February 2016



## School Office Hours

*Mon - Fri*

*7:30am - 3:45pm*

## President's Day Holidays

*No School*

*February 12th-15th*

*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

**February 5**

**February 19**

**at 8:30am**

**In the amphitheater**



## School Notes

Buchanan Families,

As we begin our second semester of the school year, this is a great opportunity to sit down with your child and have a conversation regarding their performance first semester. During these talks, praise them for their accomplishments and help them set goals as we move into the second half of the school year. Students are learning and cultivating a positive growth mindset as they practice perseverance.

We have many exciting activities happening this month for our students and Buchanan families! We start the month celebrating our 100<sup>th</sup> day at school on Feb. 2, 2016. Our traditional PTA sponsored "Daddy/Daughter Dance" will be held on Friday, February 5<sup>th</sup>. This is a wonderful opportunity for our girls to enjoy a special evening with their daddy, grandfather, uncle or other guest. For our Military families, our military support group led by Mrs. Simmons is hosting a movie night on Thursday, February 18th in the MPR. This activity will allow military families an evening of fun and fellowship. Please see attached flyers for both of these events. Our students will also be creating valentines for our annual "Valentines for Vets" drive to send military personnel a personal note reminding them of how much we appreciate their service and dedication to our country. On February 19th, we will be honoring Black History month at our Friday Spirit Assembly.

We have begun our Measure BB technology improvements here at Buchanan. We are adding many new devices which include desktops and chromebooks to enhance and support the learning outcomes as well as build skills to assist our students in being college and career ready as they finish their high school years.

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

Did you know.....

- Twin Day is Friday, February 19th
- 2016 is a Leap Year so February has 29 days
- Providing a literature rich environment (books, signs, etc.) for your child will promote a stronger foundation for reading
- Attendance matters! Be on time all the time.



## Murrieta Valley Unified School District

### 2016 -2017 SCHOOL REGISTRATION TIMELINE

- November 2 School Sites Accept **NEW** Intra-District Trans requests.
- January 4 District accepts **NEW** and **Renewal** Inter—District Transfers
- February 1 Online Pre-enrollment begins for all students new to the Murrieta Valley Unified School District, including Transitional Kindergarten and Kindergarten students.
- February 11 Final day of Open Enrollment for New or Renewal of **Inter**-District transfer requests.
- February 11 Final day to submit (**NEW**) **INTRA**-District transfer requests at the School Site.
- March 7 Onsite enrollment appointments begin for Transitional Kindergarten, Kindergarten and **New** enrollees. Please contact the school site to make an appointment to complete registration and turn in documents such as, birth certificate/verification of age, immunization records, verification residency and more depending on the grade level of your student.
- June 10 Open Enrollment **INTRA**-district and **INTER**-district Transfer notifications to parents will be sent no later than this date.  
**\*All other transfers that are turned in after 2/11/16 will be considered case by case.**

**NOTE: Intra Transfer Requests between schools within the Murrieta Valley School District are processed at the school site. Please submit the request at the school site that you are requesting.**

Please check the district website for Enrollment/Registration Information.

**\*Listed under Parents @ <http://www.murrieta.k12.ca.us>**

We hope that this information will help in your planning for the 2016-2017 school year. If you have any questions, please contact your school office.

Thank you,

**Administrative Team  
Murrieta Valley Unified School District**



## TK / Kindergarten News

Kindergarten and TK have been busy in Dec/Jan. Kindergarten did their first STEM project on shapes in the environment and TK is doing an on-going STEM project on bees. The TKs have loved learning about bees so much that they're now bee experts! We're hoping they can come teach our kindergartners about bees. We learned about Martin Luther King, Jr. this month, and next month we will be learning about Presidents. On February 2<sup>nd</sup>, we will celebrate the 100<sup>th</sup> Day of School! Wow! On February 9<sup>th</sup>, the kindergartners will have our annual Love Bug program at Murrieta Mesa High School (TKs will get to do this next year!). Our mindset quote for the month is "I will better my best!"



## First Grade News

The first grade students came back from the winter break full of excitement and ready to learn. They continue to work hard at meeting their goal of completing i-Read by the end of first grade along with striving to complete addition 0-9 on Fast Math. February will be a busy month as the students learn about the presidents, celebrating the 100<sup>th</sup> Day of School, Groundhog's Day, and also Valentine's Day. Way to go, First Graders!



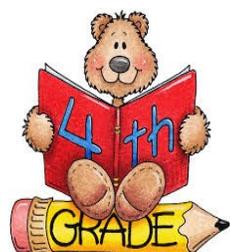
## Second Grade News

February is going to be fantastic in second grade! This month our reading theme is Amazing Animals. We will learn how animals adapt to their surrounding and have a special visit from Animal Productions. In addition, we are discovering how animals have a growth mindset just like the Blazers because they use teamwork to overcome obstacles. For example, the Highway Patrol and their dogs visited us and taught us how animals can help save lives. We will also discover how everyone's job is important no matter how big or small. This month we are beginning to research biographies of positive role models to learn how one person can make a difference in the world. This will prepare us for our first ever living wax museum coming next month!



## Third Grade News

3rd grade will be hosting Buchanan's 2nd annual Astronomy Night on Tuesday, April 12th from 6:45 to 9:30. We are looking for parent volunteers to help sell snacks and glow sticks. Please contact your child's teacher if you can help that night. We hope you can all make it to this family learning experience. Third graders will be taking their third SRI (Scholastic Reading Inventory) assessment the first week of February. This will give your child a current Lexile reading level for independent reading.



## Fourth Grade News

Dear Fourth Grade Families,  
As we head into our second semester of the year, please continue to encourage your students to show their Growth Mindset. Especially as math concepts continue to be more challenging, new research papers are explored and projects are assigned. We are very excited to have History Brought to Life Assembly coming at the end of the month. Be sure to ask your 4<sup>th</sup> grader about it!



## Fifth Grade News

Each year, the 5th grade students participate in the DARE program. DARE is taught once a week for approximately 8 weeks by an officer from the Murrieta Police Department. For the past 10 years, Buchanan has been fortunate to have Detective Therien as our teacher. Detective Therien comes to every 5th grade class and educates our students about decision making skills, ways to say "NO", and ways to stay healthy. The students look forward to Detective Therien's classes. The students develop a positive relationship with a police officer and learn skills needed to lead a healthy, productive life.



## Educational Specialists

Jessica Bozarth is a speech-language pathologist who works primarily with Kindergarten-Fifth grade students. She assesses and treats articulation/phonology speech problems, language delays, stuttering, voice disorders, and social difficulties. She has a passion for helping parents feel comfortable in understanding how to help their children learn in their unique way.

Elisabeth Refsdal is a speech-language pathology aide. She provides treatment services for students with articulation/phonology speech problems, language delays, stuttering, voice disorders, and social difficulties. She additionally has great experience working with Easter Seals clients, and children in a private practice setting.

Angela Rexwinkle is a speech language pathologist who works primarily with Pre-K and Kindergarten students. She treats articulation, phonology, language, stuttering, and social difficulties. She has a passion for researching and treating fluency disorders like stuttering.

## FEBRUARY SCHOOL SPIRIT DAY

### FEBRUARY 19TH - TWIN DRESS UP DAY



## Coffee and Conversation with Our EL Families

Join us on Wednesday, February 3rd at 8:30am in Library Computer Lab

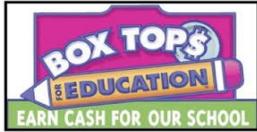
## Celebration Policy

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 third contest period will end on February 26th. One classrooms from each grade that submits the most Box Tops will get to play a Nation Ball game with Mrs. Randel, Mr. Curtis and Mr. Keith.

Submit your Box Tops to the office and remember to put your student and teacher name on the ziplock bag/paper. Visit the Box Tops website at [www.BTFE.com](http://www.BTFE.com) for more ways to earn funds for the school.

## Kiwanis Art

The Kiwanis Club of Temecula Valley invited our school districts students to participate in the 15th Annual Youth Art Exhibition at the Promenade Mall in Temecula from February 1 through February 29, 2016. Congratulations to the following students whose artwork was chosen to represent Buchanan Elementary:

Weston Campbell, Lauren Medlin, Kaylynn Lowman, Isabella Korodini, Chloe Macias, Calyn Miller, Kaylee Goff, Sara Najera, Marissa Sell LaDue, Bea Calma, Aedan McCarthy, Sonja Aarsvold, Tyeler Ibarra, Evan Jones, Brooke Hamilton, Joe Kennedy



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

For the month of December, Buchanan read a total of 180,476 minutes with a grand total of 719,649 minutes read to date. This is a 40,000 minute increase, compared to this same time last year! Remember, our goal is to read 1,500,000 minutes by the end of April. Keep persevering Blazers, you can do it!

Students also enjoyed another Reader's Recess with Mrs. Randel and Mr. Curtis. The following classes had the highest student participation and turned in the most reading logs for their grade level. Congratulations!

TK/K: Mrs. McKenzie

1st Grade: Mrs. Davis

2nd Grade: Mrs. Ogawa and Mrs. Ruppert

3rd Grade: Mrs. Corbett

4th Grade: Mrs. Adams

5th Grade: Mrs. Lauvray

The Reading Team would like to thank our generous PTA for supporting our school wide Reading Incentive Program by donating books for our monthly book bag give-away. In addition, we would like to thank the Hodge family in conjunction with Target, for their continued support and wonderful donation of book bags. We are so grateful to our Buchanan community.

Happy Reading!  
The Reading Team



## The Blazer Way Moment Disagreeing Appropriately

In December the Blazer Way looked how to accept the decision of an adult even when a student did not agree. How about with their peers? Should students do anything different when they disagree with others their own age? Let's take a look at the road map below and see:

1. Look at the person  
-In this case this means another student.



2. Use a pleasant voice  
- Keep your voice normal with out being loud or sounding angry



3. Tell why you feel differently  
- Try to do this in a way that that does not upset the other person



4. Give a reason  
- This helps the other person see things the way you do



5. Listen to the other person  
- A disagreement involves more than one person.  
Listen and you might find you agree.



Whether with an adult or peer there are similarities when you do not agree. Maintaining eye contact and a pleasant tone of voice can go a long way in keeping a disagreement from turning into an argument. Everyone disagrees at times. Learning how to do it in a way that does not hurt yours or others feelings builds character and remember, character counts.

## Let's Save Lives Together!



On **February 19, 2016** our School is proud to partner with the American Heart Association through **Jump Rope For Heart!** This community service project teaches our students the importance of heart health (exercise, nutrition and living tobacco free) while having a great time jumping rope. Students also have the opportunity to raise funds for the **American Heart Association** to fund research and educational materials to lower the risks of America's #1 and #5 killers: heart disease and stroke.

American Heart Association Mission: **to build healthier lives free from cardiovascular disease and stroke**

**MISSION FOCUSED:** When your child talks about his/her reason for participating in Jump Rope For Heart (such as a lost loved one or a family history of heart disease), it helps them to connect the dots to a healthier life and might even inspire a few other family members to live heart healthy too!



# Counselor's Corner

## Children and media use

Kids are spending more time with screen media -- and at younger ages -- than ever before. But there really is no magic number that's "just right." What's more important is the quality of kids' media and how it fits into their -- and your family's -- lifestyle.

The notion of screen time as a one-dimensional activity is changing. Computers, tablets, and smartphones are multipurpose devices that can be used for lots of purposes. Designating their use simply as "screen time" can miss some important variations. The *Common Sense Census: Media Use by Tweens and Teens* identifies four main categories of screen time.

- Passive consumption: watching TV, reading, and listening to music
- Interactive consumption: playing games and browsing the Internet
- Communication: video-chatting and using social media
- Content creation: using devices to make digital art or music

Clearly, there's a lot of difference among these activities. But as valuable as many of them can be, it's still important for kids' overall healthy development to balance their lives with enriching experiences found off screens. These tips can help:

- **Pay attention to how your kids act during and after watching TV, playing video games, or hanging out online.** If they're using high-quality, age-appropriate media; their behavior is positive; and their screen-time activities are balanced with plenty of healthy screen-free ones, there's no need to worry. Note if their behavior becomes secretive, irritable, or anxious. This could also indicate contact with unsafe people online.
- **If you're concerned about heavy media use, consider creating a schedule that works for your family.** This can include weekly screen-time limits, limits on the kinds of screens kids can use, and guidelines on the types of activities they can do or programs they can watch. Make sure to get your kids' input so the plan teaches media literacy and self-regulation, and use this as an opportunity to discover what they like watching, introduce new shows and apps for them to try, or schedule a family movie night.
- **Monitor the content creation uploaded by your children.** Make sure you approve of the type of creations they are posting on social media sites and sites such as YouTube.

Finally, the American Academy of Pediatrics (AAP) -- one of the only established organizations to make recommendations on screen time -- offers guidelines that put limits on media exposure. Studies have shown a link between heavy media use and issues such as obesity, lack of sleep, academic challenges, aggression, and other behavior difficulties. However, the AAP will be issuing new recommendations in 2016 emphasizing that not all screen time is equal and that take into account the many different kinds of activities that occur on screens (for example, watching TV is not the same as video-chatting with Grandma).

~Article from Common Sense Media Blog

For more information visit, [www.commonsensemedia.org](http://www.commonsensemedia.org)

Ms. Richardson (M-W)  
&  
Dr. Rieger (Th)  
RAIN Counselors  
951-696-1428 ext 2723



### Make Room for Healthy Media Choices

- Use screens sparingly with kids 2 and under.**
  - o No studies have demonstrated a benefit to early exposure to TV and movies.
  - o Kids need direct contact with adults and other children for healthy brain growth and language development.
  - o "Background TV" has been shown to limit parent-child interaction.
  - o Reading out loud to children from birth will enhance their development.
- Limit screen time to one to two hours per day.**
  - o Playtime helps build problem-solving skills, encourages creativity, and develops fine and gross motor skills. Plus it's fun!
  - o To determine kids' maximum daily screen time, total up use from all screens (smartphones, tablets, TV, computer).
- Choose age-appropriate, quality content.**
  - o Violent media has a serious impact on children. For example, media violence is one of many risk factors for increased aggressive behavior. Comic violence is particularly dangerous, because it associates positive feelings with hurting others.
  - o Certain kinds of media can be beneficial for children. Thoughtfully designed apps and games offer learning potential for both academic subjects and life skills.
- Designate bedrooms "screen-free zones."**
  - o Kids who have TVs and other electronic devices in their bedrooms have an increased risk of fatigue, lower test scores, weight gain, and substance use and abuse.
- Stay involved in your kids' media habits through co-viewing.**
  - o Talk with your child and watch, listen, and play along with their shows and games.
  - o Remember, you are your kids' media role model. Put your own screens away when spending time with kids.
- Create a plan with firm but reasonable rules about your family's media use.**
  - o Make a family media agreement with input from your kids.
  - o Enforce screen time limits and bedtime "curfews" on electronic devices.
  - o Pledge not to text and drive.

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN  
Virginia Chapter

Children's Museum of Richmond

commonwealth parenting  
The Commonwealth's Museum of Childhood

common sense media

For help choosing age-appropriate, quality media, including movies, games, apps, and TV shows, go to [CommonSenseMedia.org](http://CommonSenseMedia.org)

## School counseling in the classroom...

In December and January, our second step classroom lessons included identifying the feelings of others and understanding perspectives for 3rd grade classrooms and calming down anger and managing anxiety in all 4th grade classrooms. Students really focused on steps and strategies for calming down in order to manage emotions and express empathy. February guidance lessons for 3rd and 4th grade will be focused on problem solving steps.

## BreakThrough Student Assistance Program

Are you concerned about your student's attendance, behavior, grades, etc.? Then the Break-Through Student Assistance Program is here to help! Our doors are open to any student, Pre-K through 12<sup>th</sup> grade, and his/her family in the Murrieta Valley Unified School District. Our mission is to offer confidential services to support academic and personal achievement. We work with one family at a time because every student matters. Our trained staff members take the time to listen carefully to learn about the student's and family's strengths and concerns. Our staff members will then work with the family to develop a plan for success. We will provide links to resources at our schools, and in the local community. We believe in early intervention and prevention so if you have a concern for your student, then please do not hesitate to contact us to schedule an appointment. Our clerk can be reached at 951-696-1600 x1219 or at [breakthroughclerk@murrieta.k12.ca.us](mailto:breakthroughclerk@murrieta.k12.ca.us). Feel free to browse our website for more information: <http://www.murrieta.k12.ca.us/Breakthrough>. We hope to hear from you soon!



### Buchanan Elementary SSC Meeting February 2, 2016 3:30pm Room E8 Agenda



#### Attendance:

I. Call Meeting to Order

II. Approval of Minutes and Agenda

Minutes of December 8, 2015

Agenda of February 2, 2016

III. Action Items

Review SPSA 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 Disciplinary Dashboard Summary

Next Meeting date - March 8<sup>th</sup>, 2016 at 3:30 in room E8

V. Adjourn

## National Counseling Week

National School Counseling Week will be celebrated from February 1 - 5, 2016 to focus public attention on the unique contributions of professional School Counselors within U.S. school systems. Here at Buchanan, we are fortunate to have part-time School Counselors who are actively engaged in helping students to support academic success. Our Counselors teach guidance lessons and facilitate small groups on social skills, anger management, grief and loss, and military support. They also provide individual responsive services, interventions and referrals as the need arises. If you would like to make a counseling referral for your child, please contact your child's teacher or Administration.



Dear Buchanan Families,

This April, all Buchanan students, grades 3-5, will be taking computer-based tests which are part of the California Assessment of Student Performance and Progress (CAASPP).

These computer-based tests will be taken online unlike the old paper-based multiple choice STAR tests students have taken for years. The tests are based on the Common Core state standards. They include different types of test questions that assess the whole student and the skills they have acquired.

Testing will begin following spring break. Each student will be testing for approximately 8 days. Students needing more time will be allowed to do so. More information will come after spring break as to the specific weeks your student will be testing.

In the mean time, if you want them to see the types of questions your child will be asked, you can view practice tests online at the California Department of Education web page at <http://www.cde.ca.gov/ta/tg/sa/practicetest.asp>.

**SPECIAL NOTE FOR 5<sup>TH</sup> GRADE PARENTS:** This year 5<sup>th</sup> graders will also be taking the CST Science Assessment. These, still, will be paper and pencil assessments. The students take this over two days. The specific dates will be provided after spring break.

We thank you ahead of time for your efforts in preparing your students for these state assessments. In this second year of these assessments, the goal is growth. In living the Growth Mindset, any struggles we may have we will embrace and we hope to build upon the strong base the students exhibited from last year's assessments.





**United States  
Presidents**

**President's Day Holidays**

**Friday, Feb 12th and Monday, Feb 15th**

**No School**

### **Tardy Bell Reminder and Procedures**

Please remember to get up each morning with enough time to make it to the school before the Tardy Bell rings. School starts at 8:20am for Early Bird Kindergarten and 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. Get here early to enjoy breakfast or have some play time on the playground. Gates open at 8:00am.



## **FEBRUARY 18**

# **MILITARY FAMILY MOVIE NIGHT**

6:30pm in Multipurpose Room

Bring your lawn or beach chairs

Come out for a night of family fun with other military families.

Free Popcorn and Snacks.

Contact Mrs. Simmons for more information  
[psimmons@murrieta.k12.ca.us](mailto:psimmons@murrieta.k12.ca.us)



## **Buchanan's Science Fair**



The Science Fair will be held during Open House on March 17th. Students in grades TK—3rd that are interested in participating in the Science Fair can get a packet of information from their teacher. An experiment science project is required of all 4th and 5th grade students and more information will be sent home at a later date.



### **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) or you can pick up an application in the school office. Parents can make payments to lunch accounts at [www.myschoolbucks.com](http://www.myschoolbucks.com)





# Buchanan Elementary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Early Release Day	2 Running Club	3 Children's Chorus for 3rd-5th grade  5th Grade Band	4 Running Club Drama Club	5 Spirit Assembly 5th Grade Band  Daddy Daughter Dance	6
7	8 Early Release Day	9 Running Club	10 Children's Chorus for 3rd-5th grade  5th Grade Band	11 Running Club Drama Club	12 President's Day Holiday No School	13
14 	15 President's Day Holiday No School	16 Running Club	17 Children's Chorus for 3rd-5th grade  5th Grade Band	18 Running Club Drama Club  Military Families - Movie Night	19 Spirit Assembly 5th Grade Band  Spirit Day - Twin Dress Up Day	20
21	22 Early Release Day	23 Running Club	24 Children's Chorus for 3rd-5th grade  5th Grade Band	25 Running Club Drama Club	26 5th Grade Band	27
28	29 Early Release Day					

**February 5th**  
**PreK - 2nd Grade 5:30-7:00pm**  
**3rd - 5th Grade 7:30-9:00pm**