



The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



April 2016



School Office Hours

Mon - Fri

7:30am - 4:00pm

Useful Links

[School Website](#)

[School Calendar](#)

[Lunch Menus](#)

[School Handbook](#)

Upcoming Friday Spirit Assemblies

April 15

May 6

at 8:30am

In the

amphitheater



School Notes

Buchanan Families,

We would like to welcome back all of our Buchanan families from spring break! We hope you had a safe and relaxing break spending time with family and friends. It is hard to believe we are into our last ten weeks of this school year! As we begin this count down, we enter into our annual state testing period for grades 3-5, are hosting two educational family evening events along with requesting parents to complete our LCAP survey.

Spring heralds in the return of the sun's warmth along with our annual participation of our state testing. Our teachers and students have been working hard through challenging tasks that require students to provide reasoning, support arguments with evidence and persevere in problem solving. Our goal is to make sure all students are career and college ready when they finish 12th grade. The California Assessment of Student Performance and Progress (CAASPP) is a measurement tool in how our students are doing to meet these goals. Our students grade 3 – 5 will be taking the CAASPP assessments at various times starting April 11 – May. Please see CAASPP article for more details regarding testing dates.

We have two educational family night events planned for this month. Our first event is our annual Astronomy Night sponsored by our 3rd grade team on Tuesday, April 12th from 6:45-8:30pm. The evening will begin with a presentation by Temecula Valley Astronomers. Please bring your family and enjoy a night gazing at the stars and discover the many mysteries of our amazing solar system. On Thursday, April 28th we will be hosting our annual Family Math Night where children and parents can explore exciting hands on learning activities and games. We hope you plan to attend one or both of these events to continue making memories with your children. Please see flyer for further information on these fun filled family activities.

We are asking all parents to please complete the LCAP Parent Survey on the link below. Your honest feedback is very important to our site and district as this information will be compiled and assist us with goal setting and planning for next year. This information will be reviewed and utilized for our 2016-17 Local Control and Accountability Plan (LCAP). The survey will be open until April 8th, 2016. We thank you in advance for taking the time to complete this brief survey. Parent Survey—<http://www.surveymzmo.com/s3/2614835/ParentESLCAPSurvey>

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

Did you know.....

- LCAP Parent survey needs to be completed by Friday, April 8th, 2016.
- April 15th is Spirit Dress Up Day - dress in your favorite sports jersey
- April 29th is Spring Pictures





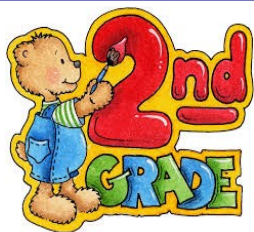
TK / Kindergarten News

Calling all TK and K parents! Coming up on May 4th, from 9-10:00 a.m. is Buchanan's annual "Kinder, Here I Come" event. This year we are trying something new. Instead of inviting our in-coming students, this event is intended for Parents, only. (Students will come a day or so before school begins in August to meet their actual teachers.) Parents will gather in the MPR for a brief presentation, and then will have the opportunity to quietly tour 2 of our TK/K classrooms and watch our students in action! Please mark your calendars and plan to attend this important introduction to TK/K - - and let your "new-to-Buchanan" friends and neighbors know as well!



First Grade News

The first grade kiddos enjoyed showing off their classrooms at Open House and were very proud to show what they have been working on during school. They are learning many phonics rules and are applying them in their daily reading and writing. They are exploring with tens and ones in math and are growing leaps and bounds with their addition and subtraction skills with larger numbers. They are proving to their teachers that they know what it means to persevere by showing commitment to learning and knowing that practice makes permanent! Happy Spring!



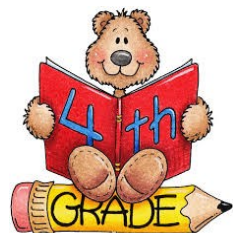
Second Grade News

Second grade is coming back from Spring Break with a positive attitude ready to finish out the year strong. We will be remembering the mindset quote, "A positive attitude brings strength, energy and motivation." We have many exciting activities to help reinforce our second graders' learning. We are planting our garden beds and learning what plants need to grow. We will be looking at children's lives from 100 years ago and comparing them to ours today through our History in a Trunk assembly.



Third Grade News

3rd grade students have been sharing their biography reports in class this month. This project gives students an opportunity to explore the lives and accomplishments of many people who have influenced our world in civil rights, science, engineering, math, writing, and many other ways. This connects to our goal of teaching the students to have a growth mindset. These people all have traits of a person with a growth mindset...never give up, persevere, and failure is success in the making. Today, take some time to discuss some ways your child is using a growth mindset this year.



Fourth Grade News

Dear Fourth Grade Families,

Thank you to those of you that were able to join us for Open House, the kids were really excited to show you some of their best work! As you can see by the progress reports that went home in March, your 4th graders have been learning many skills across many curricular areas! They will be begin taking the CAASPP test this month. Please continue to encourage them to always do their best and show their Growth Mindset, not only that they can learn, but some of their best learning will come after some difficulty!



Fifth Grade News

The month of April will be a busy one in 5th grade. On April 6th, the students who have entered the Invention Convention will present their prototypes and pitches to the grade level. The teachers will select the top 5 inventions to participate in the annual BES Shark Tank. This is always a creative and inspiring day. The students will continue the DARE classes and be reminded about how to make good decisions even when faced with a difficult situation. Towards the end of the month, the 5th graders will be taking the Language Arts portion of the CAASPP test. As we enter the last few months of school, it is important for our students to remember that they are in charge of their learning and that having a growth mindset will help them to interrupt the situations and events they participate in. Henry Ford reminds us that “whether you think you can or you think you can’t – you are right.” The students have been working hard all year. They are growing socially and academically, and as a grade level we are very proud of the work our students have accomplished.



Educational Specialists

This month we would like to spotlight our Physical Therapist, Betsy Aller. She is on site 1x a week and works on Gross Motor skills and in school setting specifically functional motor to ensure students can access the school environment and do that safely. Some examples would be Sitting in a regular chair or an adapted chair in classroom, accessing playground, using stairs, and using assistive equipment like walkers or wheelchairs at school. Sometimes other activities are used to strengthen muscles so that the functional skills can be accomplished. We also order equipment when needed to accomplish these things.

We would also like to spotlight our Adapted Physical Education Specialist Susan Lillie. She is an educationally trained professional who is able to assess individual students and develop, adapt and implement specialized physical education programs in the motor domain. She specifically works with students who have IEP's and focuses on students maintaining the Physical Education they are required to meet by law, regardless if they have a disability. Mrs. Lillie is also on site 1x week.

**APRIL SCHOOL SPIRIT DAY
APRIL 15TH - SPORTS JERSEY
DRESS UP DAY**

**SPIRIT
DAYS**



Coffee and Conversation with Our ELL Families

Join us on Wednesday, April 6th 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



The new contest has started! The classroom from each grade that turns in the most will play Nation Ball with Mrs. Randel, Mr. Curtis and Mr. Keith! Remember, Box Tops that are incomplete or expired do not count so be careful when cutting them out. Box Tops can be turned in loose in a ziplock bag—no need to tape/glue to a piece of paper. Good luck to all the classrooms.

Invention Convention

Wednesday, April 6th is Buchanan Elementary's 5th grade Invention Convention. Starting at 9am in the MPR, around 40 Inventor's will be ready with their prototypes of their fabulous inventions. Be sure to stop by, and when you do ask them to sell you their "pitch" for their product. It's amazing what great ideas these students come up with. You don't want to miss it!!



Bicycle and Scooter Reminders and Safety-

A couple of reminders: Please remember to wear helmets whenever riding. It can help protect your growing brain and...it's the law. Also, when pedestrians are present be courteous, they do have the **right away**. Don't zoom by or try to squeeze through if there is not much space. For example, after school, walk your bike or scooter to the crossing guards on either side of the bike compound because these are crowded areas that need to be used safely. Remember, doing these things shows good character and that you care. And, remember, character counts!



Buchanan's Reading Round-Up School Wide Incentive Program

The warm spring weather is a great time to enjoy a book or two outside on a blanket at home or sitting on a bench in Buchanan's reading garden! With our reading incentive program coming to a close at the end of this month, we anxiously anticipate Buchanan students reaching their goal of 1,500,000 minutes.

For the month of February, Buchanan read 188,072 minutes, with a grand total minutes read of 1,100,467. WOW! We need 400,000 more minutes to meet our goal. You can do it Blazers!!

March Reading logs are due the first week of April!

Happy Reading!
The Reading Team



Counselor's Corner

How to build self esteem in your children

Every parent would like to raise a confident, independent child. We are all enthusiastic about praising our children for their achievements. However, Jim Taylor, author of the book *Your Kids Are Listening: Nine Messages They Need to Hear from You*, believes it is important to step back and let your child take risks, make choices, solve problems and stick with what they start. This can help them develop well-deserved positive self esteem. Below are some suggestions for parents.

Over-praising your child can do more harm than good

Self-esteem comes from feeling loved and secure, but also from **developing competence**. Competence, takes time and effort. Taylor says, "As much as we may want to, we can't praise our kids into competence." In fact, by over-praising kids, can do more harm than good. "We're lowering the bar for them," Taylor says. "If you keep telling your child he/she is already doing a fantastic job, you're saying effort is no longer needed. But confidence comes from doing, from trying and failing and trying again—from practice." Inaccurate praise can actually erode self-esteem. Either children start thinking they're perfect or they try to be perfect all the time.

Let your child take healthy risks

"Start by forcing yourself to stand back while your child takes healthy risks," says Victoria Sopik, CEO of Kids & Company. To build confidence in the world, kids have to take chances, make choices and take responsibility for them. Often, parents try to rescue their kids from failure.

Let kids make their own choices

"When kids make their own age-appropriate choices, they feel more powerful," says Sopik. Kids as young as two can start considering the consequences of their decisions.

Let them help around the house

"In building self-esteem, kids also need opportunities to demonstrate their competence and feel that their contribution is valuable," says Taylor. At home, that means asking them, even when they're toddlers, to help with cooking, setting the table and making beds.

Encourage them to pursue their interests

Another way to boost confidence in kids is to encourage them to take on tasks which they find interesting and then making sure they follow these tasks through to completion. It doesn't matter what the task—it can be anything from swimming laps to building something with "Legos." The point is for them to stick with what they start, so they feel that sense of accomplishment at the end.

What to do when children struggle or fail

If your child's self-esteem plummets when he/she gets cut from the gymnastics team or can't memorize multiplication tables, realize that struggles and failure can actually be a golden opportunity to help build self esteem. Learning that one can endure disappointment is a positive life lesson.

Make clear that your love is unconditional. Let your child know you love him/her even when bad decisions are made. If all you talk about is performance, the child may think love is contingent upon success.

Make sure your child's goals are within reach and at a level appropriate for his ability. For example, bringing home books a little bit below the reading level of a struggling reader can build enough confidence to help the child attempt a higher level.

Help your child feel special. It's important for you to help your children discover his/her own unique talents and qualities, and to value his/her own strengths. But also teach them that feeling special doesn't mean feeling better than others.

Set goals. Teach your kids to work towards a goal and to have pride in their accomplishments. Provide them with opportunities for success.

Encourage your children to try things their own way, face challenges and take risks.

You can find more information at <http://www.todayparent.com/family/parenting/how-to-build-your-childs-self-esteem/>. You can also speak to any of the support personnel here at Buchanan for additional ideas.

Ms. Richardson (M-W) &

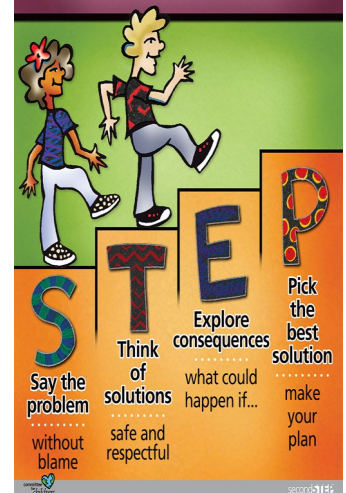
Dr. Rieger (Th)

RAIN Counselors

951-696-1428 ext 2723



Problem-Solving Steps



School counseling in the classroom...

In March, our second step classroom lessons for both 3rd and 4th grade we continued learning about problem solving steps. Students learned that following steps can help you solve problems and that solutions must be safe and respectful and can have positive or negative consequences. The second step, think of solutions, builds cognitive skills and helps students to avoid jumping to the first idea that comes to them. The third step, explore consequences, assists students in thinking through cause and effect and avoid solutions that would cause more problems.



Positive Behavioral Supports Moment – The Blazer Way, It Is More Fun

Sometimes we need to reflect on past life lessons and relearn them again and again. At the beginning of each year we discuss what it means to Be Respectful, Be Responsible, Be Safe, and Follow KAHFOOTY. At Buchanan we call this the Blazer Way. Now as we head into the final months of the school year, it is important to remember why these principles of good behavior are so important. Yes, they keep our classrooms a place for students to learn; and, yes, they keep our playground a safe place to play; but they also do something we all enjoy. They keep our Buchanan campus a fun place to be.

When we follow the Blazer Way on the playground, more people will want to play with us. And let's face it; games like kickball, soccer, basketball, or wall ball are more fun when more people participate. However, if we tease, yell at others, push, or are just plain mean; people will stop playing with us. Think about it, what kind of fun is a kickball game with only a few people?

Having fun is a big part of coming to school. We want you to have fun at recess and we also want you to have fun learning in the classroom. This goes for every individual student at Buchanan. Every student deserves the opportunity to come to school and fall in love with learning. How can you help? You can help by being generous, caring, trustworthy, playing fair, and, most of all, be kind. After all, a Blazer is a person who exhibits these character traits. So, the Blazer Way is the path to making Buchanan a fun place to be for everyone.



Spring Pictures are Coming!

Students will have their picture taken on April 29th.

Let's Save Lives Together!



March concluded the Jump Rope for Heart events and fundraiser. We want to take time to thank our Buchanan community for their generosity during this event. Not only did our Blazers participate in exercising their hearts through jump roping, they also raised a tremendous amount of money to help those with not so healthy hearts.

Our final total....\$1,544. Thank you all who participated in the event through exercise and donation.

All the remaining prizes for donations will be passed out after Spring Break.

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!



Dear Buchanan Families,

CAASPP Update for April!



Following Spring Break Buchanan students, grades 3-5, will participate in the state assessments for the 2015/16 school year. The California Assessment of Student Performance and Progress or CAASPP will begin on April 11th and will continue until end of May. Below is the grade level schedule for Buchanan:

Grade 3:	ELA April 18 – 22	~	Math May 2 – 6
Grade 4:	ELA April 11 – 15	~	Math May 9 – 13
Grade 5:	ELA April 25 – 29	~	Math May 16 – 20
Grade 5 Science CST:	May 10 & 11		

We have staggered the assessments for two reasons. One, it gives the students a rest between subjects of these rigorous assessments; and two, it provides an opportunity students who need extra time to not feel hurried or overwhelmed by two consecutive weeks of testing.



Students have continued to prepare for these assessments during the month of March. Now, as we return back from Spring Break, we need to focus on what can be done at home the weeks of testing. Here is how you can help:

Maintain a normal bedtime (no late night movies during testing)

Serve your student a solid and well-rounded breakfast. Remember, too much sugar can cause students to crash with fatigue.

Most Important!!! BE ENCOURAGING. Encourage your student to keep trying even when the test seems too hard.

If you want extra practice your student can take a practice test. The link below will take you directly to the login page for the CAASPP practice tests:

https://login3.cloud1.tds.airast.org/student/V135/Pages/LoginShell.aspx?c=California_PT

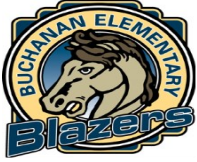


ASTRONOMY NIGHT

Tuesday, April 12th 6:45-8:30pm

The Temecula Valley Astronomers will be here at Buchanan on Tuesday, April 12th. This event is free for all Buchanan families. Third grade will be selling popcorn, water, and glow sticks for \$1 each at the event. There will be a presentation in the MPR that begins at 6:45 pm and this will be followed by telescope viewing on the blacktop. This is a wonderful telescope viewing opportunity that you don't want to miss!





Buchanan Elementary SSC Meeting

March 8, 2016

3:30pm Room E8

Minutes



Attendance:

I. Call Meeting to Order: 3:35pm

II. Approval of Minutes and Agenda

Minutes of February 2, 2016: Mrs. Fitch motioned and Mrs. Lowitz seconded, minutes approved

Agenda of March 8, 2016: Mrs. Lowitz motioned and Mrs. Fitch seconded, agenda approved.

III. Action Items

2015-2016 BES Technology Plan: Mrs. Kirk, BES ITL rep. presented our technology plan to the team. Mrs. Kirk also reviewed technology purchased with our first phase of Measure BB funding.

2015-2016 Disciplinary Dashboard Summary: Mr. Curtis presented our summary and explained how we use this information in our weekly Admin meetings. This data is being used for counseling and PBIS lessons.

IV. New Business

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

2016 - 2017 SCC Members: BES will have 3 parent, 1 teacher and 1 classified openings. Open positions will be advertised in our Monthly newsletter.

Next Meeting date - May 10, 2016 at 3:30 in room E8

V. Adjourn: 4:28 pm

Science Fair Winners



Kindergarten - 1st Place Aidyn Aspeitia

1st Grade - 1st - Heather Goldsmith, 2nd - Danielle Busto, 3rd - Isabella Korodini Loffredo

2nd Grade - 1st - Julia Ortiz, 2nd - Abby Crowe, 3rd - Alexis Strand

3rd Grade - 1st - Ohm Patel, 2nd - Nicholas Pappalardo, 3rd - Christian Tyndall

4th Grade - 1st - Jillian Aspan-Martin, 2nd - Mackenzie Rechnitzer, 3rd Jaden Long, Logan Macleod

5th Grade - 1st - Joseph Kennedy, 2nd - Bailey Layne, 3rd - Brooke Hamilton, Dylan Nunn

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

*Buchanan Elementary School
presents a school-wide*

Family Math Night

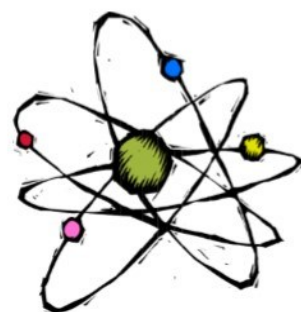


Thursday, April 28th

6:00 p.m. - 7:30 p.m.

Buchanan Elementary School

Multipurpose Room



Come and explore the wonders of math with your children and enjoy an exciting evening of hands-on learning activities and games!

Come play educational games that will help your student learn and master critical math skills.



FUN, FACTS, and a SNACK!

*Wear your favorite number
and receive an extra raffle ticket!*



~~~~~  
**RSVP - - - COUNT US IN FOR A NIGHT OF FUN!**

**Child's Name:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

*Grade Level: K 1 2 3 4 5*

*Please RSVP by Thursday, April 21st*



# Buchanan Elementary

| Sun                            | Mon                                | Tue                                       | Wed                                                                                                                     | Thu                                         | Fri                                                                   | Sat |
|--------------------------------|------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------|-----|
|                                |                                    |                                           |                                                                                                                         |                                             | 1                                                                     | 2   |
| 3                              | 4<br>Welcome Back<br>Early Out Day | 5<br>PTA Running Club                     | 6<br>Children's Chorus<br>5th Grade Band<br><br>Coffee & Conversation with Our ELL families<br><br>Invention Convention | 7<br>PTA Running Club                       | 8<br>5th Grade Band                                                   | 9   |
| 10                             | 11<br>Early Out Day                | 12<br>PTA Running Club<br>Astronomy Night | 13<br>Children's Chorus<br>5th Grade Band                                                                               | 14<br>PTA Running Club                      | 15<br>Spirit Assembly<br>Sports Jersey Dress Up Day<br>5th Grade Band | 16  |
| CAASPP Testing - 4th Grade ELA |                                    |                                           |                                                                                                                         |                                             |                                                                       |     |
| 17                             | 18<br>Early Out Day                | 19<br>PTA Running Club                    | 20<br>Children's Chorus<br>5th Grade Band                                                                               | 21<br>PTA Running Club                      | 22<br>5th Grade Band                                                  | 23  |
| CAASPP Testing - 3rd Grade ELA |                                    |                                           |                                                                                                                         |                                             |                                                                       |     |
| 24                             | 25<br>Early Out Day                | 26<br>PTA Running Club                    | 27<br>Children's Chorus<br>5th Grade Band                                                                               | 28<br>PTA Running Club<br>Family Math Night | 29<br>5th Grade Band<br>Spring Pictures                               | 30  |
| CAASPP Testing - 5th Grade ELA |                                    |                                           |                                                                                                                         |                                             |                                                                       |     |