



# The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



November 2016



*School Office Hours*  
Mon - Fri  
7:30am - 3:45 pm

*Veterans Day Holiday*  
No School  
November 11th

*Thanksgiving Break*  
November 21-25  
No School

*Useful Links*

[School Website](#)

[School Calendar](#)

[Lunch Menus](#)

[School Handbook](#)

**Upcoming Friday  
Spirit Assemblies**  
November 4  
November 18  
at 8:30am  
In the  
amphitheater



## School Notes

Buchanan Families,

Thanksgiving is for remembering and appreciating those special people in our lives. We are thankful for our Buchanan families. Thanks for being a wonderful community- a true reason to be grateful at Thanksgiving and throughout the year.

Happy Thanksgiving  
Did you know.....

- Monday, November 7th is **NOT** an early release day.
- Nov 21-25 - Thanksgiving Break - No school
- Our 5th Grade students are going to the Field of Honor this month

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

### **November is Military Family Appreciation Month.**

*Our nation owes each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."*

- President Obama

**Veterans Day Holiday**  
**No School - November 11, 2016**



The very best thing you can do for the whole world is to make the most of yourself.  
— Wallace Wattles



## TK / Kindergarten News

Kindergarten rocked their little socks off at our Annual Sock Hop celebrating the 50<sup>th</sup> Day of School. We explored numbers all day and then topped off our celebration with root beer floats and dancing to "The Freeze", "The Bunny Hop", and "The Hand Jive." We enjoyed the opportunity to meet with our fabulous

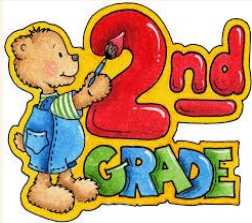
Kinder parents at our conferences and share our students' successes. Coming up in November: our Annual Kindergarten Feast on Nov 18th! Parents are welcome to watch us sing a couple of songs and perform a little skit in our amphitheater at 11:25. Happy Fall, everyone!



## First Grade News

First Grade Rocks! The second quarter is going to be a busy one. The students will be learning about Native Americans, practicing their doubles plus one and doubles minus one math fact skills, writing powerful sentences, and following the steps to be an organized student. The buzzword that is often heard from this amazing group of kiddos is **PERSEVERE** and they are continually

being heard encouraging their peers to do so even when challenges arise. Way to go, First Graders!



## Second Grade News

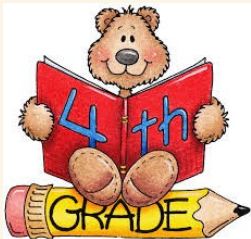
November is going to be an exciting month in 2<sup>nd</sup> grade. We will be having educational assemblies learning about community helpers and how they have a growth mindset when facing challenges. We will also be taking a walking fieldtrip to Harveston Park to classify plants and animals. We want to thank everyone who helped collect sponsors for our Jog-a-Thon. It is not too late to

turn in your envelopes if you haven't already. Every little bit helps to reach our goal!



## Third Grade News

The 3<sup>rd</sup> grade team enjoyed meeting with each parent and discussing growth goals for their child. The 3<sup>rd</sup> grade students are excited to take the RI at the beginning of November to see how their effort in reading translates to meeting their growth goals. Thank you to all who helped support 3<sup>rd</sup> grade in collecting sponsors for the Jog-a-Thon. It's not too late to turn in your envelope if you haven't already.



## Fourth Grade News

Thank you families for taking time to meet with your child's teacher for conferences. It was great to share the progress that is being made so far and set goals for the future! As we dig deeper into curriculum and are working harder towards meeting goals, please remember to encourage your kids to show their **GRIT...Get Right in There...and persevere**. If learning were easy, it would

be called knowing! Thank you, as always, for your support!



## Fifth Grade News

Growth Mindset quote – Learning isn't easy EMBRACE STRUGGLE and grow... (author unknown).

On November 8th our fifth graders will attend the Murrieta Field of Honor at Towne Square. While the students are there, they will rotate through the exhibits and interact with local veterans. The students will participate in a brief history lesson about the American flag and the changes our flag has undergone throughout the years. The students will view war monuments and talk with local war heroes. Every year this is an interesting and heartwarming experience. Before visiting the Field of Honor the students will learn about Veterans Day and the importance of remembering the men and women who have fought for and defended our freedom. On November 18<sup>th</sup>, 10 boys and 10 girls will represent Buchanan in the annual Turkey Trot at Warm Springs Middle School.



## Educational Specialists

This month I would like to introduce our new school Psychologist Theresa Tedesco. She has been working within our district the past few years and we are lucky enough to have her join our team here at Buchanan. As a school Psychologist she conducts our initial and triennial Psychoeducational assessments, she is involved in helping and designing supports in the learning environment, assisting teachers with creating lesson plans to support students with various emotional and behavioral needs, and aiding in behavior management and counseling students. Mrs. Tedesco is here 3x week and is always available if you have any questions or concerns.

## Coffee and Conversation with Our EL Families



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



## Honoring our Military

At the Spirit Assembly on November 4th we will be Honoring our Military service members so wear Red, White & Blue

## 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.

## TK/Kindergarten Parents

On November 18th all students will attend the AM hours  
8:20 - 11:55am



### Author and Artist of the Month

The following students were honored at our October 16th Friday Spirit Assembly. Their work is being showcased in our library.



#### Artist of the Month

TK/Kinder: Student in (McKenzie)	1 <sup>st</sup> : Nico Torres (Davis)	2 <sup>nd</sup> : Student in (Dalen)
3 <sup>rd</sup> : Caitlin Turner (Nickoloff)	4 <sup>th</sup> : Student in (Henderson)	5 <sup>th</sup> : Miliani Villarreal (Lyda)

#### Author of the Month

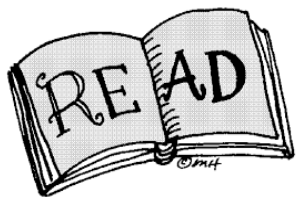
TK/Kinder: Class Story (McWhorter)	1 <sup>st</sup> : Addison Riche' (Davis)	2 <sup>nd</sup> : Aurelias Marquez (Dalen)
3 <sup>rd</sup> : Landry Riche' (Morgan)	4 <sup>th</sup> : None	5 <sup>th</sup> : None

### 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's Reading Round-Up School Wide Incentive Program Returns!!

Buchanan's Reading Round-Up School Wide Incentive Program has started. Each classroom submitted wacky and fun challenge ideas for "What will Mrs. Randel Do?" if we meet our school wide goal of 1, 500,000 minutes read by

April. The reading team has narrowed it down to 3 choices for the students to vote on.

1. Mrs. Randel runs the mile dressed as Wonder Woman.
2. Mrs. Randel dressed-up like a dog will sing, "Who Let the Dogs out?"
3. Mrs. Randel dresses-up like Pikachu and Mr. Curtis like Raichu and have an apple-pie eating contest.

Students will be voting in class and the results will be announced during November's Friday Spirit Assembly. So keep reading, record your minutes read, and turn in your reading logs on time!

Happy Reading!  
The Reading Team



## The Blazer Way Moment

### Be Responsible: Following Rules

Rules, rules, rules. They are on signs or posters, teachers repeat them, parents repeat them; they are everywhere. And, we expect students to follow them all, but have we ever considered to teach students how to follow rules. This month we focus on looking at individual situations and teach students how to apply rules to that situation. The following steps are a way to assess each situation for what rules to follow:

1. Stop and think about what rules apply to the current situation.
2. Adjust your behavior so that you are following those rules exactly.
3. Don't 'bend' or 'change' rules, not even a little.
4. If you have questions, find the appropriate adult to ask about the rules in question.

At the beginning of the school year we discussed what it means to Be Respectful, Be Responsible, Be Safe, and Follow KAHFOOTY. At Buchanan we call this the Blazer Way. We then went out on to the playground and explicitly discussed the rules for the different activities students can play during recess. The hope, to provide simple terms that can provide rules students can apply to any situation. Disagree with another student on the playground, think about what it means to be respectful. Not turning in homework, think about what it means to be responsible. Sticking your foot out to trip another student, think about how this is unsafe and how it does not follow KAHFOOTY. Rather than thinking of rules as something that can restrict students, consider them as guidelines for how to assess life decisions.



### Buchanan Elementary Military Family Support Network

**Come join us for our next event:  
Thursday, November 10, 2016 6:30-8:00pm  
M.P.R. - Pizza for the whole family**



Buchanan Elementary has approximately 70 military families attending our school. To help alleviate the stress of deployment and to celebrate family members returning, we have created a support group. Our group will meet periodically throughout the year to bring families and resources together to support each other and create lasting bonds and friendships. With the help of [militarykidsconnect.org](http://militarykidsconnect.org), parents and children will learn strategies to cope with situations regarding military life. Parents are given the opportunity to make new connections, have access to local resources, free babysitting opportunities, and listen to guest speakers while the children work with our school staff learning new ways to connect with deployed parents and deal with the anticipations of a parent's homecoming. Our next event will take place on Thursday, November 10th at 6:30pm in the Buchanan MPR. We will be supplying pizza and snacks for everyone. For more information, email Mrs. Simmons at [psimmons@murrieta.k12.ca.us](mailto:psimmons@murrieta.k12.ca.us)

## Safety Reminders

**Drop-off** is 8:00-8:25am for grades 1-5.  
Morning TK/K begins promptly at 8:20 am,  
Afternoon TK/K begins promptly at 11:00am.

Each morning when the **8:25am TARDY BELL rings**, staff members will be at each entry gate to give out tardy slips and teachers will send any student not in class or on their line to the office for a tardy slip.

**Pick-up** is 2:35 pm for grades 1-3.  
Grades 4-5 is 2:40 pm. Afternoon K is 2:35 pm. **No staff** is available to watch students **before** 8:00am and **after** 3:00pm.

### Students need to be picked up by 3:00pm.

If you need supervision after 3pm, child care is available on campus for a fee. Please call our Family Services at 951-304-1623 for more information if you are interested in before or after school child care.

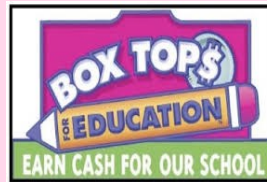
### Safety in the Loop

Please remember to keep moving up in the loop as cars leave and do not leave your car unattended. Our goal is to keep our children safe!



November's  
School Spirit  
Dress Up Day

November 18th - Nerd Day



## Box Top Contest

Our first contest period ended on October 28th. These classrooms (one from each grade) submitted the most Box Tops and will get to play a Nation Ball game with Mrs. Randel, Mr. Curtis and Mr. Keith.

Tk/K - Mrs. Aspan-Martin (834)

1st Grade - Mrs. Davis (377)

2nd Grade - Mrs. Ogawa (273)

3rd Grade - Mrs. Weldon (459)

4th Grade - Mrs. Adams (195)

5th Grade - Mrs. Prario (213)

The next contest has started and will end Feb. 24th so keep sending in your Box Tops!

## What is UA Time

At Buchanan all students participate in Universal Access (UA) time throughout the day to insure exposure to high-quality differentiated instruction so that all students are college and career ready. Universal Access refers to the teacher's scaffolding of instruction so each student has the tools they need to be able to access information. Each grade level has a set period of time designated in the day for Universal Access.





# Counselor's Corner

## An Attitude of gratitude

A child's true happiness will never result from the accumulation of material things. What we so easily forget is that one of the key elements of true happiness is a sense of gratitude. It's one of the eight elements that research has revealed to be part of the lives of truly happy people. But how do we help our children develop a sense of gratitude?

Giving thanks is no longer just holiday fare. A field of research on gratitude in kids is emerging, and early findings indicate parents' instincts to elevate the topic are spot-on. Concrete benefits come to kids who literally count their blessings. Gratitude works like a muscle. Take time to recognize good fortune, and feelings of appreciation can increase.

Research shows that children who grow up receiving a never-ending stream of stuff are less grateful for what they have. In other words, *less is more*. While fewer presents for the holidays might trigger momentary disappointment, there's a very real likelihood that greater appreciation and thankfulness for what they have will be the long-term takeaway.

Some tips for promoting gratitude in your children's lives:

- Model gratitude for your kids by commenting frequently on the blessings in your own life.
- Create a mealtime ritual where each family member names one or two things that went well that day. Teaching children to focus on what's positive is one way to encourage an attitude of appreciation. Kids as young as three or four can be taught to participate in this.
- Gently denying your kids some of what they ask for is more likely to foster gratitude than giving them so much that they come to expect that life's bounty is limitless.
- Gratitude can develop when children engage in acts of loving kindness, like donating toys they no longer play with or clothing they no longer wear. It's an action that calls their attention to the ways they are blessed and fortunate. (Be sure they themselves carry the giveaway items into the homeless shelter or the hospital's pediatric ward.)

May this holiday season be a time that your children receive from you not just the stuff they see in stores, but the gratitude-building experiences that support a lifetime of authentic happiness.

Adapted from "Teaching Kids Gratitude" by Aaron Cooper, PhD, [www.parenting.com](http://www.parenting.com) and "Raising Children With an Attitude of Gratitude

Research Finds Real Benefits for Kids Who Say "Thank You" by Diana Kapp

[www.wsj.com](http://www.wsj.com)

Ms. Richardson (M-W) &

Dr. Rieger (Th)

RAIN Counselors

951-696-1428 ext 2723

## School counseling in the classroom...

The elementary schools in our district utilize the Second Step program to provide monthly counseling lessons in grades 4 and 5. The Second Step program teaches children important skills for getting along with others and doing well in school. It also helps our school be a safe, respectful place where everyone can learn. To further help our school be a safe and respectful place, we are also going to use the Second Step Bullying Prevention Unit. In this unit, your child will learn specific skills to help stop bullying. Students will learn how to:

- Recognize when bullying is happening, report bullying to a caring adult, and refuse to let bullying happen
- Be a bystander who helps stop bullying
- Support someone being bullied by standing up for that person and being kind and inclusive
- Recognize, report, and refuse cyber bullying when they see or know about it happening



## Buchanan Elementary SSC Meeting

### October 11, 2016

### 3:15pm Room E8



Attendance: Mrs. Knott, Mrs. Fitch, Mrs. Prebay, Mrs. Neilson, Mrs. Layne, Mrs. Poveda, Mrs. Me-serve

Mrs. Me-serve

Called Meeting to Order at 3:20 pm

#### II. Approval of Minutes and Agenda-

Minutes of September 13, 2016- Mrs. Prebay made motion to approve minutes Mrs. Neilson seconded motion approved.

Agenda of October 11, 2016- Mrs. Prebay made motion to approve agenda, Mrs. Layne seconded motion approved.

#### III. Action Items

Review SPSA plan- It was reviewed in leadership- School Plan for Student Achievement

Reviewed LCAP goals and looked at plan-focusing on these goals. Reviewed CAASP results, RI and MI, and analysis of programs and results. Discussed supports and interventions. Reviewed goals and budget for this year.

Reviewed counseling, RTI, PBIS supports.

Ms. Knott made motion to approve 2016-2017 SPSA plan, Mrs. Fitch 2<sup>nd</sup>- motion was approved.

#### IV. New Business

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

Parent Involvement Plan, School Safety Plan and Technology Plan

Next Meeting date - December 13<sup>th</sup> at 3:15 in room E8

V. Adjourned at 4:24 pm

### Current Jog-a-thon Standings

The funds raised by the Jog-a-thon will be used to fund exciting and educational field trips and assemblies. Please help your student's grade meet their goal so they are able to do the activities and not cancel them. Donations can still be turned in.



Grade Level	Amount Raised	Goal	Amount Needed
TK/Kinders	\$2184.67	\$2200.00	\$15.33
1st Grade	\$1360.50	\$2000.00	\$639.50
2nd Grade	\$1175.00	\$2400.00	\$1225.00
3rd Grade	\$548.10	\$750.00	\$201.90
4th Grade	\$890.30	\$3500.00	\$2609.70
5th Grade	\$371.50	\$6000.00	\$5628.50



Don't forget - Daylight Savings Ends Saturday  
"Fall Back" and set your clock back 1 hour on  
Saturday Night, November 5th





Murrieta Valley Unified School District  
**2017 -2018 SCHOOL REGISTRATION TIMELINE**

- November 7 School Sites Accept **NEW** Intra-District Trans requests.  
*\*Intra-District = A transfer between schools in the MVUSD*
- January 3 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 13 Final day of Open Enrollment for New or Renewal of **Inter**-District transfer requests.
- February 13 Final day to submit **(NEW) INTRADISTRICT** transfer requests at the School Site.
- March 6 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 of residency and more depending on the grade level of your student.
- June 09 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 2/13/17 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 2017-2018 school year. If you have any questions, please contact your school office.

Thank you,

**Administrative Team**  
**Murrieta Valley Unified School District**

Riverside County Regional Park & Open-Space District  
and the Santa Rosa Plateau Nature Education Foundation  
presents the 8th Annual

# Family Wildlife Day



**Saturday, November 5, 2016**

10:00am - 3:00pm at the

**Santa Rosa Plateau Ecological Reserve**

39400 Clinton Keith Rd. / Murrieta, CA

951.677.6951 / [www.srpf.org](http://www.srpf.org)

**Presentations All Day Long**

**Adults \$5, Children (2-12) \$4, Under 2 Free**

*No advance tickets. Purchase tickets at the gate.*

**Live Animal  
Demonstrations**

*with*

**Birds of Prey**

**Insects**

**Snakes**

*and much more!*

**Animal & Nature Exhibits**

**Nature Hikes**

**Arts & Crafts**

**Music**



Santa Rosa Plateau  
**Nature Education  
Foundation**

Santa Rosa Plateau Nature Education Foundation is a  
California Exempt 501 (c) (3) Non-Profit Corporation



# *Fight Hunger*

*Buchanan E.S. FOOD DRIVE!!!*

*Shopping bags will be sent home  
and items collected each morning in  
the MPR before class!!*

**OCTOBER 31-NOVEMBER 10**

**Who's class will WIN?**



# Buchanan Elementary

	Mon	Tue	Wed	Thu	Fri	Sat
28		1 Running Club The Kaleidoscope Chorus rehearses PTA Reflections Reception	2 5th Grade Band	3 Running Club Drama Club	4 Spirit Assembly Spirt Dress Up Day Wear Red, White and Blue  5th Grade Band	5 
6	7 <b>NOT</b> An Early Release Day	8 Running Club The Kaleidoscope Chorus rehearses 5th Grade to Field of Honor Election Day  	9 5th Grade Band	10 Running Club Drama Club  Military Families & School Support Network Event	11 Veterans Day <b>NO SCHOOL</b>  	12
13	14 Early Release Day	15 Running Club The Kaleidoscope Chorus rehearses	16 5th Grade Band	17 Running Club Drama Club	18 Spirit Assembly 5th Grade Band Spirit Day - Dress up as a Nerd TK/Kinder Feast  All TK/K here in AM	19
20	21	22	23	24	25	26
<b>Thanksgiving Break - No School Nov 21-25</b>						
27	28 Early Release Day	29 Running Club The Kaleidoscope Chorus rehearses	30	 <b>PTA Canned Food Drive</b> <b>Runs October 31st - November 10th</b> <b>Bring Donations to the MPR</b>		