



The Blazer Post

Jennifer Randel, Principal

Jim Curtis, Assistant Principal



February 2017



School Office Hours

Mon - Fri
7:45am - 3:45 pm

[Useful Links](#)

[School Website](#)

[School Calendar](#)

[Lunch Menus](#)

[School Handbook](#)

[Peach Jar Flyers](#)

**Upcoming
Friday Spirit
Assemblies
February 3
at 8:30am
In the
amphitheater**



School Notes

Buchanan Families,

With the very wet month of January behind us, we look forward to a busy month. Even though February is a shorter month, it definitely isn't lacking in many fun and exciting activities for our Buchanan students and families. These activities include family nights, educational celebrations and healthy exercise.

We kick off the month with our Family Math Night, Thursday, February 2nd, where students and their families can explore the wonders of math. Our fabulous PTA is sponsoring the traditional Daddy/Daughter Dance on Friday, February 10th. The memories from this night will last a lifetime as daughters and their daddy figures enjoy a Mad Hatter's Ball - so don't be late! For our Military families, we are hosting a movie night on February 23rd. This evening will provide military families an evening of fun and fellowship. Please see attached flyers for all of these events.

We will be honoring Black History month at our Friday, Feb. 3rd Spirit Assembly and celebrating Presidents' Day holiday February 17th & 20th. All of our students will have an opportunity to participate in the National Jump Rope for Heart program to support the American Heart Association on February 14th.

We hope you will be able to join us for one or more of the activities we have planned this month.

Did you know....

- Twin Day, Friday, February 3rd
- Be an Attendance Hero!
- National Counselor Week is February 6th - 10th
- Reading books aloud to children stimulates their imagination and expands their understanding of the world.

Good things are happening at Buchanan Elementary!

Jennifer Randel and Jim Curtis

Growth Mindset Quote

The only true failure lies in the failure to start.

— Harold Blake Walker



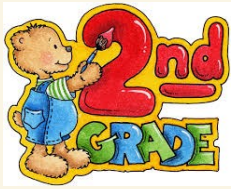
TK / Kindergarten News

We were excited to welcome our TK/Kinders back in the New Year - - Happy 2017! This time of the year is always exciting because our little ones truly start to "take off" - learning and growing by leaps and bounds. TK is finishing up a STEM project on the value of the honey bee as well as an NGSS unit on technology and robots. Our Kinders have been working on building reading and writing skills, reading sight words, and strengthening addition concepts. All classes learned about the life and great works of Martin Luther King, Jr., and had fun counting the days until Day 100. Our Kinder classes are busy practicing for their Annual Love Bug show coming up on Feb. 8th at Mesa H.S. (TK will get to do this next year) Our growth-mindset for this month: Making mistakes helps me learn!



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 100th Day of School, Groundhog's Day, and also Valentine's Day. Way to go, First Graders!



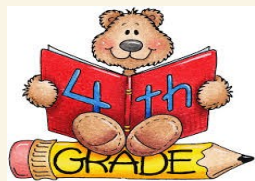
Second Grade News

February is going to be another amazing month in second grade! This month our main focus is on animals. We will learn how animals adapt to their surroundings and persevere even in extreme climates. We will have special visitors from Pacific Animal Productions and Friends of the Valley. We will also be going on a field trip to the Penny Pickle and Temecula Museums to help enrich our science program and learn about life long ago in the valley.



Third Grade News

Third graders will be taking their third RI (Reading Inventory) assessment the first week of February. This will give your child a current Lexile reading level for independent reading. As we enter the second half of the year, students are beginning to see two step word problems in math on a regular basis. Take as many opportunities as you can in your daily routine to discuss how two step problems appear in our daily lives often. Remind them to have a growth mindset and to continue working at these problems. The more they take steps to try to solve them and use some strategies they have learned, the sooner they will become confident in figuring them out.



Fourth Grade News

Dear Fourth Grade Families,
As we continue into our second semester of the year, please nurture your 4th grader's responsibility and independence and encourage them to show their Growth Mindset. This is especially important as math concepts continue to be more challenging, new research papers are explored and projects are assigned. We are trying to earn funds for our Mission Field Trip by recycling water bottles. If you would like to help, please send empty, clean plastic bottles in secured trash bags to your child's classroom. Thank you for your continued support!



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 and productive life.



Educational Specialists

Here at Buchanan Elementary we are very fortunate to have counseling programs that help families and students with specific needs. We have counselors on site a few days a week working with various kids through our Breakthrough and RAIN programs. Please see Buchanan's website for more information regarding these programs. We also have two counselors here on site two days a week for students who have an IEP or a 504. These counselors dedicate their time to meet the students emotional, social, and/or academic needs that are addressed through their IEP or 504. This year Buchanan has also implemented a social skills group to help give students useful tools to be successful in various social settings. This specialist is on site one day a week. Counseling services are offered through a referral process.



February 13th—16th

5th Grade Selling Zoo Valentine Grams

Coffee and Conversation with Our EL Families



Join us on Wednesday,
Feb. 1 at 8:30am in
Room E1



President's Day Holidays

Friday, Feb 17 and
Monday, Feb 20
No School

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.

Author and Artist of the Month



The following students were honored at our January 27th Friday Spirit Assembly. Their work is being showcased in our library.



Artist of the Month

TK/Kinder: None	1 st : Malea Caban (Davis)	2 nd : Sami Ahmadi (Ogawa)
3 rd : Steven Arevalo (Corbett)	4 th : Ashlee Tamez (Kirk)	5 th : Brooklyn Stewart (Prario)

Author of the Month

TK/K: None	1 st : Ishana Dhaona (Dimler)	2 nd : Student in (Knott)
3 rd : Leila Burkeen (Corbett)	4 th : Aiden Rodriguez (Zeitman)	5 th : 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 or you can pick up an application in the school office. Parents can make payments to lunch accounts at www.myschoolbucks.com



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

Buchanan students are on track to meeting their school wide reading goal!

The reading incentive program is well under way and Buchanan students have clearly proven they are up to the challenge. Since its debut back in October, Buchanan students have read a total of 679,610 minutes!! Every minute counts, so please help your child to commit to their monthly reading goal, remind them to turn in their reading logs on time, and complete the raffle ticket for the monthly book bag drawing.

Encouraging your student to read every day while fostering the love of reading, is a goal worth achieving!!

Happy Reading



The Blazer Way Moment

Be Responsible, Complete Class and Homework on Time

How can a student learn the responsibilities that adults have by going to work? School is the perfect place. Students have to clock in and clock out each day. They have to work well and collaborate with coworkers. And yes, they are assigned tasks by their boss that they must complete in an assigned time frame or it will impact their standing in their job.

This month the Blazer Way focuses on completing class and homework on time. By learning to manage their time wisely, students will learn a critical foundation to becoming a valuable commodity in their chosen profession. The following are steps Buchanan will use to help out students learn this important attribute:

- 1. Look and listen to instructions**

Make a note when the task is due!
- 2. Assemble needed tools and materials**

- 3. Get started and focus on the task**


- 4. Carefully store completed work until it is due**


- 5. Turn in class or homework on time**



What makes school a great place to learn these lessons is that the consequences are not quite as severe as they are for adults when performance does not meet expectation. For a student losing a recess or earning a poor grade might feel like getting dismissed from a job, but the reality is that these consequences are part of the learning environment that makes school a great training ground for life. So remember, turning things in on time is the responsible thing to do, and being responsible is the Blazer Way!

Dear Buchanan Families,

This April and May, 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). 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 meantime, 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 5TH GRADE PARENTS: This year 5th graders will also be taking a science test online for the first time. This year the test is a field test which means no results will be reported. Participation is our goal for this year. 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. Our goal is that each student shows growth in their learning. In living the Growth Mindset, any struggles we may have we will embrace and we hope that each student's performance is a reflection of their effort.

MVUSD Health Services - Head Lice



It is common at this time of year to have outbreaks of head lice in the community. The following information can help to prevent the spread of head lice.

Head lice are small insects that are generally found on the scalp, around the ears, and at the back of the neck. The adult louse is about the size of a sesame seed, and can be the color of your hair. Nits (eggs) are smaller and silver in color. Nits stick to the hair shaft and do not easily flake off hair.

Head lice do not transmit disease. Head lice are not a sign of poor hygiene. Lice cannot jump and cannot fly. Lice may spread from one person to another if there is direct head to head contact, or by sharing of personal items such as combs, brushes, hats, or helmets. Lice usually die within two days without a human host.

The most common symptom of head lice is itching and head scratching, particularly at night. Redness or sores from scratching may also be noticed. If you suspect that your child has head lice, we suggest you contact your health care provider. Safe and effective products to treat head lice are available both over the counter and by a doctor prescription. It is important to follow the directions carefully. In addition, use a fine-tooth comb or special nit comb to help remove the nits. You can also check your child's scalp weekly when the hair is wet to see if there are any new head lice. Wash in hot water all recently worn clothing, hats, used bedding and towels. Personal care items such as combs, brushes and hair clips should be washed in hot water. Toys, such as stuffed animals, can be put in a tightly closed plastic bag for fourteen days or placed in a hot dryer for 30 minutes.

Notify the School Health Office if your child has head lice. The best treatment is prevention.

National Counseling Week

National School Counseling Week will be celebrated from February 6-10, 2017 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.



Important 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.

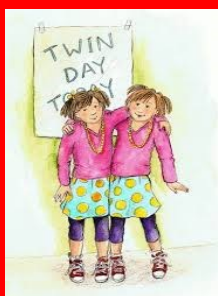
Pick-up is 2:35 pm for grades 1-3.
Grades 4-5 is 2:40 pm. Afternoon K is 2:35 pm. **No staff** is available to watch students **before** 8:00am and **after** 3:00pm.

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

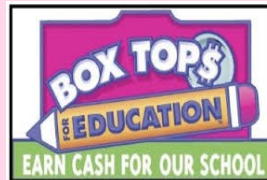
If you need supervision after 3pm, child care is available on campus for a fee. Please call our Family Services at 951-304-1623 for more information if you are interested in before or after school child care.

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!



February's
School Spirit
Dress Up Day
February 3rd
Twin Day



Box Top Contest

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

The classroom turning in the most from each grade will get to play Nation Ball with Mrs. Randel, Mr. Curtis and Mr. Keith.

Who is going to win?

Kaleidoscope Chorus

Exciting news this year from the Kaleidoscope choir. They are performing for the first time at the District Choir Showcase at MESA H.S. Feb. 24, from 9:00-12:30.

This is an annual event which features the Elementary, Middle School, and High School choirs.

Each year, one choir from each school performs for all the other choirs represented. This event gives the students an opportunity to hear songs performed in different styles and languages.

Please congratulate the students in our choir at Buchanan as they prepare for the event.





Counselor's Corner

Positive Parenting: Six Tips for Channeling Calm So You Don't Yell at Your Kids

Written by Rebecca Eanes

Full Article available at: www.positiveparentingconnection.net

Nothing forces us face down our demons quite like becoming a parent. Everything that you are, good and bad, will be reflected in those little eyes staring up at you. Getting control of our anger is important work. Studies show that yelling at kids can be just as harmful as physical discipline. Harsh verbal discipline increases a child's risk for depression and aggressive behavior, and the damage isn't just done to our kids. It hurts us, too. It damages our relationships and our own self-esteem, and because it frequently leads to actions we regret (yelling, saying hurtful words, or even violence), we end up with guilt and shame. Furthermore, children learn what they live, and living with an explosive parent means they learn to also act on their anger. Those who don't carry the heavy load of an angry parent inwardly may become explosive themselves, and without having learned how to manage their emotions, they are at risk socially as well.

LEARNING YOUR TRIGGERS

Somewhere along your journey, you've gotten armed with emotional triggers. It happens to all of us; these are survival responses that got coded in your brain way back when. To identify what triggers your anger, think back to a time when you felt a strong negative emotion toward your child. On recalling this particular moment, notice when your mood shifted. Triggers are something specific, so it may not be so easy to identify at first. For example, children fighting isn't a trigger. That's a circumstance. The key is what happens inside your mind and body when your children fight and why.

This is not an exercise to try during the heat of the moment. At that point, your agitated brain isn't rational enough to think this through clearly. This is best done when you are calm and relaxed. Write down the scenarios that occur most often and look for the trigger by noticing the feelings and thoughts that often run through you during those times. This process helps you understand yourself better which leads to self-growth and allows you to look objectively at your anger cycle. When you are aware of your triggers and your usual response, you can then make a plan of action to change your response. For example, "The next time my children fight, I will separate everyone for a 5 minute cool-down and then we will work toward a solution when we are calm. I will let the children know this new plan now so they are aware beforehand."

DELAYING REACTION

Ronald Potter-Efron, PhD, co-author of *Letting Go of Anger*, says that studies show that the neurological anger response lasts less than 2 seconds. Beyond that, it takes a commitment to stay angry. In other words, if you don't add fuel to the fire, it will burn out really quickly. The problem is that it is so easy to add fuel when we feel wronged in some way, and it's our negative thoughts that fan the flames. If we can train our minds by changing our thoughts, the whole family benefits.

Ms. Richardson (M, T) &

Dr. Rieger (Th)

RAIN Counselors

951-696-1428 ext 2723

HARNESSING THAT SHORT SPACE BETWEEN ACTION AND REACTION IS HOW WE CHANNEL CALM AND KEEP FROM BLOWING UP. HERE ARE SOME TIPS:

- 1) *Count to 10. This is a popular method because, by the time you get to 10, that initial neurological response has passed and you should be able to rationalize more easily.*
- 2) *Recite the Pledge of Allegiance, a short poem, or a mantra. "Roses are red. Violets are blue. I love you too much to blow up at you." Okay, maybe not that one, but try "this is not an emergency" or "I am a peaceful person."*
- 3) *Use your thumb to apply pressure at the crease of your wrist on the little-finger side. This acupressure point relieves tension.*
- 4) *Close your eyes and visualize being grounded to the earth as peace and calm flow into your body.*
- 5) *Do something physical, like jumping jacks or push-ups. Verbalize your feelings. "Wow, I'm starting to feel upset at this. I think I should take a few breaths."*

FEBRUARY 23

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



Let's Save Lives Together!

On **February 14, 2017** 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!

District Elementary Honor Band

Congratulations to the following students who were selected for the District Elementary Honor Band! The Honor Band is comprised of only 70 students from the 11 elementary schools. Auditions were incredibly competitive this year. The directors want to thank all the students who tried out and gave their best effort.

Representing Buchanan:

Claire Clark (Alto Sax), Charity Edwards (Trombone),
Brody Guinn (Trumpet), Diego Leon (Alto Sax),
Timothy Nguyen (Trombone), Cole Ryan (Trumpet),
Julia Shinn (Baritone) and Samuel Treptow (Baritone)

MUSIC MATTERS!





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



Buchanan Elementary

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Coffee & Conversation with EL parents 5th Grade Band	2 Running Club Drama Club	3 Spirit Assembly 5th Grade Band Spirit Dress Up Day Twin Day	4
5	6 Early Release Day	7 Running Club Kaleidoscope Choir	8 5th Grade Band Kindergarten Love Bug Performance at Murrieta Mesa HS	9 Running Club Drama Club	10 5th Grade Band Father/Daughter Dance PreK-2nd @ 5:30pm 3rd-5th @ 7:30pm	11
12	13 Early Release Day	14 Running Club Kaleidoscope Choir Jump Rope for Heart Jump Day 	15 5th Grade Band	16 Running Club Drama Club	17 Holiday No School 	18
19	20 Holiday No School 	21 Running Club Kaleidoscope Choir	22 5th Grade Band	23 Running Club Drama Club Military Families Movie Night 6:30-8:00pm	24 District Chorus Concert	25
26	27 Early Release Day	28 Running Club Kaleidoscope Choir	 <div style="display: inline-block; vertical-align: middle; margin-left: 20px;"> <p>February 10th PreK - 2nd Grade 5:30-7:00pm 3rd - 5th Grade 7:30-9:00pm</p> </div>			