

BLAZER POST

August 16-20

Nicole Downer, Principal

Phil Norton, Assistant Principal

Week at a Glance:

August 16th:

August 17th:

August 18th:

Early Release Day

August 19th

1st-5th Grade Video Back to School Night

August 20th

Wear spirit wear or school colors (navy blue, tan, and white)

Upcoming Events:

August 27th:

Friday Spirit Assembly

September 6th

Labor Day: No School

September 8th

Not an Early Release Day



General Announcements:

First Week:

What a successful first week of school! It has been wonderful seeing all of the students back on campus with their big smiles and the pure joy they bring to the school. Thank you to all of our parents/guardians, students, and staff for your partnership in starting off our school year in such a positive way!



Back to School Night:

This Thursday will be Back to School Night for students in grades 1st-5th. Teachers will be sending out a video regarding their classroom expectations, procedures, and other pertinent information. Teachers will be communicating when and how to access the video prior to Thursday. Please make sure you watch the video in its entirety, as it will provide all the information you need to set your child up for success this school year. If you still have questions after viewing the video, please do not hesitate to contact the classroom teacher for further clarification.

Useful Links

[School Website](#) ~ [School Calendar](#) ~ [Menus](#) ~ [Peach Jar Flyers](#)

AUGUST 2021

Counseling Corner

BUCHANAN ELEMENTARY SCHOOL
MRS. MORAN, SCHOOL COUNSELOR
KMORAN@MURRIETA.K12.CA.US
951-696-1428 EXT 2731



SUPPORT LINKS

COUNSELING CHECK-IN
FORM
[CLICK HERE](#)

FREE MENTAL HEALTH
CONCIERGE
[CLICK HERE](#)

COMMUNITY RESOURCES
[CLICK HERE](#)



Welcome Back!!



HELLO FAMILIES!

WELCOME TO THE 2021-22 SCHOOL YEAR!

RETURNING FAMILIES: I HAVE MISSED YOU! I AM
LOOKING FORWARD TO CONTINUING TO GET TO
KNOW YOU AND YOUR STUDENTS THIS SCHOOL
YEAR!

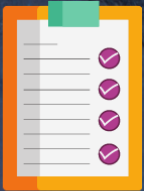
NEW FAMILIES: I AM LOOKING FORWARD TO MEETING
YOU AND YOUR STUDENTS! WELCOME TO
BUCHANAN!

THIS MONTH I WILL BE VISITING ALL CLASSROOMS TO
MEET STUDENTS AND TEACH THEM ABOUT HOW I
CAN HELP SUPPORT THEM THIS SCHOOL YEAR.

HAPPY BACK TO SCHOOL!
MRS. MORAN

BACK 2 SCHOOL

HELPFUL TIPS



CREATE A PLAN FOR SUCCESS

Develop a plan together with your student(s) to ensure a successful start to the school day! Include routines like: getting to bed on time, laying out clothes the night before, and having backpacks ready to go!



FOOD FOR THOUGHT

Did you know eating a healthy breakfast every morning can boost your student's brain power? Studies show students who eat a healthy breakfast have higher test scores, retain information better, and have increased focus!



SUPPORT CHANGE

Navigating change can feel overwhelming. Use these supports to help ease your way through transition:

- Listen to Each Other
- Reach Out. Your School Counselor can help or utilize our District's Mental Health Concierge: CareSolace (888-515-0595)



PROMOTE TIME MANAGEMENT

Healthy time management provides structure and consistency, which helps reduce stress and anxiety. Using time effectively cultivates self-confidence, responsibility, and positive behaviors. Create a daily routine with your student(s) to ensure their success.



ENCOURAGE COPING SKILLS

Whether your student(s) is returning to school hybrid or remaining virtual, change can create unexpected emotions. Find a healthy coping skill that works best for them!

- Mindful Deep Breathing
- Exercise
- Journaling
- Stay Positive
- Call a Family Member
- Listen to Music