

# BLAZER POST

October 3<sup>rd</sup> – October 7<sup>th</sup>

Nicole Downer, Principal

Julie Moeller, Assistant Principal

## Week at a Glance:

**October 3<sup>rd</sup>**

P.E. with Coach Roberts  
Make-Up Picture Day and Picture  
Day for Preschool

**October 4<sup>th</sup>**

5<sup>th</sup> Grade Band- Bring Instruments

**October 5<sup>th</sup>**

Early Dismissal Day

**October 6<sup>th</sup>**

P.E. with Coach Roberts  
5<sup>th</sup> Grade Band- Bring Instruments

**October 7<sup>th</sup>**

8:30 Friday Spirit Assembly  
Wear Spirit Wear

## Upcoming Events:

**October 17<sup>th</sup>-21<sup>st</sup>**

Parent Teacher Conference Week-

Minimum Days ALL Week

AM and PM TK/K: 8:30-12:10

Grades 1-5: 8:30-12:30

**October 19<sup>th</sup>**

Unity Day

**October 24<sup>th</sup>-28<sup>th</sup>**

Red Ribbon Week

**October 28<sup>th</sup>**



## General Announcements:

### National Bully Prevention Month:

Choosing to be kind to one another and ourselves can make such a difference in our school and community. Although treating each other with kindness and respect is emphasized daily at Buchanan, we are asking everyone to join us in spreading kindness to combat the effect that hurtful words and actions can have on a person.

### BES Job Opportunities

If you are looking for a few hours of work to earn some additional money, we have several job openings here at Buchanan. We are in need to Café/Playground Supervisor and Instructional Aides. If you are interested in learning more, please go to [www.Edjoin.org](http://www.Edjoin.org) and search for the job postings at Buchanan.

### Ryan Dungey Foundation

Thanks to Mrs. Lumsden writing a grant to the Ryan Dungey Foundation, our school is being awarded 24 strider bikes for our kindergarten students this month! Along with the bikes, the kindergarten teachers will be provided with lesson plans on how to teach students to balance and ride a bike safely and effectively. This month there will be an assembly with all of the kindergarten students and teachers to reveal the bikes.

Thank you to Mrs. Lumsden, Ryan Dungey Foundation/KTM in all you have done to provide the bikes and training to our students!

# Counseling Connection

Buchanan Elementary School  
Mrs. Olmstead, School Counselor  
lolmstead@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](#)

## Upcoming Events

College Day

Red Ribbon Week

### Ways to Feel Calm



### Red Ribbon Week, October 23rd - 31st

This year's theme is Celebrate Life, Live Drug Free. This theme is a reminder that everyone can be the best that they can be and enjoy life by living drug-free. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the creation of a drug-free America. During Red Ribbon Week, students will have an opportunity to participate in our school spirit week and show their commitment to being safe, healthy, and drug-free.

### Unity Day

Our school is always united against bullying everyday but especially on Unity Day. Yearly on the third (or fourth) Wednesday in October we recognize as a national day of unity. Wear orange on Wednesday, October 19th to show we are unified against bullying and united for kindness, acceptance, and inclusion.

## SEL Learning at Home TIP's

Over the past 5 weeks, teachers have been teaching students "Emotion Management."

- How to identify what happens in our bodies when we have a strong feeling
- Coping tools to use to manage the uncomfortable feeling to a comfortable feeling

At home you can support your learner, by noticing when they are experiencing a strong feeling and say, "You look like you might be having a strong feeling?" and "What calming tool can you use to feel more comfortable?" Then praise them for using a tool and follow up with, "Would you like to talk about what you were feeling?"

It is okay to be mad, but it is not okay to be mean.

## Second Step Classroom

### Social Emotional Learning

Students will begin a new unit in their classroom this month. The new unit is based on Problem Solving skills.

Students learn how to apply their emotion management, communication, and perspective-taking skills to solve interpersonal problems and demonstrate strategies for effectively dealing with interpersonal conflict. In this unit, students will learn how to identify and solve problems using the STEP method.

S - Say the Problem

T- Think of Solutions

E- Explore Outcomes

P- Pick a Solution

## Solve Problems with STEP

**S**ay the problem

**T**hink of solutions

**E**xplore the outcomes

**P**ick a solution



## CUTURAL SPOTLIGHT



IN OCTOBER, WE CELEBRATE ITALIAN AMERICAN HERITAGE MONTH BY RECOGNIZING THE CONTRIBUTIONS AND ACHIEVEMENTS OF ITALIAN AMERICANS. EVERY ASPECT OF SHOW BUSINESS, POLITICS, SCIENCE, AND ART HAS A PROMINENT ITALIAN AMERICAN IN ITS VANGUARD. DIANE DI PRIMA PIONEERED THE ROUGH POETRY AND PROSE OF THE BEAT MOVEMENT. ENRICO FERMI CONTINUED HIS NOBEL PRIZE-WINNING WORK ON THE MYSTERIES OF THE ATOM, BECOMING ARGUABLY THE GREATEST PHYSICIST ALIVE.

### HISPANIC HERITAGE MONTH:

NATIONAL HISPANIC HERITAGE MONTH IS ANNUALLY CELEBRATED FROM SEPTEMBER 15 TO OCTOBER 15 IN THE UNITED STATES FOR RECOGNIZING THE CONTRIBUTIONS AND INFLUENCE OF HISPANIC AMERICANS TO THE HISTORY, CULTURE, AND ACHIEVEMENTS FOR THE UNITED STATES. ELLEN OCHOA IS KNOWN FOR BECOMING THE FIRST HISPANIC AMERICAN WOMEN TO GO INTO SPACE ON A NINE-DAY MISSION IN 1993. THERE ARE MANY HISPANIC AMERICANS WHO HAVE MADE COUNTLESS CONTRIBUTIONS TO OUR GREAT NATION!







# October 2022 ~ Breakfast ~ K - 5th



## Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured Fruit is...

**Sliced Green Apples!!**

### Fun Facts:

Green apples are GREAT for making Apple Pies.

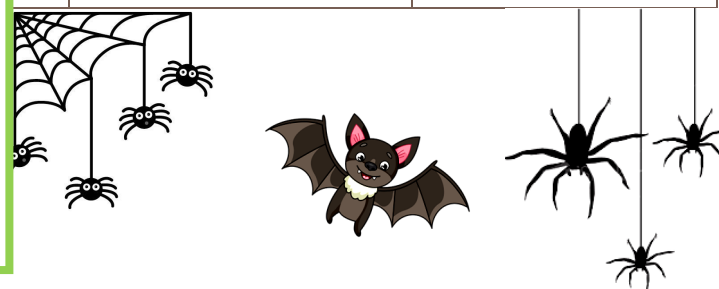
They are a harder apple that don't get to mushy when they are cooked.

|   | MONDAY'S                                       | TUESDAY'S                                  | WEDNESDAY'S                                    | THURSDAY'S                                     | FRIDAY'S  |
|---|--|--|--|--|---|
| Week<br>10/3~10/7<br>10/17~10/21<br>10/31 | Double Chocolate Muffin<br>or Choice of Cereal | Breakfast Burrito<br>or Choice of Cereal   | French Toast Sticks<br>or Choice of Cereal     | Bagel + Cream Cheese<br>or Choice of Cereal    | Pancake + Sausage on a stick<br>or Choice of Cereal |
| Week<br>10/10~10/14<br>10/24~10/28        | Banana Muffin<br>or Choice of Cereal           | Mini Maple Pancakes<br>or Choice of Cereal | Breakfast Sausage Pizza<br>or Choice of Cereal | Biscuit + Sausage Patty<br>or Choice of Cereal | Cinnamon Roll<br>or Choice of Cereal                |

**Breakfast Combos + Lunch Combos are free of Charge**  
(1 breakfast and 1 lunch per student per day)  
for the 2022-2023 School Year

*Second Breakfast \$1.75*

**Breakfast Includes**  
-Assorted Fresh Fruit  
-Assorted Fruit Juice  
-1% White Milk or Non-Fat Chocolate Milk



Meal Applications from 2021-2022 school year Have Expired.  
Fill out your **NEW** 2022- 2023 meal application online!  
[www.MurrietaSchoolNutrition.com](http://www.MurrietaSchoolNutrition.com)

Sliced Green Apples

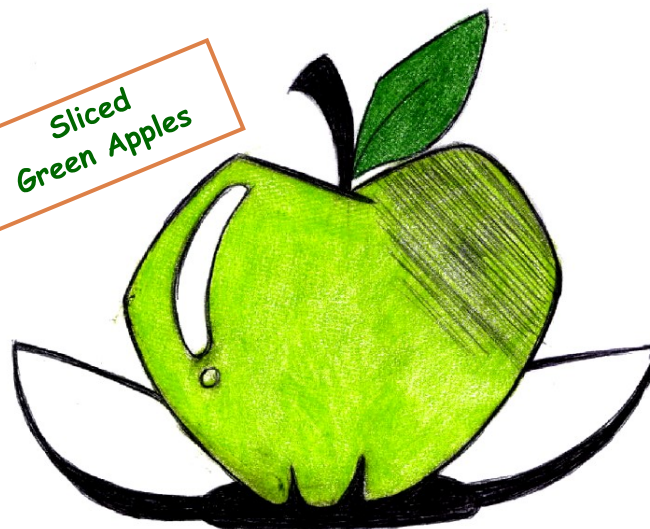


Illustration by:  
Angelina @  
Murrieta Summit

Easily add money to your students account





# October Lunch Menu ~ K - 5th



| Monday  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <p>Breakfast Combos &amp; Lunch Combos are free of charge<br/>(1 breakfast and 1 lunch per student per day)<br/>for the 2022-2023 School Year<br/>Second Lunch \$2.75</p> |  |   |  | <br>  |
| <p>3 Cheesy Mozzarella Sticks</p> <p></p>   | <p>4 Corn Dog</p>  | <p>5 Chicken Nuggets w/ Goldfish Crackers</p>   | <p>6 Meatballs w/ Marinara &amp; Texas Toast</p>                       | <p>7 Steak Burger</p>   |
| <p>10 Bean &amp; Cheese Burrito</p> <p> *Sour Raisins</p>   | <p>11 Cheesy Garlic Toast</p> <p> *Banana Cherry Sidekicks</p> | <p>12 Teriyaki Chicken Bowl w/ Brown Rice</p> <p>*Sour Raisins</p>  | <p>13 Drumstick w/ Texas Toast</p> <p>*Strawberry Grahamz</p>          | <p>14 Cheeseburger Sliders</p> <p>*Chocolate Chip Cookie</p>  |
| <p>17 Mini Hot Dog</p>  | <p>18 Bean &amp; Cheese Burrito</p> <p></p>                    | <p>19 Cheesy Pizza</p> <p></p>  | <p>20 Cheeseburger Sliders</p>   | <p>21 Chicken Burger</p>  |
| <p>24 Mac &amp; Cheese</p> <p></p> <p></p>  | <p>25 Chicken Taquitos</p>                                     | <p>26 Orange Chicken Bowl w/ Brown Rice</p>   | <p>27 Glazed French Toast w/ Sausage Patty</p> <p>Brunch for Lunch</p> | <p>28 Cheesy Pizza</p> <p> Cookie Day</p>   |
| <p>31 Holiday </p> <p>Chicken Nuggets w/ Goldfish Crackers</p>  | <p></p>  | <p><b>DAILY ALTERNATE ENTREES</b></p> <p>Turkey &amp; Cheese Sandwich,<br/>Peanut Butter &amp; Jelly Uncrustable Snack Pack<br/>or <i>Entrée Salad Bar with Cheese &amp; Crackers</i></p> |  | <p><b>Lunch Includes</b></p> <p>Unlimited Daily Produce Bar<br/>100% Fruit Juice &amp; Choice of 1% White or Non-Fat Chocolate Milk</p> |

## Daily Produce Bar

Harvest of the Month



- Apples
- Oranges
- Bananas
- Watermelon or Grapes
- Chilled Pears or Chilled Peaches
- Applesauce
- Local Strawberries
- Romaine Lettuce
- Baby Carrots
- Corn or Kidney Beans
- Green Beans or Cucumbers

\* Selections vary seasonally and daily

