



# Daniel N. Buchanan Elementary

# BLAZER POST

## Principal's Message

9/29/2023

Dear Buchanan Families,

I can't believe we have already made it through September! As we head into October next week, we have so many fun things to look forward to.

**Parent Teacher Conferences** - Our conferences are coming up soon during the week of October 16-20. On those days, our students in grades 1-5 get out at 12:30 each day. Our Kindergarten students get out at 12:10 each day. Please be on the lookout for communications from your teachers to sign up for your conference and learn about how this year has gone so far for our awesome Buchanan Blazers.

**Fun Run Update** - We are so close to our goal! We still need your help. We are currently at 55% registered and our goal is to reach 80% registered. Registration is free. If we make our goal of 80% Mr. Norton will get pied in the face by the top registered class in each grade level. That's 7 pies! Please see the following page for more info.

I hope you all have a wonderful weekend with your families. We look forward to another great month.

Sincerely,  
Mr. Norton and Ms. Moeller

### Breakfast

- Breakfast is free for all students every day.
- MPR doors open each morning at 7:30 AM, breakfast is served at 7:45 AM. Students are supervised and families are welcome.

### Important Links

- [2023-2024 School Year Calendar](#)
- [PLEASE READ - Arrival and Dismissal Information](#)

### Upcoming Events/Dates

- 10/2 - 10/13 - Panorama Student Survey
- 10/4 - Early Out Day
- 10/6 - Friday Spirit Assembly
- 10/10 - Fun Run!
- 10/12 - Board of Education Meeting
- 10-16 - 10/20 - Parent Teacher Conferences
- 10/20 - Progress Reports Available

### PTA Corner

- Be sure to [Follow PTA on Facebook](#).
- [FUN RUN VOLUNTEERS NEEDED!](#)
  - [Please click here to volunteer](#) and help our Fun Run be a success!

[Join PTA Today!](#)

# Fun Run 2023!



## PLEASE REGISTER FOR THE FUN RUN TODAY!

You Are Awesome Buchanan Elementary Families!

As you know the key to our Jog-A-Thon success is sharing the student pledge page with family and friends. Many students sent out the required 15 or more Pledge Requests to **earn the Tamagotchi Virtual Pet**. Amazing job, everyone!

Play The Game: Send out 5 Emails or Texts a day! Today's assignment is...

If you have sent out 20 Pledge Emails or Texts by 11:59PM Friday Sept 29, 2023 and receive: **Light-up Bubble Blaster**

If you have not already, please register here: [www.ultrafunrun.com](http://www.ultrafunrun.com)  
Enter the **Student Access Code**: GOBLAZERS2023

We look forward to an incredible turnout and thank you for making a difference in the daily lives of our students.

Sincerely,

Philip Norton, Principal.



# COUNSELING CORNER *newsletter*

**MRS. MORAN**

**KMORAN@MURRIETA.K12.CA.US**

## STEPS TO CALMING DOWN

1st step: Use a stop signal. Using a stop signal send a message to your brain to stop and tells it it's time to redirect one's thoughts. Some stop words that a child can use are: Stop, chill out, hold on, let's take a minute, and relax.

2nd Step: Name your feeling. Your child should out loud or using their "self-talk" state the specific feeling they're feeling. Such feeling like sad, mad, frustrated, jealous, frustrated, and/or lonely.

3rd Step: Coping strategies such as long deep breaths, Counting to 10, positive self-talk. Children can self-motivate by telling themselves "I got this" or "I can do it." This could also be a good time to seek help from a trusted adult or just take a break.

## SUPPORT LINKS

**COUNSELING CHECK-IN  
FORM**  
**CLICK HERE**

**FREE MENTAL HEALTH  
CONCIERGE**  
**CLICK HERE**

**COMMUNITY RESOURCES**  
**CLICK HERE**

## COMING UP



## BULLY PREVENTION MONTH

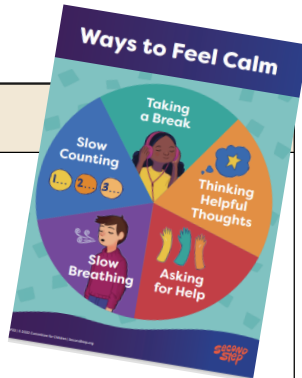
October 18th Wear **Orange** and show we are united in Kindness and stand together against bullying





# COUNSELING *newsletter* CORNER

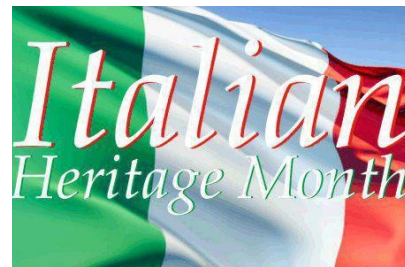
## SECOND STEP



Students will begin a new unit in their classroom this month. The new unit teaches emotion management. Students learn foundational skills about how their brain works and processes emotions. Throughout the next 6 weeks, they will learn the purpose of emotions, identify differences between three gradations of the same emotion, recall emotions have a purpose—emotions provide important information about what they may need, name an emotion-management strategy, including: taking a break, slow breathing, and slow counting.

## CULTURAL SPOTLIGHT

Delve into the fascinating history of Italian immigrants who contributed to the mosaic of American culture, igniting curiosity and pride. This month explore Italian culture like the art of pizza-making, embrace the melodious tunes of Italian music, and honor iconic figures like Leonardo da Vinci. Together, we learn that diversity is the essence of our great nation, and Italian American heritage shines as a brilliant thread in our colorful tapestry of unity and inclusivity.



## HISPANIC HERITAGE MONTH

During National Hispanic Heritage Month, from September 15 – October 15, the U.S. government celebrates the countless contributions of more than 60 million Hispanic Americans, Latinos, Latinas, and Latinx-identifying people to our culture and society. Hispanic Americans are the largest minority group in the United States today, and generations of Hispanic Americans have consistently helped make our country strong and prosperous.



**HISPANIC  
HERITAGE MONTH**

TODOS SOMOS, SOMOS UNO  
WE ARE ALL, WE ARE ONE

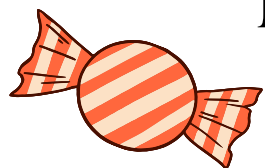


Buchanan Elementary PTA Presents

# TRUNK OR TREAT

Friday October 27th

5:30-7:30pm



The class that donates  
the most candy wins  
a popcorn party!

To volunteer as a trunk  
please click on the link!  
[Trunk Signup Genius](#)  
Best trunk wins a prize!





# THE FUN RUN IS COMING!

**YOUR PARTICIPATION WILL HELP FUND  
ALL THE AWESOME EVENTS PTA HAS  
PLANNED THIS YEAR!**

## October

- Trunk or Treat
- Red Ribbon Week

## December

- Snow Shop
- Cookies with Santa



## February

- Valentine's Day Bingo
- Valentine's Day Grams

## April

- Country Fair

## November

- Book Fair
- Veteran's Breakfast

## January

- Valentine's for Vets
- Imagination Machine
- Kindness Week

## March

- Spring Movie Night

## May

- Teacher & Staff  
Appreciation Week.



**WE HOPE EVERYONE HAD A BLAST AT  
THE TROPICAL BASH!**