

BLAZER POST

August 22nd – August 26th

Nicole Downer, Principal

Julie Moeller, Assistant Principal

Week at a Glance:

August 22nd

iReady Diagnostic Continues
P.E. with Coach Roberts

August 23rd

Vision and Hearing Screening:
Grades K, 2, and 5
2:45 Comic Creators

August 24th

Early Dismissal Day

August 25th

P.E. with Coach Roberts

August 26th

8:30 Friday Spirit Assembly
Wear Spirit Gear or School Colors

Upcoming Events:

September 2nd

5th grade: Last Day to Join Band

September 5th

Labor Day: No School



September 16th

TK-5: School Picture Day



General Announcements:

Breakfast Program

We want to thank everyone for their patience as Nutrition Services continues to work to make breakfast run more efficiently. Last year they were not required to keep track of students that were getting breakfast and lunch. The requirements have changed this year, which is why breakfast is taking a bit longer each morning as each student needs to be entered into the computer. Each day it gets a little better and we are happy to see how many students are participating!

School Picture Date Change

Due to a scheduling conflict, we had to change our picture day. Our new date is September 16th for students in grades TK-5.

Student Arrival

The MPR doors open for breakfast each morning at 8:05. The front, bike, and Kindergarten gates open at 8:15. Prior to 8:05, there is no supervision for students on campus. **Students are not to be dropped off prior to 8:05 without the presence of an adult.** If you cannot supervise your child prior to 8:05, you will need to make arrangements either with a neighbor, family member, or childcare to ensure they are not here prior to there being supervision in the front loop or at the gates. Thank you for adhering to this important safety measure.

Counseling Connection

August 2022

Buchanan Elementary School
Mrs. Olmstead, Interim School Counselor
lolmstead@murrieta.k12.ca.us
951-696-1428 ext 2731

Welcome Back!!



SUPPORT LINKS

COUNSELING CHECK-IN
FORM
CLICK HERE

Hello Families!

Welcome to the 2022-23 school year!

I am your interim School Counselor for the Semester. I am looking forward to meeting you and your students and I am so excited to be at this school!

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.Olmstead

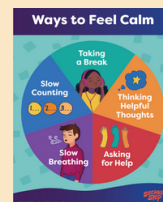


SOCIAL-EMOTIONAL FOCUS of the Month: **Emotion Management!**

- Teachers will lead weekly Second Step Lessons
- Counselors will push into the classrooms to lead additional social-emotional lessons!

Students will learn:

- How to recognize and label strong feelings
- Safe and effective ways to calm down strong feelings so they can make the best choice in school and at home!



At home: families can continue SEL learning beyond the classroom!

Click below for recommended SEL books that discuss emotions:

- [The Color Monster](#) by Anna Llenas
- [Wilma Jean and the Worry Machine](#)
- [Don't Be Afraid to Drop By](#) Julia Cook

COMMUNITY RESOURCES
CLICK HERE

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) or CAREspace (951- 276-2273)



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

Returning from summer break and adjusting to the new year can bring unexpected emotions. Start conversations about using healthy coping skills to support the return to school!

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

September 2022 – Breakfast



The Harvest of the Month featured Vegetable is...

Celery Sticks!!!

Why Eat Celery?

- Reduces Inflammation
- Promotes Weight Loss
- Improves Digestion
- Soothes the Nervous System
- Supports the proper Functioning of the Thyroid

	MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S
Week of: 9/1- 9/2 9/12- 9/16 9/26- 9/30	Banana Muffin or Choice of Cereal	Mini Maple Pancakes or Choice of Cereal	Breakfast Sausage Pizza or Choice of Cereal	Biscuit & Sausage Patty or Choice of Cereal	Cinnamon Roll or Choice of Cereal
Week of: 9/5- 9/9 9/19- 9/23	Chocolate Muffin or Choice of Cereal	Breakfast Burrito or Choice of Cereal	French Toast Sticks or Choice of Cereal	Bagel & Cream Cheese or Choice of Cereal	Pancake on a Stick or Choice of Cereal

Breakfast Includes

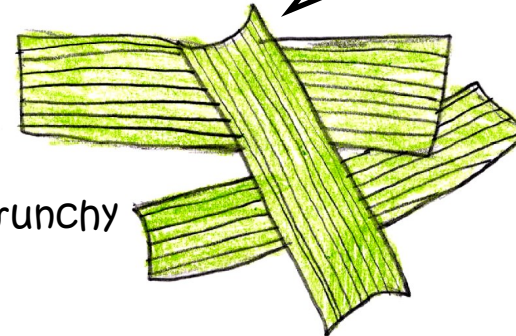
- Assorted Fresh Fruit
- Assorted Fruit Juice
- 1% White Milk or Non-Fat Chocolate Milk



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

Illustration done by Shannon @ Murrieta Summit

Crunchy



Murrieta School Nutrition
@MurrietaSchoolNutrition













This institution is an equal opportunity provider. Menu Subject to change without no-



September Lunch Menu ~ K - 5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Combos & Lunch Combos are free of charge (1 breakfast and 1 lunch per student per day) for the 2022-2023 School Year Second Lunch \$2.75			1 French Toast Sticks & Chicken Sausage Patty Brunch for Lunch	2 Cheesy Pizza  Cookie Day 
5  HAPPY LABOR DAY No School	6 Corn Dog	7 Chicken Nuggets & Crackers	8 Meatballs w/marinara & Texas Toast	9 Steak Burger
12 Bean & Cheese Burrito 	13 Cheesy Garlic Toast w/marinara 	14 Teriyaki Chicken Bowl w/ brown rice	15 Chicken Drumstick & Texas Toast	16 Cheeseburger Sliders  Cookie Day
19 Cheesy Bosco Breadsticks 	20 Mini Hot Dogs	21 Chicken Nuggets & Crackers	22 Rotini w/ meat sauce & Garlic Breadstick	23 Chicken Burger
26 Mac & Cheese 	27 Chicken Taquitos	28 Orange Chicken w/ brown rice	29 French Toast Sticks & Chicken Sausage Patty Brunch for Lunch	30 Cheesy Pizza  Cookie Day 

DAILY ALTERNATE ENTREES

Turkey & Cheese Sub Sandwich,
Peanut Butter & Jelly Uncrustable Snack Pack
or *Entrée Salad Bar with Cheese & Crackers*

Lunch Includes

Unlimited Daily Produce Bar
100% Fruit Juice & Choice of 1% White or
Non-Fat Chocolate Milk

 = Vegetarian Option

Daily Produce Bar

Harvest of the Month



Celery Sticks

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

*Murrieta
School
Nutrition*