

# BLAZER POST

**September 5<sup>th</sup> - September 9<sup>th</sup>**

Nicole Downer, Principal

Julie Moeller, Assistant Principal

## Week at a Glance:

### **September 5<sup>th</sup>**

Labor Day: No School



### **September 6<sup>th</sup>**

iReady Diagnostic Continues

2:45 Comic Creators

PTA Ultra Fun Run Virtual Kickoff

### **September 7<sup>th</sup>**

Early Dismissal Day

### **September 8<sup>th</sup>**

P.E. with Coach Roberts

### **September 9<sup>th</sup>**

8:30 Friday Spirit Assembly

iReady Diagnostic Window Closes

## Upcoming Events:

### **September 13<sup>th</sup>**

6:00 pm Watch D.O.G.S Meeting

5<sup>th</sup> Grade Band Begins

### **September 16<sup>th</sup>**

TK-5: School Picture Day

### **September 23<sup>rd</sup>**

Ultra-Fun Run



## General Announcements:

### Arrival/Breakfast:

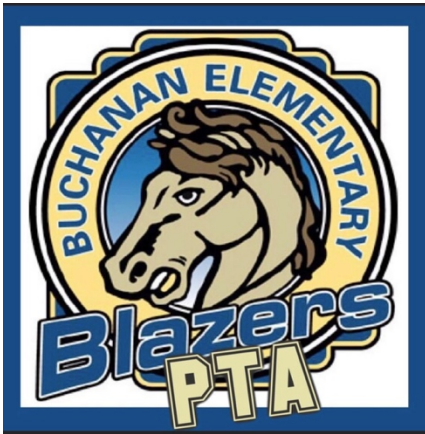
We love the energy in the morning with students and parents/guardians on campus prior to school. We are happy that so many of you come onto campus, whether it is during breakfast or in line with your child. We ask that adults please exit the campus when the message plays and the first bell rings. This is the time for the students to get ready for their teacher and walk to class. Please respect the teacher's time in the morning, as it is their time to prepare and ready the students for the day. This is not the time to speak or conference with the teacher. Please send a message or schedule a meeting with them for a different time.

### Watch D.O.G.S

We are very excited to be bringing back our Watch D.O.G.S (Dads of Great Students)! This program is to promote father/father figures of our students to come be a part of the school day once or twice a year. Watch D.O.G.S can schedule to be here for an hour, or half the day, depending on availability. Please attend the meeting on Tuesday, September 13<sup>th</sup> for more information on how to be a Watch D.O.G.

### Dogs on Campus

We love our fur babies, but dogs are not permitted on campus at any time students are present. Thank you to adhering to this safety measure.



# Buchanan Elementary PTA membership drive

Help make this year

# SWEET!



**The class with the most PTA  
memberships by September 30<sup>th</sup>  
will receive an Otter Pop party!  
One class from each grade level!**

Q. I am not able to volunteer,  
why should I join?

A. Your \$12 dues help to support all the fun  
events here at Buchanan!

You can vote at meetings.

You are advocating on behalf of all children!

No additional commitment is required.

Q. Is membership for each family?

A. No, membership is for each person!

[https://jointotem.com/ca/murrieta/  
buchanan-elementary-pta](https://jointotem.com/ca/murrieta/buchanan-elementary-pta)



# September Counseling Connection

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



SEPTEMBER  
IS NATIONAL  
ATTENDANCE  
AWARENESS  
MONTH!



FREE MENTAL  
HEALTH  
CONCIERGE  
CLICK HERE

HELP YOUR CHILD SUCCEED IN SCHOOL: BUILD  
THE HABIT OF GOOD ATTENDANCE EARLY

## DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

## WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

# Children and Grief

Grieving is a natural reaction to loss during or after a disaster or traumatic event. The response can be due to a loss of life or a drastic change to routines and ways of life that bring us comfort and security. The grief process is unique to each person and there truly is no right or wrong way to move through one's own grief journey. However, children do not always talk about their grief and can seem unaffected at times. Processing the loss often shows up in children's play as they are trying to make sense of their world or new normal. It is not uncommon for children to move in and out of their grief, laughing one minute and crying the next. You may even see physical reactions to the death such as stomachaches, headaches, nightmares, regressive behaviors or inability to focus. Those physical reactions can also impact mood if the child is not getting enough sleep or daily nutrition.

There are a variety of resources available to support our grieving students. Please refer to the links included for more information and resources.

## Helpful Links

**ELIZABETH HOSPICE**  
**(GRIEF**  
**COUNSELING)**

**THE DOUGY**  
**CENTER**

**CHILDREN'S**  
**BEREAVEMENT**  
**CENTER**



# 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

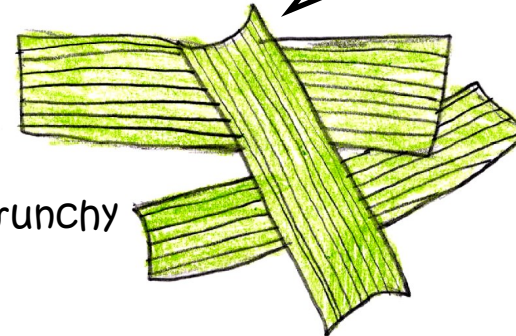
- Assorted Fresh Fruit
- Assorted Fruit Juice
- 1% White Milk or Non-Fat Chocolate Milk



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 <b>Second Lunch \$2.75</b>			1 French Toast Sticks & Chicken Sausage Patty <b>Brunch for Lunch</b>	2 Cheesy Pizza  <b>Cookie Day</b> 
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  <b>Cookie Day</b>
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 <b>Brunch for Lunch</b>	30 Cheesy Pizza  <b>Cookie Day</b> 

## 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