

BLAZER POST

October 3rd – October 7th

Nicole Downer, Principal

Julie Moeller, Assistant Principal

Week at a Glance:

October 3rd

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

October 4th

5th Grade Band- Bring Instruments

October 5th

Early Dismissal Day

October 6th

P.E. with Coach Roberts
5th Grade Band- Bring Instruments

October 7th

8:30 Friday Spirit Assembly
Wear Spirit Wear

Upcoming Events:

October 17th-21st

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 19th

Unity Day

October 24th-28th

Red Ribbon Week

October 28th



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 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

Say the problem

Think of solutions

Explore the outcomes

Pick 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.

Week
10/3~10/7
10/17~10/21
10/31

Week
10/10~10/14
10/24~10/28

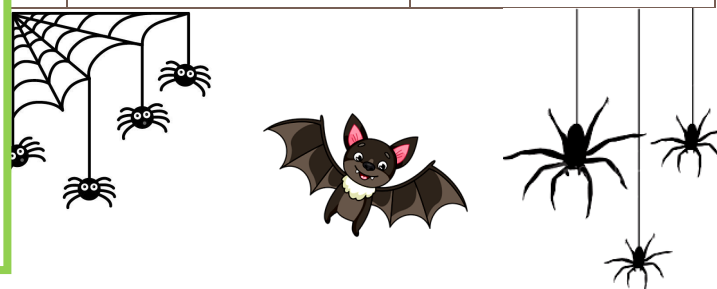
MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S
Double Chocolate Muffin or Choice of Cereal	Breakfast Burrito or Choice of Cereal	French Toast Sticks or Choice of Cereal	Bagel & Cream Cheese or Choice of Cereal	Pancake & Sausage on a stick or Choice of Cereal
Banana Muffin or Choice of Cereal	Mini 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

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

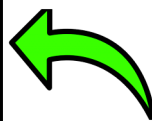
Breakfast Includes

- 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



Easily add money to your students account



Sliced Green Apples

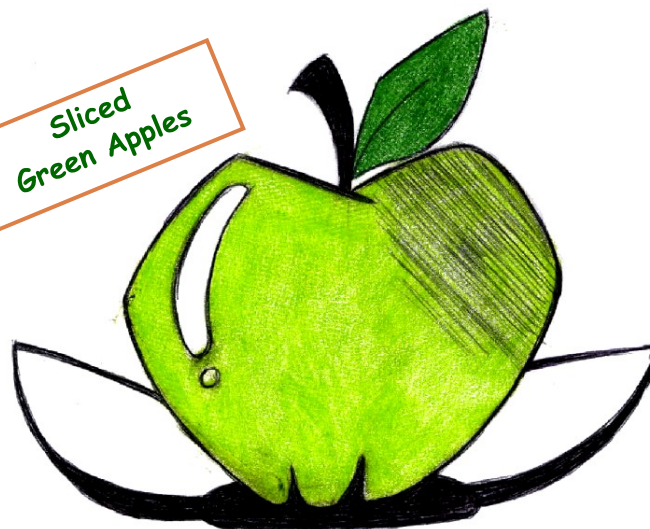


Illustration by:

Angelina @

Murrieta Summit





October 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 <i>Second Lunch \$2.75</i>				= Pork Free Menu = Vegetarian Option
3 Cheesy Mozzarella Sticks 	4 Corn Dog	5 Chicken Nuggets w/ Goldfish Crackers	6 Meatballs w/ Marinara & Texas Toast	7 Steak Burger
10 Bean & Cheese Burrito *Sour Raisins	11 Cheesy Garlic Toast *Banana Cherry Sidekicks	12 Teriyaki Chicken Bowl w/ Brown Rice *Sour Raisins	13 Drumstick w/ Texas Toast *Strawberry Grahamz	14 Cheeseburger Sliders *Chocolate Chip Cookie
17 Mini Hot Dog	18 Bean & Cheese Burrito 	19 Cheesy Pizza 	20 Cheeseburger Sliders	21 Chicken Burger
24 Mac & Cheese 	25 Chicken Taquitos	26 Orange Chicken Bowl w/ Brown Rice	27 Glazed French Toast w/ Sausage Patty Brunch for Lunch	28 Cheesy Pizza Cookie Day
31 Holiday Chicken Nuggets w/ Goldfish Crackers		DAILY ALTERNATE ENTREES Turkey & Cheese Sandwich, Peanut Butter & Jelly Uncrustable Snack Pack or <i>Entrée Salad Bar with Cheese & Crackers</i>		Lunch Includes Unlimited Daily Produce Bar 100% Fruit Juice & Choice of 1% White or Non-Fat Chocolate Milk

Daily Produce Bar

Harvest of the Month



Green Apples!

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