



Oak Meadow Elementary & Buckeye Union Mandarin Immersion

Buckeye Union School District
7701 Silva Valley Parkway-El Dorado Hills, CA 95762
(916)933-9746 FAX (916)933-9784
Web Site- www.buckeyeusd.org/omes & www.buckeyeusd.org/bumi



Parent Bulletin #7

February 2024

Cinnamon Johnsrud/Principal

School Times: All Mandarin grades and First - Fifth grades: 7:55am - 2:07pm
AM Kindergarten/TK Times: 7:40am - 11:10am, PM Kindergarten Times: 11:11am - 2:41pm

Minimum Day Dismissal Time: All Mandarin grades & First - Fifth grades - 12:02pm (Lunch is always served on minimum days)

Early Release Wednesdays: All Mandarin grades & First - Fifth grades: 7:55am - 1:10pm,
Kindergarten/TK AM ~ 7:40am - 10:25am, Kindergarten PM ~ 10:25am - 1:10pm

IMPORTANT DATES

- 2/2 ~ Talent Show, 5:30pm in the MP Room**
- 2/8 ~ Chinese New Year Celebration, 8:30am on the blacktop**
- 2/9 ~ Spelling Bee, 8am - 2pm, MP Room**
- 2/15 ~ APEX Fun Run!**
- 2/19 - 2/23 ~ Mid-Winter Break—NO SCHOOL**
- 2/28 ~ PTO Meeting, 12:30pm in G5**

FEBRUARY

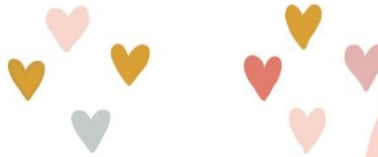
PTO News

OAK MEADOW PTO

February Newsletter



THANK YOU TO
EVERYONE WHO
PARTICIPATED IN
THE SCIENCE FAIR!
WE LOVED ALL
YOUR PROJECTS!



**NEXT PTO
MEETING**

**FEBRUARY
28TH**

**12:30 ROOM
G5**

COMING UP

←→ **APEX FUN RUN** →

**FUNDRAISING STARTS FEB. 5TH
RUN ON FEB 15TH**

GLOW DANCE

APRIL 12



STAFF APPRECIATION WEEK

MAY 6TH-10TH

CREATIVE VOLUNTEERS NEEDED



SPRING FLING
MAY 11TH AT SERRANO





FRIDAY, FEB 2ND 2024

**PERFORMERS ARRIVE BY 5:15
SHOW STARTS 5:30
ESTIMATED 75-90 MIN DURATION
OAK MEADOW/BUMI
MULTIPURPOSE ROOM
FREE TO ATTEND**



inbox@oakmeadowpto.com



www.oakmeadowpto.com

Counselor's Corner

February will be busy, filled with lots of opportunities to spread Kindness throughout the month of LOVE.

Kindness week is February 12th-16th. Student Leadership will be promoting Kindness throughout the week with some fun activities and each student will be coming home with [A Great Kindness Challenge Form \(below\)](#). Students that decide to take the challenge to perform as many kind acts as they can, will receive a little treat when they return their form.

February 12th –16th will also be our annual Hands4Hope Toiletries Drive. The class who donates the most toiletries will be awarded a fun pizza party.

As we continue to break down the Zones of Regulation in classroom guidance lessons, we'll be learning about The Blue Zone this month. The Blue Zone is marked by feeling down and having low energy. Blue Zone feelings include: sadness, loneliness, boredom, guilt, feeling tired or ill.

Check out these Blue Zone Books:

[The Bored Book](#) by Zane Craigmile & Dianne Schramm

[The Pout-Pout Fish](#) by Deborah Diesen

[I'm Sad](#) by Michael Black

[The Couch Potato](#) by Jory John

[Tired Ninja](#) by Mary Nhin

I'm wrapping up my first round of groups and will be starting new groups in the next few weeks. If you're interested in a counseling group for your child, feel free to reach out at lspencer-long@buckeyeusd.org for a parent referral form.

If you're looking for more of a 1:1 type counseling experience for your child and need some help connecting, please reach out and I'd be happy to introduce you to our mental health partner, Care Solace. They take the headache out of finding a good fit for your family's needs and insurance coverage.

~ Mrs. Leslee



Kindness Matters.
Complete as many acts
of kindness as you can.
Have fun!

Acts of Kindness

☐ Invite a new friend to play.



☐ Smile at 25 people.



☐ Make a wish for a child in another country.



☐ Give your friend a High Five.



☐ Compliment 5 people.



☐ Be kind to yourself and eat a healthy snack.



☐ Decorate 5 hearts and give them to friends.



☐ Entertain someone with a happy dance.



☐ Lend a pencil to a friend.



☐ Help someone up if they fall down.



☐ Thank someone who has helped you.



☐ Create your own kind deed.



A Kids for Peace Experience
KidsforPeaceGlobal.org
GreatKindnessChallenge.org



Your Name Here





#GreatKindnessChallenge

**SCHOOL
EDITION**

Your Kindness Matters!

We challenge you to complete as many acts of kindness as you can in one week. Have fun!

happily sponsored by

ooly

Kind Acts

- ☐ Smile at 25 people.
- ☐ Surprise a friend with a nice note.
- ☐ Compliment 5 people.
- ☐ Pick up 10 pieces of trash on campus.
- ☐ Make a new friend.
- ☐ Tell a joke and make someone laugh.
- ☐ Be kind to yourself and eat a healthy snack.
- ☐ Learn something new about your teacher.
- ☐ Draw a picture and give it to someone.
- ☐ Help a younger student.
- ☐ Give a KIND handshake to greet a classmate.
- ☐ Recycle your trash.
- ☐ Hug your friend.
- ☐ Pick up trash outside your school.
- ☐ Cut out 10 hearts & give them to friends.
- ☐ Entertain someone with a happy dance.
- ☐ Make a kind poster for cafeteria helpers.
- ☐ Show appreciation to a counselor or mentor.
- ☐ Say "good morning" to 15 people.
- ☐ Design a thank you for the PTA/PTO.
- ☐ Make a wish for a child in another country.
- ☐ Say "thank you" to a crossing guard.
- ☐ Invite a new friend to play/hang out with you.
- ☐ Send a thank you to your superintendent.
- ☐ Offer to help your custodian.
- ☐ Sit with a new group of kids at lunch.
- ☐ Read a book to a younger child.
- ☐ Give an apple or a note to thank your teacher.
- ☐ Step up for someone in need.
- ☐ Make and display a "KINDNESS MATTERS" sign.
- ☐ Carry your friend's books.
- ☐ Help your PE teacher with the equipment.
- ☐ Make a bookmark for a friend.
- ☐ Hold the door open for someone.
- ☐ Pat yourself on the back.
- ☐ Thank a bus driver or carpool driver.
- ☐ Write a thank you on a bandage for the nurse.
- ☐ Listen to your teacher the first time.
- ☐ Whisper "thank you" to the librarian.
- ☐ Help someone up if they fall down.
- ☐ Lend a pencil to a friend.
- ☐ Learn to say "hello" in a new language.
- ☐ Bring a flower to the office staff.
- ☐ Show appreciation to your principal creatively.
- ☐ Help your teacher with a needed task.
- ☐ Be on time for school.
- ☐ Say "thank you" to a volunteer.
- ☐ Give your friend a high five.
- ☐ Make a friendship gift for someone new to you.
- ☐ Create your own kind deed.



#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

FREE APP!



Blue Zone



What is the Blue Zone?

The blue zone is used when a person is feeling low states of alertness or arousal. When you're in the blue zone you may be feeling down, sad, sick, tired or bored. You're still in control, as you are in the yellow zone but with low energy emotions.

How would your child behave in the blue zone?

- Absence of feelings
- Irritability
- Lack of pleasure
- Lack of motivation
- Tearful
- Withdrawn
- Difficulty in concentrating

How might your child feel in the blue zone?

- Sad
- Tired
- Tearful
- Moody
- Hopeless
- Unhappy
- Withdrawn
- Miserable

What coping strategies might we implement in school?

- Exercise
- Alerting sensory breaks
- Reflecting on what makes us happy
- Talking to our teachers and friends

What strategies can you use at home?

- Listen to upbeat music
- Complete some cardio based exercise
- Get up, get showered and get dressed
- Jump on a trampoline
- Talk to a friend
- Do something creative
- Cuddle or play with pets
- Go for a walk

Nurse's Notes

JANUARY/FEBRUARY NURSE'S NOTES!

RECAP!! By special request from some of our BUSD families: Do you know... about **Type 1 Diabetes (T1D)?**

During the winter months, BUSD typically has had one or more students diagnosed with Type 1 Diabetes. The T1D symptoms can often be mistaken for common illnesses such as flu or a cold. Misdiagnosis can have tragic consequences, so learning the warning signs can save a life. Early diagnosis is critical to treatment. **PLEASE, get to know the warning signs for T1D in children and young adults... Knowing these signs (which may occur suddenly) can save a life:**

Extreme thirst	Frequent urination	Increased appetite
Sudden weight loss	Sudden vision changes	Drowsiness, lethargy
Heavy, labored breathing	Fruity or sweet breath odor	Nighttime bedwetting
Altered or loss of consciousness	EXTREME FATIGUE	Hunger with weight loss

If your child or someone else you know begins to experience these symptoms, contact your pediatrician immediately. **Please share what you've learned with others you know.** For more information about T1D, basics, myths, and support for T1D follow this link: <https://www.jdrf.ca/who-we-are/type-1-diabetes/>



WHAT ELSE? Tis the season for new toys with **WHEELS!!** Many of our students' bike, scooter and skate to school... But... Do you know about helmet laws for children? Here's the word - **Bicycle helmets (AB 3077, Caballero):** Persons under age 18 not wearing a helmet on a bicycle, scooter, skateboard, or skates can receive a "fix-it" ticket. A citation is considered non-punitive and correctable if proof that the minor has completed a bicycle safety course and has a helmet that meets safety standards is presented within 120 days to the issuing law enforcement agency.

SO, STAY SAFE OUT THERE & WEAR A HELMET!!

More about the helmet law can be found here:

<https://atrn.assembly.ca.gov/sites/atrn.assembly.ca.gov/files/AB%203077%20%28Caballero%29.pdf>

Does your child have a medical concern that may require a health plan? Here's the health team:

Tristan Kleinknight, MSN RN PHN: School Nurse for:

Blue Oak Elementary: Health Clerk I Carmella Bucci
530-676-0164 x1830, Fax: 530-676-0758

Buckeye Elementary: Health Clerk II Rachel Kelly, LVN
530-677-2277 x1230, Fax: 530-672-1483

Camorado Springs: Health Clerk I Tammy Collins
530-677-1658 x1530, Fax: 530-677-9537

Valley View Montessori: Health Clerk II Sarah Lester, LVN
916-939-9640 x3330, Fax 916-939-5015

Sandy Chavez, MSN RN PHN: School Nurse for:

Oak Meadow Elementary: Health Clerk Luz Shaw
916-933-9746 x2130 Fax: 916-933-9784

Rolling Hills: Health Clerk Bertha Chau
916-933-9290 x3030 Fax: 916-939-7454

Silva Valley Elementary: Health Clerk Tara Nakano
916-933-3767 x2730 Fax: 916-933-6389

William Brooks Elementary: Health Clerk Raffaella Avina
916-933-6618 x2430, Fax: 916-933-3910



REMINDER: ALL medications require a permission form **each year**, whether **prescription inhalers** or **over the counter creams, throat spray or even cough drops** – consider sending **lifesavers, peppermints or lemon drops** instead of these!!! The BUSD medication permission form link is below – please print, sign and attach to a physician's order or have your pediatrician complete:
<https://drive.google.com/file/d/1HtDbavOdNUxn52IQB8849Qc2OYCe6jKE/view>

HAPPY NEW YEAR!! Looking forward to a healthy 2024!!

The Café

SCOOP

Click [HERE](#) for this month's menu



Buckeye Union Food Service



What's Cooking?

We make our Peaches and Cream overnight oats from scratch at the central kitchen. Made with rolled oats, vanilla yogurt, milk and canned peaches, this is a healthy and delicious breakfast option. We top it with our homemade granola and a small dollop of whipped cream. Try it at home – you'll love it!

This month we are featuring mandarin oranges from JJ Citrus in Orland. They are a small family farm featuring Satsuma mandarins and other citrus fruits.





PARENTING IN A DIGITAL WORLD

INTERNET SAFETY • THREATS • SOLUTIONS

HELPING YOU NAVIGATE YOUR CHILD'S DIGITAL WORLD

Who: Elementary, Middle, and High School Parents

When: Tuesday, February 13th @ 6:30 – 8:00 PM

Cost: Free to attend

Where: Rolling Hills Middle School Multi-Purpose Rm.
7141 Silva Valley Parkway, El Dorado Hills

The cyber safety seminar for parents, Parenting in the Digital World, is a 90-minute, engaging and eye-opening presentation about what is really going on in our children's digital world.

Children are exposed more than ever to online predators and the damaging effects of screen time. This seminar will show you the current games, and apps teens are using today. Secondly, cyberbullying and other online threats are defined with current trends and real-world examples investigated in schools. Lastly, participants will be given tools and an action plan that they can immediately begin using to help keep their children safe online.

Topics discussed:

- Current apps kids are using and what you need to know about them
- Risks associated with popular social media sites
- "Sexting" and online predators
- How to set expectations and consequences
- How to monitor online activity and find secret Instagram accounts
- How to talk to your child about pornography
- Parental controls and privacy settings

PRESENTATION IS FOR PARENTS ONLY.

This is a cooperative effort by all the Buckeye Union Schools to offer an enriching and engaging parent education opportunity for our community.



CYBERSAFETYCOOP.COM

Established in 2012, Cyber Safety Cop delivers training, speaking, and consulting worldwide in Internet safety, cyberbullying, behavioral threat assessment, violence prevention, and school safety.

Our simple yet powerful advice will positively impact your families' lives and how schools manage the digital world.



Parenting in the Digital World, the definitive guide to internet safety for families will be available for sale at the event. \$20.00 (cash or credit card).

This book will help parents take the next steps to implement all the safety measures taught in the seminar.

<http://www.cybersafetycoop.com/>



CAPTURE YOUR MEMORIES IN THIS YEAR'S

OAK MEADOW ELEMENTARY SCHOOL YEARBOOK!

Customize Your 2 Free Pages

Add photos from your computer, Facebook, Instagram, Google Drive & more.

Answer fun Memory Questions to help remember the year.

The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$0.99.

To Purchase & Customize Your Yearbook

Must be a parent or student 13 years or older.

1 Go to: www.treering.com/validate

2 Enter your school's passcode:

1013787362013002

Regular price: \$20.15

Create Custom Pages by: Apr 4

treering



Oak Meadow & Buckeye Union Mandarin Immersion

Bell Schedule 2023-2024

Grade(s)	Regular Day	Wednesdays <i>Early Release</i>	Minimum Days
Transitional Kinder(TK)	7:40 am - 11:10 am	7:40 am - 10:25 am	Regular Schedule
Kindergarten AM	7:40 am - 11:10 am	7:40 am - 10:25 am	Regular Schedule
Kindergarten PM	11:11 am - 2:41 pm	10:25 am - 1:10 pm	Regular Schedule
Mandarin Kinder	7:55 am - 2:07 pm	7:55 am- 1:10 pm	7:55 am - 12:02 pm
Grades 1-5	7:55 am - 2:07 pm	7:55 am - 1:10 pm	7:55 am - 12:02 pm

Regular Day Schedules - Recess & Lunch		
AM Recess		
A.M Kinder, Mandarin Kinder & TK	9:30 - 10:00 (Snack/Lunch for TK & AM Kinder)	
1st Grade & 2nd Grade	9:30 - 9:48	
3rd Grade	9:50 - 10:08	
4th Grade & 5th Grade	10:10 - 10:25	
Lunch Recess		
1st Grade & 2nd Grade	10:40 - 11:20	1st eat @ 10:40 2nd eat @ 11:00
Mandarin Kinder & 3rd Grade	11:25 - 12:05	K - eat @ 11:25 3rd - eat @ 11:45
4th Grade & 5th Grade	12:10 - 12:50	4 th eat @ 12:10 5 th eat @ 12:30
PM Recess		
P.M. Kinder (Snack/Lunch)	1:00-1:30	<i>*Wednesday 12:00 - 12:30</i>
Mandarin Kinder	1:00 - 1:15	
1st & 2nd Grade	12:55 - 1:10	
3rd Grade	1:10 - 1:25	
Minimum Day Recess & Lunch Schedule		
	Recess Time	Lunch Time
TK & K	9:30 - 10:00	9:30 - 10:00
1st Grade & 2nd Grade	9:30 - 9:48	10:40 - 11:00
Mandarin Kinder & 3rd Grade	9:50 - 10:08	11:05 - 11:25
4th Grade & 5th Grade	10:10 - 10:25	11:30 - 11:50

Updated 5/22/2023

BUCKEYE UNION SCHOOL DISTRICT

Approved 2/16/22

"Expect the Best Today for a Better Tomorrow"

2023-2024 Student Calendar

AUG				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

7-8 Teacher Work Days
(Non-Student Days)

9 *FIRST DAY OF
SCHOOL/ EARLY
RELEASE

DEC				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

12/21 Winter Break (Non-
Student Days)

1/5

APR				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

1 Spring Break Cont.
(Non-Student Day)

SEPT				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

1 Staff Development
Day—All Staff (Non-
Student Day)

4 Labor Day Holiday

25-29 Minimum Days—
Parent Conferences
ALL SCHOOLS

JAN				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

1-5 Winter Break Cont.
(Non-Student Days)

15 M. Luther King Jr.
Day

22 Staff Development
Day—Teachers Only
(Non-Student Day)

26 Minimum Day— Only
RH and CSMS

MAY				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

27 Memorial Day Holiday

OCT				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

FEB				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

16 End of 2nd Trimester

19-23 Mid-Winter Break

19 Presidents' Day and
Washington's
Birthday

23 Lincoln's Birthday
(Observed)

29 Minimum Days— Only
Elementary Parent
Conferences

JUNE				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

3 CSMS Minimum Day
(Noon Dismissal)

8 RHMS Late Start
(10:00 a.m. Student Start)

4 **LAST DAY OF
SCHOOL—MINIMUM
DAY—ALL SCHOOLS

19 Juneteenth Holiday

NOV				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

3 End of 1st
Trimester

10 Veterans Day
Holiday (Observed)

20-24 Thanksgiving Break
(Non-Student Days)

MAR				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

1 Minimum Days—
Only Elementary
Parent Conferences

11 Staff Development
Day—All Staff (Non-
Student Day)

25-29 Spring Break (Non-
Student Days)

- First Day/Last Day
of Classes
- Staff Development Day
(Non-Student Day)
- Minimum Days
- Holidays or Breaks
- Early Release Days
- Per Site: Emergency
School Closure Days,
If Needed