



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 #3

October 2023

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

10/3 ~ Meet the Masters Training, 7pm in room G5

10/5 ~ BUMI Parent Workshop, 8am in room G5

10/11 ~ Make-Up Picture Day

10/12 ~ Coffee & Conversations with Dr. Roth, 8am - 9am, Staff Room

10/12 ~ Dine Out at Bawachi - All Day

10/17 ~ Parent Information Night—Zones of Regulation, 6pm - 7pm, MP Room

10/18 ~ PTO Meeting, 12:30pm in G5

10/24 ~ Meet the Masters Training, 7pm in room G5

10/27 ~ GATE Testing for 3rd - 5th grade

10/31 ~ Halloween Parade, 8:30am on the blacktop



~Adopt A Class~

Thank you to the following families and businesses for their generous donations to our Oak Meadow & BUMI Teachers

The Lee/Alvaros family, Saurabh & Deepika Sharma, Umanga Sharma, Raydaar LLC, Im family, Keira Cummins, Loky's family, Callum Wells' family, Skaf family, Naba & Sheila Kadel, Tabangcura family, Jimmy Huynh & Yongxin Ouyang, Adrian & Emily's family, Dylan Robinson's family, Ha-Nguyen family, Jones family, Roque family, Stephen family, Nielsen family, De La Torre family, Douglas family, Simkins family, James Zhang, Cox family, Daniel Wu's family,

Oak Meadow & Buckeye Union Mandarin Immersion Schools

September 29, 2023

Happy Friday, Oak Meadow and BUMI Families,

What a fantastic month of September we've had on campus! I know our students loved the BMX Assembly that took place last week – the message about working hard in school was shared as the bike riders did all kinds of tricks. Ms. Baker, Mrs. Freeland, and Ms. Amanda all put their lives at risk for an extra flair of excitement. Thank you, PTO, for making this happen!

Thank you for taking the time to attend parent conferences this week. I truly do believe that a strong parent-teacher partnership is among the most important elements of a child's success. Thank you for all you do at home to support your children!

Cinnamon Johnsrud
cjohnsrud@buckeyeusd.org
Principal



Parent Engagement Opportunities this Month



Begins October 5th– Parenting the Love & Logic Way

Love and Logic is a program that helps parents raise strong, happy, responsible kids who are also more confident, resilient, and better decision makers. Please look here for more details: [Love & Logic Information](#)

October 12th at 8:00am – Coffee & Conversation

Dr. Roth (Superintendent) will be on campus for coffee and casual conversations with parents on October 12th. He will bring coffee and breakfast treats, and families are invited to join in! Please come to the staff room just after school starts to join in on the conversation.



October 18th at 12:30pm – PTO Meeting with our Superintendent

Our PTO Meeting will be held at 12:30 pm in Room G5 with Dr. Roth as our special guest. Please join us!

October 17th at 6:00pm – Parent Information Night **ZONES**

Ms. Leslee (our school counselor) will be hosting a Parent Information Night focusing in on the Zones of Regulation. Join us to learn about tools to foster regulation and emotional control in your children. Click here for more information: [Parent Info Night – Zones of Regulation](#)



October 31st – Halloween Parade

Families are welcome to join us on Tuesday, October 31st for our annual Halloween Parade held in the morning on our blacktop. Watch for more information in the coming days.

Parent Information Night at Oak Meadow/BUMI

ZONES of Regulation

Tools to foster regulation and emotional control

Tuesday, October 17th

6:00pm in the MPR

The Zones of Regulation is a widely recognized, evidence-based framework designed to help children develop a deeper understanding of their own emotions, learn strategies to regulate their feelings, and improve their ability to interact effectively with others. Recently, the staff at Oak Meadow and BUMI were trained in the Zones of Regulation, and we would like to share our training with our parents. At this Parent Information Night parents will learn about the Zones of Regulation and how we are using the Zones of Regulation on our campus.

Presenters: Ms. Leslee Spencer-Long (counselor) & Cinnamon Johnsrud (principal)

			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

Oak Meadow & Buckeye Union Mandarin Immersion Schools

September 29, 2023

STOPit

All sites in our district have contracted with a new anonymous reporting system called STOPit. Students and guardians are able to use this system to anonymously share information to provide or get help as quickly and efficiently as possible. Reports are immediately sent to administration for review. Some examples of information to report include bullying, harassment, violence, weapons possession, and/or discrimination. Posters with QR codes will be posted in common areas around campus and there is a link under the "Students" tab on our school website for access to make a report.

For more information, see the flyer here: [STOPit Flyer](#)

Help Keep Our Campus Safe!

All volunteers/visitors on campus must sign in and out at the office before entering and leaving campus during school hours. Please be sure to wear your volunteer sticker indicating you have signed in.



Drop Off & Pick Up

Thank you for your ongoing patience in the parking lot in the mornings and afternoons. In an effort to keep traffic flowing, and to ensure everyone's safety, please be mindful of the following:

REMINDERS

- Please **slow down** when in our parking lot.
- Please **remain in your vehicle** when pulled up alongside a curb.
- Please pull your vehicle up behind other vehicles to minimize large gaps.

Attendance Corner

What is considered an excused absence?

By law [EC § 48205], excused absences are: illness (fever 100° or more), persistent runny nose (not allergy related), vomiting, diarrhea, medical/dental appointments), death in the family, specific religious reasons, required appearance in court, and exclusion from school for contagious disease.

What can I do if my child needs to be out of school for a length of time?

If your child must go out of town for three (3) or more days, you may request that your child is signed up for an Independent Study Agreement. Please note that teachers need at least one week's notice in order to prepare materials without interrupting their instructional time.

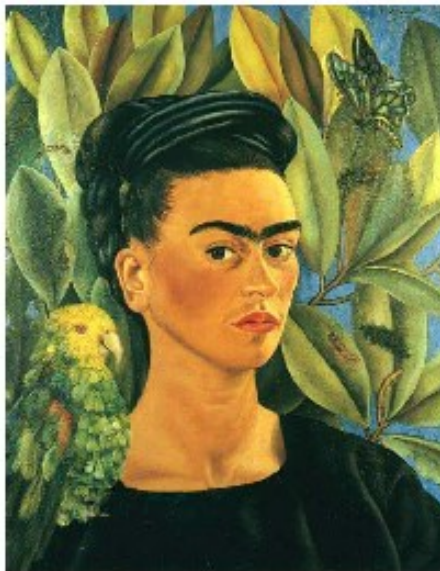
Meet the Masters



Meet the Masters

Attention Oak Meadow Families

Thank you to all of the wonderful volunteers that have stepped forward and brought Meet the Masters into our children's classrooms. I hope you all enjoyed the impressionist projects your kids were able to do in the style of Degas. MTM doesn't work without you, so thank you for your continued support!



Self-Portrait with Bonito (1941)

Our second artist of the year is Mexican artist Frida Kahlo, born in Mexico City, Mexico in 1907. Kahlo is known for her brilliantly colored self-portraits and works inspired by the nature and artifacts of Mexico. Kahlo was often identified as a Surrealist because many of her paintings had strong autobiographical elements and mixed realism with fantasy.

Our next MTM Training is Tuesday, October 24th at 7p.m. If you're interested in becoming a parent volunteer for MTM, please email MeetTheMastersLead@gmail.com or MeetTheMastersOM@gmail.com. No artistic talent is needed to volunteer! This program is entirely run by parents, so please help keep art alive for our Oak Meadow students. Hope to see you there!

Thank you for your support!
Meet the Masters Committee

Counselor's Corner

In September, I rotated throughout classrooms introducing [The Zones of Regulation](#), derived from a research-based curriculum designed to teach children how to identify and regulate their emotions. My lesson was a brief overview of the different feeling zones, how intertwined our feelings and learning are, how normal and natural all feelings are, and how certain “tools” can help us stay in control. Our study of The Zones is just getting started but if you ask your child what color zone they’re in, I bet they can tell you.

Here are a few books that touch on all the different feeling zones:

[The Way I Feel](#) by Janin Cain
[Today I Feel Silly](#) by Jamie Lee Curtis
[In My Heart](#) by Jo Witek

In October, we’ll be breaking down and learn all about our first zone, THE RED ZONE. Red zone is marked by high energy and loss of control. Red zone feelings include: anger, rage, elation, devastation, panic, and terror. The Red Zone can be very uncomfortable but we’ll be talking about specific red zone tools to help your child manage those big feelings when they come up.

Take a look at these Red Zone feeling books:

[Llama Llama Mad at Mama](#) by Anna Dewdney
[When Sophie Gets Angry, Really, Really, Angry](#) by Molly Bang
[Cool Down and Work Through Anger](#) by Cheri J. Meiners

The 2023-24 Peer Mediators have been selected, trained and will be out on duty in the next week. It seems like a really great group this year!! I’m looking forward to working with them.

Following parent teacher conferences, I’ve received lots of new counseling group referrals so I’ll be organizing and scheduling those very soon. If you’re interested in 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.

Lastly, It’s never too early to start thinking about Christmas and the spirit of giving. Once again, We will be collecting gift cards for some of our own Oak Meadow & BUMI families needing a bit of holiday cheer this year. If you are, or know of a family in need, please send me a message at ls Spencer-long@buckeyeusd.org.

~ Miss Leslee

Nurse's Notes



Welcoming Autumn: Nurse Notes!!



Our health team is looking forward to a wonderful fall season. Autumn the temperatures tend to drop and students can forget to keep up on water intake – pack a water bottle and encourage hydration. We tend to see an increased number of headaches reported in the fall.

WHEN ARE CHILDREN "TOO ILL" FOR SCHOOL?

Review the "FOUR B's" – these "B's" are when we typically send students home... Is your child:

- **Burning** (fever over 100 degrees)
- **Broken** (severe injury- possible fracture)
- **Barfing** (could be vomiting or diarrhea)
- **Bleeding** (not easily addressed with first aid)

What else? For fever, keep at home until 24 hours fever free without the use of medications. For vomiting or diarrhea, if your child has a known health concern that may lead to these conditions, please reach out to the health clerk at your child's school. Otherwise, keep home until 24 hours symptom free. If your child has had an injury resulting in fracture or wound that required intervention such as sutures, please reach out to the health office to let us know. Please be sure to notify the school for PE restrictions.

Deciding whether to keep at home? Other concerns to have evaluated, consider consulting with your physician;

Cough: Severe cough, barking or croupy cough, persistent cough, wheezing; keep in mind even a mild cough can be long-lasting.

Sore Throat: Severe sore throat could be strep - symptoms are headache, stomach pain, patches in throat and often fever. If present, consult with your physician. Strep requires antibiotics 24 hours before they come back to school.

Earache: Consult or visit the pediatrician to rule out infection, be seen for ANY drainage!!!

Pink Eye (Conjunctivitis): The current AAP recommendation is no exclusion, but be evaluated for pain/drainage.

Covid Protocols: Please review your child's symptoms. Parents are responsible to keep their children home if too sick for school. Public Health does recommend those who are positive, isolate for 5 days and return once symptoms are resolving.

District Illness Protocols are here: https://docs.google.com/document/d/1NnUjOIXad1Di_NvDpcxtaxUS-nXEv8vH8QIOlft_eU

REMINDER: Medications – A NEW FORM is required every year by CA Education Code for ANY and ALL medications. This includes prescribed such as epinephrine, albuterol, eye drops or an OTC (Over The Counter medication like ibuprofen, Tylenol, cough drops). In general, anything with an "active ingredient". PLEASE complete the BUSD medication form with your physician. If you have a current school year print out from your child's provider that lists the medication, route, timing (e.g. 9AM, PRN), frequency, diagnosis you can sign and attach it to our permission form. Our: <https://drive.google.com/file/d/1HtDbaVOdNUxn52IQB8849Qc2OYCe6ikE/view>

Immunizations: As we progress in the school year, we often audit charts to ensure vaccines are up to date. **We must by law exclude students who do not meet the immunization requirement.** Students without immunizations in progress (and not yet due) or missing boosters, incomplete records, expired medical exemptions or belief statements will be excluded from school. For more information about medical exemptions, please review the CAIR-ME site: <https://cair.cdph.ca.gov/exemptions/home>

Vaccine requirements: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/Immunization/IMM-231.pdf>

Seventh Grade: If your child is advancing into 7th grade they will need a TDAP booster, any given after age 7 will meet the requirement. They may need to catch up to 2 Varicella if they only have one and they have a TDAP booster requirement. Any medical exemption that is not a CAIR-ME exemption will expire.

If you receive an email or letter about missing immunizations, review these materials carefully especially if your child has immunizations in PROGRESS. Review page two of the IMM-231 for spacing. If your child is OVERDUE, your child will be excluded.

Our health office loves donations to keep things healthier and happier – consider donating cleansing wipes, zip style plastic baggies and we can also use sport shorts or stretchy pants and sweats or hoodies and sweaters (gently used items for elementary grades, especially in small to medium). Thank you for your support!

Best regards from your Buckeye Union School District School Nurses: Tristan Kleinknight tkleinknight@buckeyeusd.org & Sandy Chavez schavez@buckeyeusd.org

Tristan Kleinknight, MSN RN PHN: School Nurse for:

Blue Oak Elementary: Health Clerk I, Carmela Ricci

530-676-0164 x1830, Fax: 530-676-0750

Buckeye Elementary: Health Clerk II Rachel Kelly, LVN

530-677-2277 x1230, Fax: 530-672-1400

Comodoro Springs: Health Clerk I Tammy Collins

530-677-1658 x1530, Fax: 530-677-9537

Valley View Montessori: Health Clerk Sarah Lester, LVN

916-933-9164 x3330, Fax: 916-933-5115

Sandy Chavez, MSN RN PHN: School Nurse for:

Oak Meadow Elementary: Health Clerk I, Luz Shaw

916-933-9746 x2130, Fax: 916-933-9784

Rolling Hills: Health Clerk I, Bertha Chau

916-933-9290 x3030, Fax: 916-933-7454

Silver Valley Elementary: Health Clerk I, Tara Nakano

916-933-3767 x2730, Fax: 916-933-6389

William Branks Elementary: Health Clerk I, Raffaella Avina

916-933-6610 x2430, Fax: 916-933-3910

The Café

SCOOP

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



Buckeye Union Food Service



What's Cooking?
Chicken Potstickers are new on our lunch menu this year. They are made with a whole wheat flour wrapper filled with chicken, cabbage and green onions. There is no added MSG or artificial flavors. It's been a huge hit!

Our cucumbers this month come from Terra Firma Farm in Winters, CA. Terra Firma Farm is CCOF Organic Certified and practices ecologically sustainable agriculture with the goal of protecting soil, providing wildlife habitat and conserving energy and water.



Empowering you with safety technologies for healthier learning environment.

STOPit provides you with: An anonymous, comfortable way for you to share information so that you can provide or get help as quickly and efficiently as possible.

Use the STOPit mobile app to anonymously report incidents to your school. Reporting is completely anonymous. You can include text, images or video. It only takes a few minutes

What can you report?

- Bullying
- Cyberbullying
- Harassment
- Violence, threats, or weapons possession
- Alcohol or drug related issues
- Discrimination

[View Student Training Video](#)

How STOPit Works?

- 1 Submit a tip via mobile app, website or 24/7 phone hotline
- 2 Incident Response Center monitors and reviews your submission
- 3 School Administrators receive and act on tip submission

**Download STOPit today!**

CAPTURE YOUR MEMORIES IN THIS YEAR'S OAK MEADOW ELEMENTARY SCHOOL YEARBOOK!

treering

10% OFF

purchase by
October 31



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

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	*Wednesday 12:00 - 12:30
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

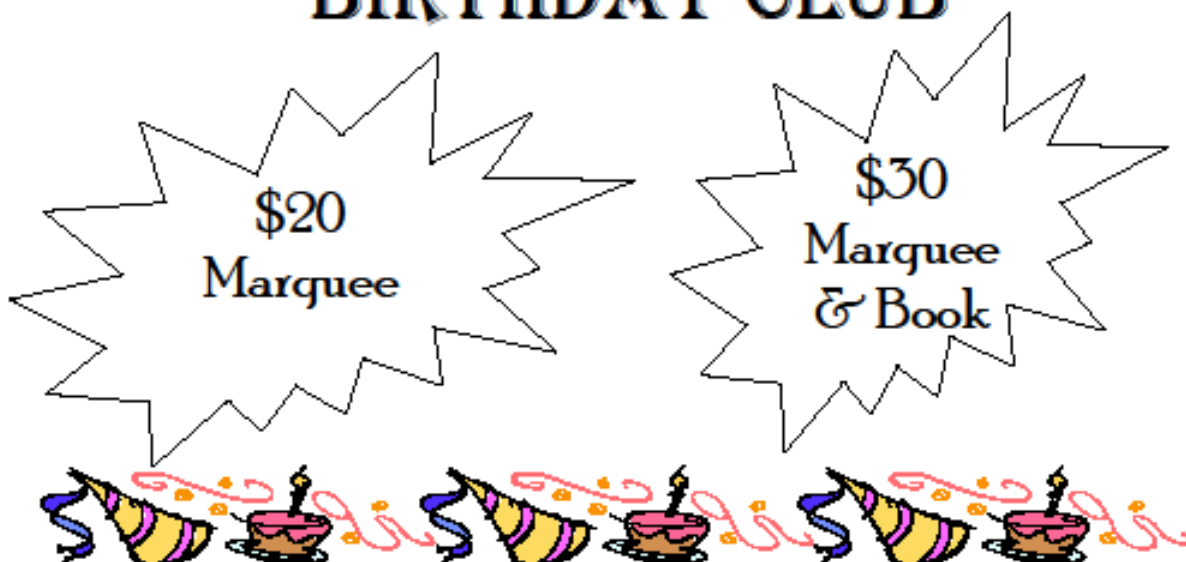
1 Minimum Days—
Only Elementary
Parent Conferences

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

BIRTHDAY CLUB



As an ongoing fundraiser for Oak Meadow, you have 2 options to select from to celebrate your child's birthday and support your school library.

Option A ~ \$20 ~ Celebrate your child's name by displaying their name in lights on the school marquee.

Option B ~ \$30 ~ Help expand Oak Meadow's library! With the help of our librarian, your child will select a book and your child's name, birthday, and the year it was donated will be placed on the inside cover! Your child will be the first to check this book out!

If your child has a summer birthday, it can be celebrated on their $\frac{1}{2}$ birthday! What a fun way to celebrate your child's birthday by placing their name on the marquee and a great way to fill Oak Meadow's library and have your child's name in a book for years to come. Please submit your forms early!

Student's Name: _____

Parent's Name: _____

Phone: _____ Email: _____

Teacher's Name: _____

Birth Date: _____

Student will be age : _____

Please check appropriate box:

☐

\$20 – Option A – child's name on school marquee

☐

\$30 – Option B – child's name on school marquee & library book

Attach method of payment of **cash** or **check** made out to Oak Meadow.

OAK MEADOW ELEMENTARY & BUCKEYE UNION MANDARIN IMMERSION



ADOPT A CLASS



2023-2024

The *"Adopt A Class"* program was created over sixteen years ago to provide additional money, directly to the teachers, to assist in enhancing our children's education.

Business, individuals, or groups of families may *"Adopt A Class"* for a minimum donation of \$200 in order to receive an appreciation certificate. All teachers, resource, P.E. & library are eligible to receive the donations.

DONORS BENEFIT BY:

- Recognition in the classroom for a year
 - Recognition in the school bulletin
- Certificate for place of business at end of school year
 - Tax benefits
- *100% of your money goes to the teacher!*

This is a win/win for students and businesses!

(Please make checks payable to Oak Meadow School and return to the office)

Name: _____ Phone: _____

Address: _____

Email: _____

Name for Certificate: _____

Teacher's Name: _____ Grade: _____

Amount donated \$: _____

Have you requested matching funds from an employer? _____

Thank you for your support!