

The Bulldog Dish

February 2019



BLUE OAK

PRINCIPAL'S MESSAGE

Hard to believe that the end of the 2nd trimester is just a few short weeks away!

There are so many great things happening around our school. Not only are students learning at high levels, but the staff is engaging in some great work around emotions and how they impact the learning environment. During our last staff inservice day, all staff was trained in the importance of emotional regulation in order for students to be able to access their learning. The whole school community is learning calming and focus techniques. Just another PAWS-ITIVE element at Blue Oak.

News from Bullido PTA

February 8th: We hope you can join us from 5:30-8:00 for our Hearts for Paradies Family Dance. This event is a fundraiser for our friends who have been impacted by the Camp Fire. Please come have some fun and let's raise some big money for Concow Elementary. 90% of Concow's families lost everything in the Camp Fire, including their school. Let's show them some serious Bulldog love and support. All proceeds made that night will be given to help Concow Elementary.

March 15th- Family Game Night. Mark your calendars!! Look for info coming soon!

New Board Members needed for next year email sueissmiling@yahoo.com with any questions

The DISH for February

- Feb. 1st: Pennies for Patient Assembly
- Feb. 4th: TK & Kinder registration begins
- Feb. 4th: Pennies for Patients Kicks Off
- Feb 4th: Candy Gram sales before school
- Feb. 5th: Bulldog Basketball at Camerado
- Feb. 7th: Bulldog Basketball @ Lakeview
- Feb. 8th: Hearts for Paradise Family Dance
- Feb. 11th-13th: 5th Grade Redwood Trip
- Feb 12th: Last day of Candy Gram Sales
- Feb. 14th: Bulldog Basketball @ Valley View
- Feb. 15th: No School: Lincoln's Birthday
- Feb. 18th: No School: Presidents' Day
- Feb. 19th: Family Math Event at Blue Oak
- Feb. 19th: Parent Math Meeting @ Blue Oak
- Feb. 20th: Bulldog Basketball @ Lake Forest
- Feb. 22nd: End of 2nd Trimester
- Feb. 22nd: Tie Dye Day
- Feb. 25th: Pennies for Patients Ends
- Feb. 25: PTA Meeting
- Feb. 26th: Bulldog Basketball @ Camerado
- Feb. 28th: Bulldog Basketball @ Camerado



Birthday Club

Do you want to announce your child's birthday on the electronic marquee? The cost is \$20 to have your child's name in lights. The form is in the front office. Please turn the form and money in 5 days in advance.

Kindergarten Registration Begins February 4th!

Hard to believe it is already that time! If you have a kindergarten or transitional kindergarten age student (or know someone who does), it is time to gather the necessary information in order to get them registered for the 2019/2020 school year. The kindergarten packets will be available in the school office beginning on January 30, 2019. Packets will be accepted back beginning on Monday, February 4th. A completed packet must have all paperwork filled out, proof of residency, copy of the birth certificate, and complete shot records.

If you have questions about registration, please feel free to call our office at (530) 676-0164

DON'T LOSE TRACK OF WHAT'S HAPPENING



dates to Remember

March 1: Core Value Assembly
March 5: Parent Math Meeting at Blue Oak
March 13: Dine Out at Papa Gianni's
March 15: Jump Rope Show
March 15: Family Game Night
March 18: Sami Circuit Visits Blue Oak
March 18: Parent Math Meeting at Blue Oak
March 18: PTA Meeting
March 22: Sami Circuit Returns
March 25: No school for students
March 29: Sami Circuit Family Night



As part of the Bulldog Team, I will:

1. Show Respect
2. Be Safe
3. Be Kind
4. Be your Bulldog BEST!

Congratulations to our 3rd grader, Madison Melgoza, who has advanced on to the NorCal finals in the Hoop Shoot!



Valentine Candy Grams

Blue Oak Leadership Team will be selling Candy Grams beginning on February 4th through February 12th. For \$1, students and Bulldog families can send a Valentine note and a sweet treat to a Lil' Bulldog in any class. The Candy Grams will be delivered on Thursday, February 14th. All proceeds will go to offset field trip costs.



Sugarloaf Fine Arts Camp

The online applications for the 2019 Sugarloaf Fine Arts Camp begin on February 1st and run until February 15th. If you are interested in having your child attend Visit <http://www.sugarloafcamps.org>

Core Value Courage

Doing what is right even when it is difficult

For the month of February, we will be focusing on **COURAGE**. Teachers and staff members will be working with the kids to help them build courageous habits. Literature and group discussions will be used to help students internalize this concept, as well as recognition of courage when we see it happen!

Blue Oak Contact Information

2391 Merrychase Dr. Cameron Park, CA
Office Phone: (530) 676-0164 or (916) 933-5149
Website: <http://boes-buckeye-ca.schoolloop.com/>
Rachelle Ball, Principal:
rball@buckeyeusd.org
Noel Stedeford, Asst. Principal:
estedeford@buckeyeusd.org

Pennies for Patients

Between February 4th and 25th, students at Blue Oak are invited to raise funds to be donated to the Leukemia and Lymphoma Society. Information went home on Friday, February 1st. Every cent counts!

Core Value Recognition

Congratulations to the following students who were recognized at our Core Value assembly on Friday, January 25th. These students were nominated by their teachers for showing GRATITUDE:

1st Grade: Enzo Floyd, Bailee Moran, Ah'yanna Flores, Karsen Williamson, Nathan Switzer, Zephyr Rodriguez, Lina Zamora, Kaelyn Shepherd, Bubba Caraway
2nd Grade: Landon Barrera, Emilia Russell, Aaron Bradley, Jessilyn Nelson, Lilah Arthur, Andrew Cassady, Ayden Loeffler, Brody Manzella, Brooklyn Winslow, Kylea Malone
3rd Grade: Emily Ellsworth, Jayden Martincek, Mason Visconti, Mason White, Phoenix Sellen, Aubrey Joiner, Tyler Boyle, Carly Boyle, Bryani Ono, Jacob Arthur, Leo Agol, Cale Sharoian
4th Grade: Anna Floyd, Abel Rojas, Alyssa Soto, Ben Deagle, Luke Flager, Gracie Tinonga, Maddie Weiland, Kylie Goodwill, Callen Kudlacz, Ian Christensen, Lauren Williamson
5th Grade: Ellie Escobar, Jordyn Moore, Evangelese Edison, Miller Albin, Sophia Coppa, Mikaila Walker, Jaden Mercado, Morgan White

Thank you to these students for going above and beyond to make Blue Oak School a PAWS-ITIVE place to learn and play!

Nurse's notes: WHEN ARE CHILDREN "TOO ILL" FOR SCHOOL?

We typically utilize the guidelines published by the Student Attendance Review Board (SARB) known as the "Four B's" when we evaluate your child. Is your child:

- **B**urning (fever over 100 degrees)
- **B**arfin (can be vomiting or diarrhea)
- **B**roken (severe injury- strain or possible fracture)
- **B**leeding (that cannot be easily addressed with first aid)




What else? Deciding whether to keep at home?

Keep at home: Fever, Diarrhea, Vomiting, Pink Eye (unless treated)

Have these evaluated: Severe Cough, Sore Throat, Earache, Pink Eye, Rash, Any Drainage (eye, ear, wounds), Skin Lesions, Severe Pain

MEDICATIONS: ALL medications, even OTCs or cough drops (pack water or a few mints), require a permission form! [https://www.buckeyeusd.org/site/handlers/filedownload.ashx?moduleinstanceid=4983&dataid=5944&FileName=2018 BUSD Medication%20Permission%20Form 102018.pdf](https://www.buckeyeusd.org/site/handlers/filedownload.ashx?moduleinstanceid=4983&dataid=5944&FileName=2018%20BUSD%20Medication%20Permission%20Form%20102018.pdf)

Is it a cold or flu?



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

COLD versus FLU: The winter brings both cold and flu - respiratory illnesses that lead to many absences. True INFLUENZA tends to be much more severe and worrisome. KEEP IN MIND – Influenza treated in the first 24-48 hours leads to better outcomes as there are newer medications that can help treat the flu. Flu can have VERY serious symptoms. When in doubt, **contact your pediatrician** for more information.

Want to know more? ONLINE RESOURCE: <https://www.cdc.gov/flu/about/qa/coldflu.htm>

A good way to prevent flu is to obtain a vaccine. Check in with your pediatrician, family doctor or connect with the local PHD!

The El Dorado County Public Health Department can be reached at 530-621-6100. Typically flu clinics are offered as early as September and run through December – mark your calendars!!

Get to know your school health team staff!!! We have two School Credentialed Registered Nurses to address the needs of our schools. Each school has a daily health clerk trained for emergency care and medication assistance.

Tristan Kleinknight, MSN RN PHN: Nurse for:
Blue Oak Elementary: Health Clerk II Joy Clark, MA
 530-676-0164 x1830, Fax: 530-676-0758
Camorado Springs: Health Clerk Lesley Gentry
 530-677-1658 x1530 Fax: 530-677-9537
Oak Meadow & Mandarin Immersion: H. Clerk Luz Shaw
 916-933-9746 x2130 Fax: 916-933-9784
Valley View Montessori: H. Clerk II Mary Dietrich, RN
 916-939-9640 x3330 Fax 916-939-5015

Sandy Chavez, MSNp RN PHN: Nurse for:
Buckeye Elementary: Health Clerk II Rachel Kelly, LVN
 530-677-2277 x1230 Fax: 530-672-1483
Rolling Hills: Health Clerk Pamela Currie
 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: H. Clerk II Terri Hale, MA
 916-933-6618 x2430 Fax: 916-933-3910