School Times: All Mandarin grades and First - Fifth grades: 7:55am - 2:07pm
  AM Kindergarten Times: 7:40am - 11:10am, PM TK 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 AM ~ 7:40am - 10:25am, TK PM ~ 10:25am - 1:10pm

IMPORTANT DATES
11/8 - 11/15 ~ Online Book Fair (see attached for more information)
11/10 ~ Dine Out Night at Mexico Lindo, 4pm-8pm (see attached flyer)
11/11 ~ Veteran’s Day—NO SCHOOL
11/22 - 11/26 ~ Thanksgiving Break—NO SCHOOL

~Adopt A Class~

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

Pete Villarreal, Saifi Family, Alexander Family, Carr Family, Carlsen Family, Stine Family, Bell Family, Francis Family, Jackson Family, Armocido Family, Timsdottir Family, Mackenna Johnson’s Family, The Silver Platter Real Estate Team, and Jack Smith

* REMINDERS *

*If your student is absent from school, please remember to call our attendance line at 916-933-9746, option #4 and leave a message that includes: Student Name, Date, Teacher’s Name, and the reason for the absence. This should be done the morning of each absence.

*To help alleviate traffic, if you live within Serrano, please consider walking to school. If you are able to utilize our circle drop & go areas, that would be appreciated and help with the flow of traffic. Please DO NOT park on the curb as that stops the flow of traffic.
EVENTS AND REMINDERS

- Dine-Out Night: Nov. 16th at Mexico Lindo
  (See attached flyer for details.)
- Raley’s One Fundraiser Nov. 13th
  (See attached flyer for details.)
- Last day to order spirit wear: Nov. 17th
- PTO Zoom Meeting: Nov. 18th @ 7:00 p.m.
  (Check your email for the link.)
- Donate With These Programs:
  - Amazon Smile
  - Nugget Scrips Program
  - www.oakmeadowpto.com/donate

SPRIT WEAR

Get your spirit wear while you can! The last day to order is November 17th. You can find available products with this link:

www.companycasuals.com/oakmeadow
MEXICO LINDO, EDH

OAK MEADOW
- FUNDRAISER -

WEDNESDAY | NOV 10TH, 2021

QCMLM

RAPTORS

4PM-8PM

20% OF PROCEEDS WILL GO TO OAK MEADOW ELEMENTARY SCHOOL
OAK MEADOW
PTO FUNDRAISER
Raley’s ONE Market

3935 PARK DR.
EL DORADO HILLS CA, 95762
P: (916) 933-0518

20% OF SALES GO TO THE PTO

NOVEMBER 13
ALL DAY!

JUST MENTION "OAK MEADOW" AT CHECKOUT!
OAK MEADOW SPIRIT WEAR

AVAILABLE NOW THROUGH NOVEMBER 17!

www.companycasuals.com/OakMeadow
November 8th - 15th
Join us in supporting our Library and your love for reading.
Just click on this link:
Follett Book eFairs (follettbookfairs.com)

Oak Meadow/BUMI eFair code: 4E5RD
As October comes to a close, I wanted to share some highlights from the previous month and let you know about some upcoming events.

**Counseling Groups**
My first round of groups are in full swing. The next round of groups will begin after the holidays. Topics include: Friendship, Worry Management, Stress Management, Self-esteem, Grief, Self-regulation, Separation/Divorce. If you’re interested in a group for your child, you can contact me at lspencer-long@buckeyeusd.org.

**Classroom Guidance**
In September students were introduced to The Zones of Regulation where they learned how to categorize their feelings into 4 different color zones while discovering tools to help regulate themselves back to calm, happy, and focus (The Green Zone). As worry (Yellow Zone) is one of my most requested group topics, I focused on that specific feeling in October sharing and helping students learn to identify worry signals, triggers, and tools. Common worries list for students (attached)

**Zones of Regulation Activities at Home**
~Families:
  * Take time to relax with some [mindful moments and meditations](#)

~Parents and Guardians:
  * Learn about self-regulation and the research behind it through this [YouTube video](#)

~Students:
  * Listen to this [read-aloud of I Am Peace](#) and try to name all of the coping strategies used in the book
  * Games that help you practice self-regulation: Red Light Green Light, Freeze Dance, Simon Says. All of these games require us to control our impulses.
  * [List of coping tools to help us stay or move to the Green Zone](#) from Yellow Zone (worry)

**Warm Fuzzy Drive**
Once again, Oak Meadow came through in a BIG way by filling the huge Hands4Hope bin over and over and over again. Thanks so much for the support in helping keep our neighbors warm and cozy this fall and winter.

**Holiday Wish Gift Card Drive**
Lastly, we will be collecting gift cards for our very own Oak Meadow families to help support them through the holidays and end 2021 with some good will and warm memories. If you know of or are a family in need who would like to be included, email [lspencer-long@buckeyeusd.org](mailto:lspencer-long@buckeyeusd.org)
# My Stress & Worry List

<table>
<thead>
<tr>
<th>Worry or Stressor</th>
<th>No</th>
<th>Sometimes</th>
<th>A Lot</th>
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</thead>
<tbody>
<tr>
<td>1. Tests &amp; Quizzes</td>
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<td>2. Fire Drills</td>
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<td>3. Bucket Dipping / Bullying</td>
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<td>4. Making New Friends</td>
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<td>5. Lunch Time / Cafeteria</td>
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<td>6. Recess</td>
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<td>7. Being around Lots of People</td>
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<td>8. New Things (learning)</td>
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<td>9. Speaking in Class</td>
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<td>10. Storms or Bad Weather</td>
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<td>11. Getting in Trouble</td>
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<td>12. Going to Bed at Night</td>
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<td>13. Writing</td>
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<td>14. Math</td>
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<td>15. Reading</td>
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<td>16. Intruder/Weather Drills</td>
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<tr>
<td>17. Making Mistakes</td>
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<tr>
<td>18. Spiders, Bugs, Insects</td>
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<td>19. Ghosts/Monsters</td>
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<td>20. Loud Sounds or Noises</td>
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<td>21. The Dark</td>
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<tr>
<td>22. Getting Hurt or Sick</td>
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<td>23. Coming to School</td>
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<tr>
<td>24. Not Know what to do</td>
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<td>25. School Bus</td>
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<td>26.</td>
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Supporting Your Children During an Uncertain School Year: Tips for Managing Anxiety Parent Webinar

Anxiety is the most prevalent mental health disorder among children and adolescents, affecting 1 in 4 youth over their lifetime. Being physically back in school for the 2021-2022 school year may help some students feel more secure, but for others the anxiety and fear can be overwhelming. It is important for caregivers to know how to help.

This one-hour webinar will offer coping strategies, tools and resources to support your children/teens who might be feeling overwhelmed, stressed or anxious.

Free Webinar
Tuesday November 2, 2021
6:00pm

Register for virtual training here

This event will also be broadcasted live on the California Department of Education’s Facebook Page

Mara Madrigal-Weiss
Executive Director

Heather Nemour
Program Specialist

San Diego County Office of Education’s Student Wellness & School Culture Student Services and Programs Division

[Logos]
The next session of Dream Enrichment Classes begin in December. Please call 916-419-7644 for more information or to enroll.
ATTENTION PARENTS

THE EL DORADO COUNTY OFFICE OF EDUCATION IS CURRENTLY HIRING SUBSTITUTES

ARE YOU RETIRED? JUST LOST YOUR JOB? HAVE A FEW EXTRA HOURS TO SPARE? LIKE CHILDREN?

SUBSTITUTING MAY BE FOR YOU!

EDCOE is now hiring Guest Teachers! Positions pay from $120.00 a day to $165.00 per day depending on the district.

- If you have a Bachelor’s degree and have taken the CBEST (California Basic Education Skills Test)* you may qualify for an Emergency Substitute Permit.
- (*The requirements regarding the CBEST have recently changed. This allows us to review your transcripts to see if you meet the requirements instead of taking the CBEST exam itself)

Don’t have a degree? We have other substitute positions available as well such as:

Custodian/Maintenance
Food Service

Instructional Assistant
Library Aide

Yard Duty
Health Clerk

Clerical

SCAN THE QR CODE OR APPLY ONLINE AT
www.EdJoin.org/EDCOE
EL DORADO COUNTY PUBLIC HEALTH

FLU CLINICS

Rolling Hills Middle School
9-30-21 from 2:30pm - 4:30pm
7141 Silva Valley Pkwy, El Dorado Hills, CA 95762

Camerado Springs Middle School
10-7-21 from 2:30pm - 4:30pm
2480 Merrychase Dr, Cameron Park, CA 95682

Pioneer Park - Somerset
10-21-21 from 10am - 12pm
6740 Fairplay Rd, Somerset, CA 95684

Diamond Springs Fire Station 49
10-28-21 from 10am - 12pm
501 Pleasant Valley Rd, Diamond Springs, CA 95619

El Dorado Hills Fire Station 85
11-04-21 from 10am - 12pm
1050 Wilson Boulevard, El Dorado Hills, CA 95762

Divide Wellness Center - Georgetown
11-06-21 from 10am - 1pm
6065 CA-193, Georgetown, CA 95634

Low cost seasonal flu vaccine - $10 fee per vaccine; no one will be denied service due to inability to pay - Cash or check accepted - No appointment needed - Individuals must be six months of age or older to receive flu vaccine.
In conjunction with CHiPs for Kids

PLACERVILLE CAMPAIGN WILL COVER THE FOLLOWING CITIES IN EL DORADO COUNTY:
Cameron Park/Camino/Coloma/Cool/Diamond Springs/El Dorado/El Dorado Hills/Garden Valley/Georgetown/Greenwood/Grizzly Flats/Lotus/Mount Aukum/Pilot Hill/Placerville/Pollock Pines/Rescue/Shingle Springs/Somerset

IF YOU RESIDE IN South Lake Tahoe, You must contact the coordinator and register with Meera Bseer (775) 230-1066.

Children up to the age of 17 if still in school are eligible to be registered.

Registration will only be completed on the following dates/times and locations:

AS A REMINDER - THE VENUES THAT ALLOW US TO HAVE REGISTRATION DO NOT HAVE INFORMATION ON THE TOYS FOR TOTS CAMPAIGN - PLEASE DO NOT ASK THEM TO ASSIST YOU WITH REGISTRATION AS THEY WILL NOT BE ABLE TO.

Oct 16th-9 AM to 4 PM / Oct 30th-9 AM to 4 PM / Nov 13th-9 AM to 4 PM. ——130 Placerville Drive, Placerville CA- VETS Hall UPSTAIRS

Nov 27th 10 am to 3 pm- Wal Mart Missouri Flat Road Placerville-

Nov 28th 10 am to 3 pm- Welcome Center- Town Center El Dorado Hills

There is no on-line registration associated with the campaign/ nor will there be “Wait list” / “Walk in” registration.

*For more information on Toys For Tots, please stop by the office and pick up a packet
BIRTHDAY CLUB

$20 Marquee

$30 Marquee & Book

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 ½ 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.
The “Adopt A Class” program was created over fourteen 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!*