

## **Dates to Remember:**

\*MONDAY'S ARE MINIMUM DAYS – DISMISSAL AT 1:45 PM\*

Monday September 2<sup>nd</sup> – Labor Day NO SCHOOL

Every Friday is SPIRIT DAY! Wear school teal and grey or Oak Run T-Shirts



# Oak Run Elementary School

~ A Public Montessori School

27635 Oak Run to Fern Road ● Oak Run ● CA 96069 (530) 472-3241

Superintendent/Principal
Sue Cooper

### **School Board Members**

Kansas Simonis • Montara Strawn LeeAnn Mollath • Stan Statham Philomene Swenson

**August 23, 2019** 

Issue 1

# THE PRINCIPAL

Greetings Oak Run Families,

Welcome to all of our new and returning students and families!

We have had a great start to the new school year!

Please stop by or call if you have any needs that we are not meeting or pressing questions.

Serving our families, students, and community is our number one priority.

Bus: Our Oak Run Bus and Redding/Palo Cedro Bus routes are up and running. Our complete bus schedule is on our school website at <a href="www.oarkrunschool.org">www.oarkrunschool.org</a>. Thank you all for your patience as we make some slight changes to our stops based on family needs.

After School Clubs: This week we started a trial run of our afterschool Ukulele and Keyboarding lessons. Next week, Cross Country will start with Coach Sarah Hendrix and Co-Coach Abigail Schumacher. Please look for our full menu of after school offerings and permission slips that will be sent home next week.

Parent Involvement: Parents are always welcome to attend our monthly Oak Run Elementary School Board
Meetings and School Site Council and District Advisory Committee meetings. Our next regularly scheduled
board meeting is Wednesday, September 11 at 3:00PM.

We are in need of one parent to serve on our School Site Council and District Advisory Committee. Please call or stop in the district office to add your name to our ballot. SSC/DAC meetings will be held monthly on the third Wednesday of each month at 2:30PM.

We welcome and encourage parents to participate.

In gratitude,

Sue Cooper
Superintendent/Principal
scooper@oakrunschool.org



Oak Seed Preschool - Mrs. Lisa's Class



Week of August 19th, 2019

#### Welcome!

Our first week of school has been busy! Children are exploring a variety of learning materials, reconnecting with friends and making new friends too! This week and next week I'm talking with our class about health, safety and behavior expectations...such as walking in the classroom, washing hands after using the bathroom, taking turns with materials, and using our quiet voices indoors. I am also emphasizing the Montessori concept of choosing work, concentrating on that work, and putting it away before starting new work. Most of all, we are getting to know each other through play and conversation.

Communication is very important to me, and I do my best to make time each morning for discussions with parents. It is helpful for all of us to know when your child is having a "difficult" morning, not feeling well, or needs support to work on a particular behavior or activity. Usually a few moments at drop-off or pick-up is enough time for these discussions, or for questions and concerns. You may also reach me via email: <a href="mailto:lcunningham@oakrunschool.org">lcunningham@oakrunschool.org</a> I don't check emails during class time, so if you have an urgent need, please call our school office at 472-3241.

Please bring a change of clothes/shoes for your child to keep at school, as well as a personal water bottle they can refill each day. Your child has a cubby with his/her name on it, to store personal items. This is also where you will find letters from our school, work that your child wants to take home (such as artwork), and occasional flyers about community resources for families.

I am requesting that parents please donate snacks for our class to share.

 $\blacksquare$ If you are able, please bring enough snacks for 6 to 8 children for 1 week.

Healthy snacks preferred by our kiddos include fresh fruit, carrots, hummus, graham crackers, goldfish crackers, string cheese, yogurt, wheat bread with butter or peanut butter, raisins, and pretzels.

Week of August 26 - Aurora's family
 Week of September 2 - Thomas's family
 Week of September 9 - Jack's family
 Week of September 16 - Silvan's family
 Week of September 23 - Gary's family
 Week of September 30 - Mimi's family

Mrs. Lisa



Mr. Adam's TK- 2<sup>nd</sup> Grade Class



Greetings from Kindergarten!

Welcome back kindergarten, 1st grade and second grade families!

It was a week of getting used to a new classroom and new routines, but we are off to a fantastic start. For my class, the first walk on the trail makes it official. We are back to school!!

~Mr. Adam





# Public Montessori

Greetings, Upper El families! This week has been incredibly exciting!

Per Montessori tradition, we started off the school year with a volcanic eruption, using our volcano model to help tell the Story of the Universe.

Each subsequent day this week, we've shared another of what are called the Great Lessons, introducing each of the major subjects that we study:

- The Arrival of Life, a story about how living things emerged on Earth
- The Arrival of Humans, a story about what makes people uniquely capable animals, and how those capabilities are best used
- The Story of Communication in Sign, a story about how we got our letters and began to write
- The Story of Our Numbers, a story about the earliest math people ever did, and the system they created to do more of it.

My teacher trainer used to tell us, "Children are not dumb; they're just inexperienced." So the facts that you and I have gathered gradually over our lifetimes, they simply have yet to be told. Curious elementary students who ask "why, why, why," are actually just trying to start from their place in the world and collect enough knowledge to climb into the stratosphere. If we tell them the biggest stories we know, we quiet their "whys." First they experience a deep satisfaction, and then they start to reverse their process, zooming in on details and beginning to study rather than trying to zoom out further. There's no wider lens than that of a telescope looking at the universe. See if your child's perspective has been changed this week by looking at the big picture. Gently and eagerly ask:

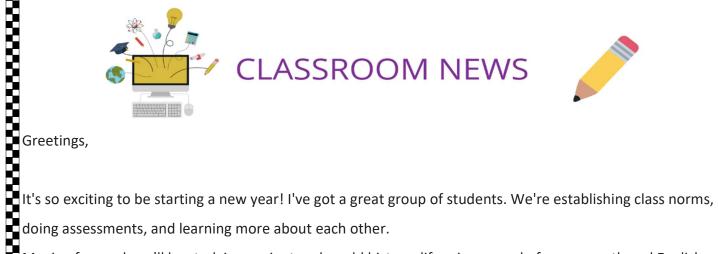
What is a light year?
How did we get our language?
How did we get our numbers?
What makes humans such special animals?

See what they say.

Miss Anne



### Ms. Zollars' 6th-8th Grade Class



Moving forward, we'll be studying ancient and world history, life science, and of course math and English. Their first book report was assigned and the directions went home with a letter from me and the permission form for the pen pal program; if you didn't see them, please ask your student! A rough draft of the book report is due October 4. Please encourage your student to be reading their book in the evening, if they aren't already. Two have finished their first book, and are planning to do a second report for extra credit. Next week we'll take the survey which will match our students to their scientist pen pals! The pen pals will be revealed on Sept. 15. Here's to a great year!

Best wishes Michele





Happy Friday!

Welcome back to school! It is so great to see all of your shining faces!

This week in our Project SHARE after school program we learned about dinosaurs and built dinosaur models. We also took a hike to our organic garden where we enjoyed blackberries and picked fresh apples. We are also learning to make and bake fresh apple pie... We can't wait try it! I'm sure it'll be delicious!

I hope that you have a wonderful weekend and thank you for being a special part of this school and our wonderful and beautiful Oak Run community.









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Parfait or Cereal with Fruit & Milk	B: Breakfast Burrito or Cereal with Fruit & Milk	B: Cinnamon Oat Muffins or Cereal with Fruit & Milk	B: Eggs & Potatoes or Cereal with Fruit & Milk	B: French Toast or Cereal with Fruit & Milk
L: Salad Bar & Garlic Bread with Fruit & Milk	L: White Sauce Enchiladas with Fruit & Milk	L: Spaghetti & Meatballs with Fruit & Milk	L: Peanut Sauce Stir Fry with Fruit & Milk	L: Chicken Strips and Cheesy Potatoes with Fruit & Milk

<sup>\*</sup>Breakfast is served with 1 cup of fresh fruit, lunch is served with ½ cup of fresh fruit and all meals are served with 8 oz 1% or fat-free milk

# Home&Sch Working Together for School Success



#### Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.



Children who regularly eat meals with their families tend to do bet-

ter in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

#### Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

#### Worth quoting

The best way to cheer yourself up is to try to cheer somebody else up!" Mark Twain

### JUST FOR FU

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



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Ms. Tiffany Fulkerson, Title I Director

Oak Run School District

# Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help-but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

#### "Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher. and sign her weekly folder or daily planner if required.

#### "Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

#### "Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

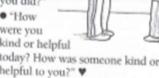
#### "Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.

## After-school questions

Asking "How was school today? might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

- "What's the coolest thing that happened today?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- · How were you kind or helpful today? How was someone kind or helpful to you?" ♥





# What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and

play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

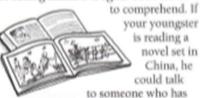
Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors. Explain that keeping your

neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.

## A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

 Knowing something about the topic or setting makes a tougher book easier



been there or look up the country online (try a children's site like kids.national geographic.com).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.
- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about. ♥

#### OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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## Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also,

have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.

# ARENT Talking to kids about money

My children were always asking

to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal."

labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for exam-

ple, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.



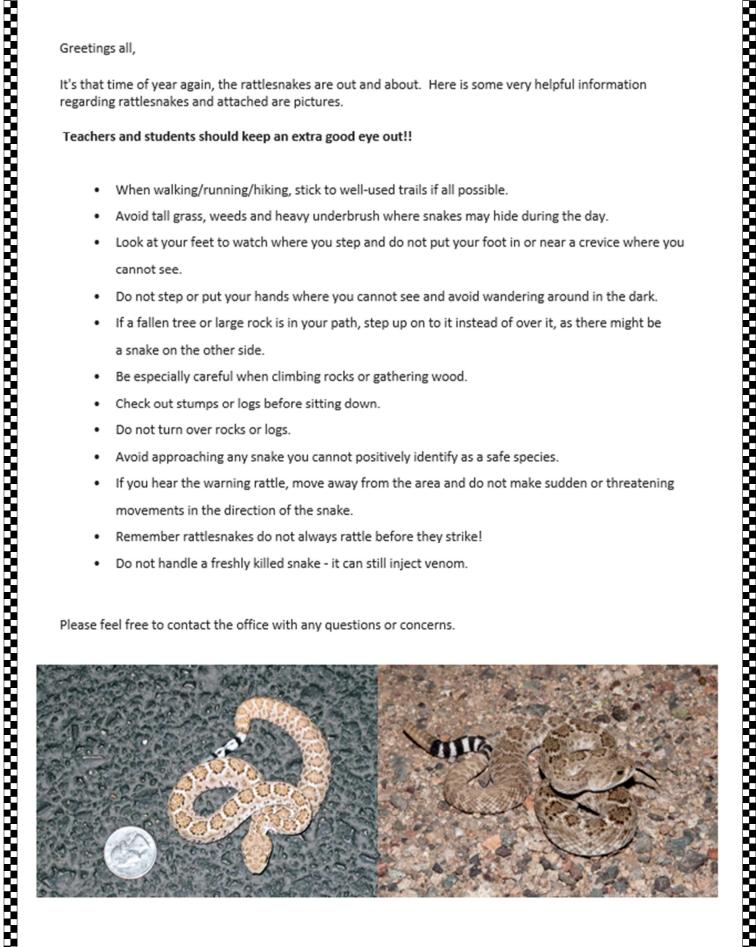
#### Greetings all,

It's that time of year again, the rattlesnakes are out and about. Here is some very helpful information regarding rattlesnakes and attached are pictures.

#### Teachers and students should keep an extra good eye out!!

- When walking/running/hiking, stick to well-used trails if all possible.
- Avoid tall grass, weeds and heavy underbrush where snakes may hide during the day.
- Look at your feet to watch where you step and do not put your foot in or near a crevice where you cannot see.
- Do not step or put your hands where you cannot see and avoid wandering around in the dark.
- If a fallen tree or large rock is in your path, step up on to it instead of over it, as there might be a snake on the other side.
- Be especially careful when climbing rocks or gathering wood.
- Check out stumps or logs before sitting down.
- Do not turn over rocks or logs.
- Avoid approaching any snake you cannot positively identify as a safe species.
- If you hear the warning rattle, move away from the area and do not make sudden or threatening movements in the direction of the snake.
- Remember rattlesnakes do not always rattle before they strike!
- Do not handle a freshly killed snake it can still inject venom.

Please feel free to contact the office with any questions or concerns.





Oak Seed Preschool

school program code of education

Currently - must be 3 on or before September, 2018

Next year - must be 3 on or before December 2, 2019

Is now accepting

<u>Private pay</u> - must fill out paperwork, but not income eligibility info - can start as soon as age 3.

Enrollment applications

<u>Title 22</u> - sliding scale/full pay Student must be 3 to start/can start any time during the school year as long as they are 3 and potty independent

for the 2019-2020

school year!

PreK-8th Grade



A Public Montessori School

Apply online at

www·shastacoe·org

**>** 0

43 Hilltop Dr, Redding

(530) 225-2999

OAK SEED PRESCHOOL FOR AGES 3-5

Our students appreciate the traditions and pride of the community. Come and visit our school where students are safe, respectful, responsible and productive. We always have room for you!

Our new preschool director's years of experience combined with Mr Adam's expertise in designing an AMI primary Montessori environment have created an outstanding program for children aged 3-6.

Application information: 43 Hilltop Drive, Redding 530-225-2999 • shastacoe.org



27635 Oak Run to Fern Rd., Oak Run (530) 472-3241 • www.oakrunschool.org

#### Back-to-School Tips for Kids Who Are Struggling

#### How resetting expectations and planning ahead can help children with learning challenges

The first day of a new school year always feels like a new start. New school supplies, new classes, new teachers, new hopes and, if you feel as many students with learning disabilities do, a brand new chance to screw up.

Students frequently start out full of optimism and big hopes for academic success. This is no different for student with disabilities who often have a lot of optimism but no real plan to put their hopes into success.

When your child has high hopes for the new school year but no plans or goals on how to achieve them, disappointment and discouragement may follow.

As parents it is important to understand your child's strengths and weaknesses when coming into the new school year. Use strategies implemented in their Individual Education Plan or 504 Accommodation Plan to help them plan to be successful this year. Encourage them to ask for help and support and to advocate for their own learning from their teachers, friends and parents.

Here are some steps you can take to help your child lay the groundwork for a good start this year.

#### Be specific about learning challenges

When your child has a learning disability, the difficulties it causes often feel baffling, unmanageable and feel inevitable. Your child might be thinking: The teacher has been talking for an hour and I have no idea what she said. How does everyone else know!? Or: All the other kids are already done with the quiz! Why is this taking me so long?

Without understanding their learning challenges, it can be easy for kids to disappear down a rabbit-hole of self-loathing: I'm such a screw-up. Or simply write the subject off: I'll never get it anyway, so why bother?

When it comes to learning disorders, knowledge is power. Helping your child understand his learning difference — not just what it is, but the specific ways it affects him both in and out of school — is the foundation of success. For example:

If your child gets off track easily or has problems with impulsivity, "studying" with friends might not be the best way
for him to prepare for tests. Agree that this year he'll study in a dedicated quiet place at home and see his buddies
afterwards.

- If your daughter is easily overwhelmed by large projects, look at her syllabus together and make a plan to break daunting assignments down into smaller, more manageable pieces.
- If she's struggled with a particular subject, add support and planning from the start, rather than waiting until she's falling behind.

#### Make organization a priority

Disorganization and poor time management are twin agents of chaos and destruction. Nothing pushes a new semester off course faster than lost assignments, forgotten backpacks and late arrivals. If your child struggles with organization, help her be proactive. Discuss with her organizational challenges and choose some realistic strategies for tackling them.

Here are some tips that might help you get started.

#### Talk about what to do when things don't go as planned

- Discuss what she'll do if she misses an assignment or starts to fall behind. This could include staying behind to talk
  to her teacher about extra credit, reaching out to the school's resource center, or agreeing to refocus her efforts on
  getting a good grade on a major test or project that can pull her grade back up.
- Address avoidance. When and if things do start to slide, many kids fall back on the time-honored strategy of "If-Iignore-it-maybe-it'll-just-go-away." Of course, avoiding scary assignments or the gut-punch of a bad grade may feel
  better in the moment, but in the end it leads to disaster. Help your child face his fears in a healthy way by setting up
  regular check-ins and giving him positive feedback for being honest and proactive. "I'm so glad you told me your
  paper is late! I know you were worried about it. Let me help you get it done."

- Turning something in is always better than nothing. Kids are often embarrassed to turn in assignments that are late, unfinished or just not that great. But a zero (or many zeros) in the grade book is far, far more damaging than a C.
   Make an agreement at the start of the year that your child will turn in his assignments no matter what. For younger kids, or those that need a little extra incentive, you could add a reward: "If you get all your assignments in this semester, you can get the Mario game once school ends."
- Help her learn to manage mistakes in a healthy way. Slipping up is upsetting, especially when a kid's confidence is
  already shaky. It can be easy to slide into self-recrimination, or feel like it's not worth it to keep trying. Take care to
  validate her feelings she may be frustrated, sad or worried about disappointing you and let her know you
  appreciate her telling you about the problem. Then quickly change the focus to how she'll move forward and what
  she'll do to avoid similar problems in the future.

#### Set up morale boosters

Figuring out how to achieve and sustain academic success is a long process, and there are bound to be moments when your child's self-esteem takes a beating. Creating some things to look forward to can help bolster a kid's self-image and take some of the pressure off when things get rough.

- Make sure your child has time to just relax. Don't go overboard on extracurricular activities.
- When she does participate in extracurricular activities, encourage her to find activities where she has the chance to
  excel. A little success can go a long way towards building (and protecting) confidence.
- Plan a few specific events your child can look forward to that have nothing to do with school: Sleeping over at a
  friend's house, going on a trip, spending alone time with parents, and having a day to just play. Having something
  good on the horizon can help make rough patches feel less consuming.

#### Don't surprise kids with questions about school

When kids have a history of failure, conversations about school can be fraught. Questions like "Did you turn in your report?" or "How did the math test go?" may read as criticism or leave kids feeling upset and rattled. Avoid ambushing kids with questions about school when they've just gotten off the bus. Instead, agree on times when you'll talk about what's going on and what they need to do.

 Validate your child's feelings by acknowledging that school is a hard topic for everyone. "I know this isn't easy to talk about — how can I help?"  Keeping conversations regular and predictable will help normalize them and make them more productive. Set boundaries around school discussions, you'll be able to preserve peace and positive family time even when things aren't going great academically.

#### Give kids space to try, and fail, and try again

Whenever you can, try to empower your child to take charge of his own needs. Whether that's setting up his backpack for school the night before, arranging a study-session or asking a teacher for help when he's struggling with an assignment, giving him the reins (within reason) will communicate your confidence in his abilities and enable him to practice being independent.

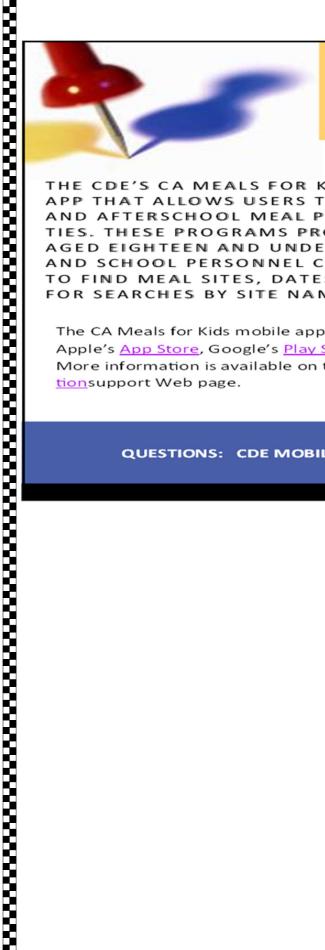
That said, some kids need more scaffolding than others. Some, especially those who struggle with mental health conditions like depression or anxiety, may benefit from greater parental oversight. Assess where your child is realistically and move forward in the way that makes the most sense for your family.

There is not a magic wand for solving some of these issues for our children with learning disabilities, but learning strategies for school success, teaching your child self-advocacy, learning about your child's strengths and weaknesses, and putting in the hard work will put him on the best possible track for school and future success.

Submitted by:

Polly Bambauer, MA, NCSP

School Psychologist



New CDE Mobile App Helps Families Find Summer and Afterschool Meal Program Locations THE CDE'S CA MEALS FOR KIDS HAS JUST RELEASED A MOBILE APP THAT ALLOWS USERS TO FIND THE CALIFORNIA'S SUMMER AND AFTERSCHOOL MEAL PROGRAMS SITES IN THEIR COMMUNITIES. THESE PROGRAMS PROVIDE NO-COST MEALS TO CHILDREN AGED EIGHTEEN AND UNDER. FAMILIES, COMMUNITY MEMBERS, AND SCHOOL PERSONNEL CAN USE LOCATION-BASED SEARCHES TO FIND MEAL SITES, DATES, AND TIMES. THE APP ALSO ALLOWS FOR SEARCHES BY SITE NAME, ZIP CODE, AND CITY.

The CA Meals for Kids mobile app is available for free download through Apple's <u>App Store</u>, Google's <u>Play Store</u>, and Microsoft's <u>App Store</u> Web pages. More information is available on the CDE <u>CA Meals for Kids Mobile Application</u>support Web page.

QUESTIONS: CDE MOBILE APPS | CDEMOBILE@CDE.CA.GOV

## Oak Run Elementary School Bus Schedule

### 2019-2020 School Year

## Redding and Palo Cedro

Stop	Morning	Afternoon	
Redding @ Rare Air	7:00	3:50	
Palo Cedro @ Dahl Mortuary	7:10	3:40	

### Oak Run

Stop	Morning	Afternoon
Leave Oak Run School	7:40	2:35
28225 Oak Run to Fern Rd.	7:43	2:38
28757 Oak Run to Fern Rd.	7:46	2:41
14825 Phillips Rd.	7:50	2:45
Thomas Rd. @ Phillips Rd.	7:51	2:46
Frontier Rd. @ Phillips Rd.	7:57	2:52
Arrowpoint Rd.	8:08	3:03
Oak Run Quarry on Oak Run Rd.	8:11	3:06
Volbrecht Rd.	8:19	3:14
School	8:21	3:15

## **Email Directory:**

- Sue Cooper
- Tina Pollycutt
- Tiffany Fulkerson
- Alicia Shaefer
- Lisa Cunningham
- Adam Mankoski
- Anne Adams
- Michele Zollars
- Jordan Butler
- Abigail Shumacher
- Leah Klein
- Zarrin Klotzer
- Becky Carr
- Krystal Davis
- Kansas Simonis
- Montara Strawn
- Philomene Swenson
- LeeAnn Mollath
- Stan Statham
- Nicole Sabah
- Dianna Campbell
- Sharon Davis

Superintendent/Principal

Office Manager

Administrative Asst.

Office Assistant

Preschool Director

TK- 2<sup>nd</sup> GradeTeacher

3<sup>rd</sup>-5<sup>th</sup> Grade Teacher

6<sup>th</sup>-8<sup>th</sup> Grade Teacher

Food Manager

Instructional Aide

Instructional Aide

Sue Barton Specialist

Music/Choir Director

Groundskeeper

School Board President

School Board Clerk

School Board Member

School Board Member

School Board Member

Project SHARE Coordinator

Cook

**RSP Teacher** 

scooper@oakrunschool.org
tpollycutt@oakrunschool.org
tfulkerson@oakrunschool.org
ashaefer@oakrunschool.org
lcunningham@oakrunschool.org
amankoski@oakrunschool.org
aadams@oakrunschool.org
mzollars@oakrunschool.org
jhisey@oakrunschool.org

aschumacher@oakrunschool.org
lklein@oakrunschool.org

zklotzer@oakrunschool.org

zkiotzer@oakrunschool.org

bcarr@oakrunschool.org

kdavis@oakrunschool.org

ksimonis@oakrunschool.org

mstrawn@oakrunschool.org

pswenson@oakrunschool.org
lmollath@oakrunschool.org

sstatham@oakrunschool.org

nsabah@shastacoe.org

dcampbell@oakrunschool.org

ssdavis@columbiassd.com

