

No School Labor Day September 2nd

Dates to Remember:

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

Monday September 2nd – Labor Day NO SCHOOL

Tuesday September 3rd – Parents Club Meeting 3:00 pm

Thursday September 19th - Back To School Night 4:00-6:00 pm

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

MESSAGE FROM THE PRINCIPAL

Greetings Oak Run Families,

Hoedown planning is underway!

The date for the Hoedown is Saturday, October 12 from 3:00 - 7:00 PM. Parents and teachers met this week and will meet again on Tuesday, September 3 at 3:00 pm in the district office to continue planning for this important annual event. Please consider joining us in the planning stages and add your name and skills to one of our various Hoedown committees. This event takes a lot of planning and coordination and we could really use your help.

P.E.: Students are required to have 200 minutes of PE every 10 days. Please send your child with a pair of tennis shoes to change into for PE participation.

Dress Code Reminder: All shoes worn to school must have a back strap.

Parent involvement: Please consider joining Oak Run Elementary School Site Council in conjunction with the District Advisory Committee for the 2019-2020 school year. We have one parent position, one student position, and two staff member positions currently open. Schools rely on parent's willingness to take time out of their schedules to meet and make important decisions that help guide schools in a positive direction. The responsibilities of a School Site Council are to annually review and update the school's safety plan, review and update the school report card or SARC, and review and advise on the school's Local Control Accountability Plan or LCAP goals. In these ways, school site councils play a very important role in shaping and monitoring the progress each school's progress. Please contact the district office to add your name to the ballot and join our team!

Parents are always welcome to attend our monthly Oak Run Elementary School Board Meetings and SSC/DAC meetings. Our next Board Meeting will be held on Wednesday, September 11 at 3PM and our first School Site Council and District Advisory Committee meeting will be held after the parent/staff/student elections have been completed.

Hope to see you all there.

Sue Cooper
Superintendent/Principal
scooper@oakrunschool.org



Oak Seed Preschool - Mrs. Lisa's Class

Preschool News

Week of August 26, 2019

Hello Oak Seed Preschool families;

Preschool classroom themes help children make discoveries and transfer knowledge to new areas of interest. This year I will use themes to integrate Pre-K math and Pre-K literacy, as well as many other areas of learning. I will offer stories, songs, activities, materials and projects. This will be in addition to our Montessori philosophy of Following the Child and supporting their individual Work interests, explorations and challenges. The themes are in order based on a typically developing child's expanding awareness of self, relationships, community and our planet.

August – early September	“All about me”: emotions, body parts, interests, self-regulation
September	Families: relationships, homes, cultures
October	Friendship: cooperation, respect, kindness
November and December	Community: occupations, neighborhoods, diversity
January	Geography: locality, landmarks, continents
February	Animals: pets, wildlife, habitats
March	Life Cycles: plants and egg-layers
April	Environment: planet earth, recycle,
May	Solar System: planets, sun, weather, experiments

Beginning in September I will introduce a new letter sound each week as we focus on phonics. I will introduce consonants in alphabetical order, then long and short vowel sounds at the end of the year. Research on children's speech development indicates that earliest articulations are consonants, and working on those letter sounds that are “easiest” to say will keep children engaged and provide opportunities for success in building phonics awareness.

Monthly themes and letter of the week will be listed on our white-board near the front door of the classroom.

Mrs. Lisa



Mr. Adam's TK- 2nd Grade Class

MONTESSORI
FOR ALL

Greetings,

My class is happiest when we are outside in nature! Once in a while I give my students the phone, to take photos from their unique perspective. Happy faces from the trail came back to me today. Have an incredible 3-day weekend!

Mr. Adam



the GREAT
OUTDOORS

Ms. Anne's 3rd-5th Grade Class

M O N T E S S O R I

*exciting
news!*

COMING NEXT WEEK!

Ms. Zollars' 6th-8th Grade Class



Upper Elementary CLASSROOM NEWS



We had a great second week of school!





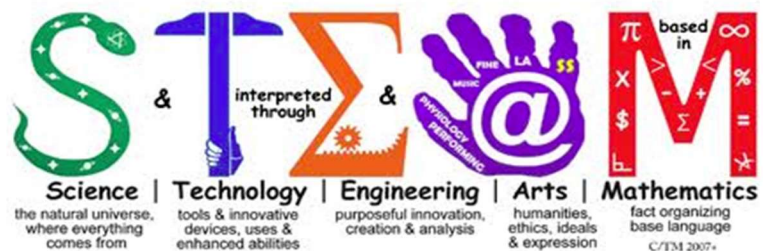
Happy Friday!

This week was wonderful! We learned about space, built coil pots out of clay, built electronic circuits and spent time playing outside.

We also were graciously donated baking supplies by the Oak Run Library and Thrift Store and we are so thankful. We look forward to the great things we will create this year. The Thrift Store is a great place for all of those things you may need. It's located right behind the fire hall.

Have a wonderful weekend!

Love,
Ms. Nicole





Week of September 2nd-6th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Labor Day No School	B: Bagel & Cream Cheese or Cereal with Fruit & Milk	B: Egg Sandwich or Cereal with Fruit & Milk	B: PB&J Toast or Cereal with Fruit & Milk	B: Cinn/ Apple Oat Bake or Cereal with Fruit & Milk
L: Labor Day No School	L: Beef Burritos & Salad with Fruit & Milk	L: Orange Chicken, Fried Rice & Mixed Veg with Fruit & Milk	L: Beef Zucchini Boats & Bread with Fruit & Milk	L: BBQ Chicken Pizza & Salad with Fruit & Milk
*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.				

SUPPORTING MY MIDDLE SCHOOL STUDENT

We would like to invite parents of 6th - 8th grade students to sign up for a bi-weekly email or text that will share helpful information regarding social, emotional, and career-readiness information, including:

- Careers that would be good matches for skills and interests,
- High school choices in Shasta County, including career course options as well as unique programs available on each school site,
- How to help my child handle peer pressure, and
- Ways to build self-confidence in my middle schooler.

If you are interested, please complete this short survey to sign up:

<http://bit.ly/supportingmymiddleschoolstudent>

This opportunity is being funded and supported by Reach Higher Shasta and the Shasta County Office of Education.



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 RUN ELEMENTARY

A Public Montessori School

Our preschool is under Title V regulations with the state preschool program code of education

Oak Seed Preschool

Currently - must be 3 on or before September, 2018

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

Is now accepting

Private pay - must fill out paperwork, but not income eligibility info - can start as soon as age 3-

Enrollment applications

Title 22 - 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!

Apply online at

www.shastacoe.org

or

43 Hilltop Dr, Redding

(530) 225-2999

PreK-8th Grade

Come Join Us!



OAK RUN
ELEMENTARY
A Public Montessori School

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-I-ignore-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.

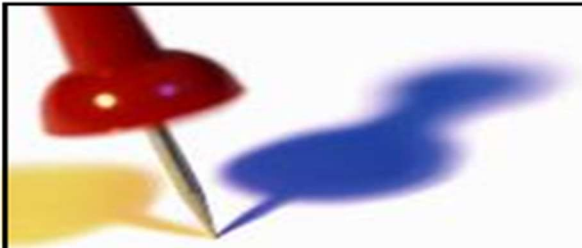
That said, some kids need more scaffolding than others. Some, especially those who struggle with mental health conditions like depression or anxiety, may benefit from greater parental oversight. Assess where your child is realistically and move forward in the way that makes the most sense for your family.

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 [App Store](#), Google's [Play Store](#), and Microsoft's [App Store](#) Web pages. More information is available on the CDE [CA Meals for Kids Mobile Application](#) 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

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

Oak Run

<u>Stop</u>	<u>Morning</u>	<u>Afternoon</u>
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	Superintendent/Principal	scooper@oakrunschool.org
• Tina Pollycutt	Office Manager	tpollycutt@oakrunschool.org
• Tiffany Fulkerson	Administrative Asst.	tfulkerson@oakrunschool.org
• Alicia Shaefer	Office Assistant	ashaefer@oakrunschool.org
• Lisa Cunningham	Preschool Director	lcunningham@oakrunschool.org
• Adam Mankoski	TK- 2 nd Grade Teacher	amankoski@oakrunschool.org
• Anne Adams	3 rd -5 th Grade Teacher	aadams@oakrunschool.org
• Michele Zollars	6 th -8 th Grade Teacher	mzollars@oakrunschool.org
• Jordan Butler	Food Manager	jhisey@oakrunschool.org
• Abigail Shumacher	Instructional Aide	aschumacher@oakrunschool.org
• Leah Klein	Instructional Aide	lklein@oakrunschool.org
• Zarrin Klotzer	Sue Barton Specialist	zklotzer@oakrunschool.org
• Becky Carr	Music/Choir Director	bcarr@oakrunschool.org
• Krystal Davis	Groundskeeper	kdavis@oakrunschool.org
• Kansas Simonis	School Board President	ksimonis@oakrunschool.org
• Montara Strawn	School Board Clerk	mstrawn@oakrunschool.org
• Philomene Swenson	School Board Member	pswenson@oakrunschool.org
• LeeAnn Mollath	School Board Member	lmollath@oakrunschool.org
• Stan Statham	School Board Member	statham@oakrunschool.org
• Nicole Sabah	Project SHARE Coordinator	nsabah@shastacoe.org
• Dianna Campbell	Cook	dcampbell@oakrunschool.org
• Sharon Davis	RSP Teacher	ssdavis@columbiasd.com

