

Dates to Remember:

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

Wednesday September 18th- Back To School Night 4:00-6:00 pm Saturday, October 12th – Harvest Feast & Hoedown 3:00-7:00 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

September 6, 2019

Issue 3

THE PRINCIPAL

Greetings Oak Run Families,

Cross Country: Coach Sarah Hendrix and her athletes have been preparing for next week's cross country race. Our 4-8 graders will be racing for the next 5 weeks, on Thursdays and our K-3 graders will race on Fridays. Please see the attached race schedule for date, time, and location of each race. Thank you for transporting you children to and from the race. Please see Ms Sarah for t-shirt and uniform information.

Look for the Oak Run team banner at each race location. Go Warriors!

After School Programs: Thank you for your patience as we roll out our after school program offerings. <u>Please see the</u> <u>attached schedule and contact information for more details.</u>

Ms Becky's music program is up and running with group keyboarding and ukulele lessons on Tuesdays and Fridays. Mr Adam will start garden club next week on Wednesdays and Thursdays, Ms Zollars will provide tutoring on Wednesdays and Thursdays, and Ms Anne will have theater club on Thursdays. Project SHARE, which provides after school activities every day until 6:00PM still has spaces available. Please stop in the office to pick up permission slips for each activity and ask any questions you may have. We are very excited to offer after school programs to our students.

Attendance: At Oak Run School we have been working diligently to improve our overall attendance rate and are dedicated to academic success for all students and regular school attendance is an integral part of that success. "Research shows that chronic absence in early grades, sometimes even starting in preschool, can add up to weaker reading skills, higher retention rates, and lower attendance rates in later grades" ~ Connolly & Olson, 2012 We need your help! As a small rural school, it is VERY important to have students attend school daily. Help us reach our 90% attendance rate goal for the 2019-2020 school year.

If you have questions regarding attendance, please contact the district office. Thank you for your support and commitment to your child's education.

SB 276: At Oak Run School we have been carefully watching the progression of SB 276 which will tighten immunization laws for schools in California. As the principal of Oak Run Elementary School, I am committed to providing families access to the highest quality free public education that we can offer. Oak Run Elementary School staff will work with all families to meet their children(s) educational needs. Please contact me with any questions or concerns that you may have.

Parent Involvement: Parents are always welcome to attend our monthly Oak Run Elementary School Board Meetings and SSC/DAC meetings and Parent/Teacher Club meetings. Our next regular board meeting is scheduled for Wednesday, September 11 at 3:00PM in the district office. We are holding elections for 1 parent space on our School Site Council and District Advisory Committee. If you would like to be part of our SSC/DAC committee and add your voice to our team, please stop by the office to throw your hat in the ring. We need you!

Thank you for the opportunity to serve the Oak Run Community.

Sue Cooper Superintendent/Principal scooper@oakrunschool.org



Oak Seed Preschool - Mrs. Lisa's Class



Week of September 3, 2019

Hello Oak Seed Preschool families;

Thank you to our Preschool parent LeeAnn Mollath for volunteering to prepare and share this activity with our students. Learning to arrange a table setting includes knowing the name of each utensil and how it is used. Children can use their placemat at snack or during kitchen work in the classroom. They can learn to recognize their printed name, and names of their friends.



Mrs. Lisa





Greetings from Upper Elementary!

Lately, our "prepared environment" (Montessori-speak for "classroom") is extra-prepared, with "work stations" set up at each table, and students rotating between them in timed intervals. This is a chance for students to interact with every person and everything that's here, so that later they'll make more informed choices!

Every day there are songs and stories, some days there are crafts and finger-knitting, and bookmaking has become a trend, so don't be surprised if your child brings a book they've made home to show off to you!

~ Ms. Anne



Ms. Zollars' 6th-8th Grade Class



Upper Elementary CLASSROOM NEWS



Dear Families,

The book report rough draft is due October 4. They will need to get a certain number of pages or chapters done **AT HOME** in order to finish their book on time. I have met with most students about their book, and tried to ensure that their book is the right level to be done in time to have a week to work on their report, but please check on their book progress.

In class, we've completed almost all our assessments, taken 2 spelling tests, established i-Ready goals for math and reading, begun our first essay (on each student's 3 goals), enjoyed a lesson on Labor Day, and another on Inherited and Acquired Traits at Flocabulary, and begun our new World History books. The class is enthusiastic about P.E., music classes, and the whole school using the same rules at recess! (Thank you Abi and Leah!)

We're acquiring good work habits, and I look forward to a great year! Please contact me with any concerns or questions.

Michele Zollars, 530-691-8390 mzollars@oakrunschool.org





Happy Friday!

This week was great as we begun learning about constellations and stars and we continued to learn about space.

We also spent time outside where the kids laughed and played their favorite game, tag. We continued working on our pottery as we began the glaze process. It's been a splendid week in Project Share.

Have a wonderful weekend!

Love, Ms. Nicole







CROSS COUNTRY

Dear parents and families,

I am excited to announce that our cross country season has gotten off to a great start! Starting next week, September 10th, we will only have practice Tuesdays and Wednesdays for the rest of the season.

Our first cross country meets are also starting next week! For the next five weeks we will have meets once a week. Meets for 4th-8th graders will be on Thursdays, and meets for K-3rd graders will be on Fridays. It is the parent's/family's responsibility to arrange transportation to and from meets.

K-3rd: Races will begin at 5:30pm. Please plan to have your child at the meet by 5:00pm.

4th-8th: The schedule of race times is as follows:

4:00pm: 4th grade girls 4:15pm: 4th grade boys 4:30pm: 5th grade girls 4:45pm: 5th grade boys 5:00pm: 6th grade girls 5:15pm: 6th grade boys 5:30pm: 7th grade girls and boys 5:50pm: 8th grade girls and boys

4th-8th grade families: Please plan to have your child at the meet a half hour before their start time.

Meet locations:

4th-8th grades: (Thursdays) 9/12: Shasta College 9/19: Mountain View Middle School 9/26: Bethel 10/3: Kids Kingdom 10/10: (FINALS) Shasta College

K-3rd: (Fridays) 9/13: West Valley High School 9/20: Grand Oaks 9/27: Redding School of the Arts 10/4: Shasta Elementary 10/11: Grand Oaks Meets can be very hectic. When you arrive look for a shade with an Oak Run banner on it. I will either be there or at the starting line. Please do your part to supervise your child at the meets.

Race attire:

Next week I will be passing out new cross country t-shirts. We are asking for a \$10 donation for the t-shirts. Runners should arrive at each race wearing their t-shirt and black running shorts. Make sure to send your child to races (as well as practices) with proper running shoes and a water bottle.

The second page of this packet is the Running Etiquette for our cross country league. Please review these expectations with your child, sign on the bottom, and have them return it to me. All parents and runners must sign this handout prior to the first meet to participate.

Please feel free to contact me with any questions or concerns.

Sincerely,

Sarah Hendrix

Cell: 530-710-4641 Email: shendrix08@gmail.com





Academic Tutoring - Ms. Zollars in Room # 5

Wednesday's 2:45 -3:15 and Thursday's 2:45 -3:15

Garden Club - Mr. Adam Room in Oak Run School Garden or Room #1

Wednesday's 2:45 -4:00 and Thursday's 2:45 -4:00

Music Lessons - Ms. Becky in Room # 3

Tuesday's - Keyboard 2:30 -3:30 or Ukulele 3:00 -3:30, 3:30 -4:00 Friday's - Ukulele 2:30 -3:30 or Keyboard 3:00 -3:30, 3:30 -4:00

Theatre Club – Ms. Anne in Room # 6

Thursday's 2:45-4:00

Permission slips are available in the main office or by the activity instructor.

Please feel free contact the instructors with any questions or concerns.

Ms. Zollars	mzollars@oakrunschool.org	(530) 472-3241 ext 105
Mr. Adam	amankoski@oakrunschool.org	(530) 472-3241 ext 109
Ms. Becky	bcarr@oakrunschool.org	(530) 472-3241 ext 103
Ms. Anne	aadams@oakrunschool.org	(530) 472-3241 ext 106

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MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B: Smoothie or Cereal with Fruit & Milk	B: Toast with Eggs or Cereal with Fruit & Milk	B: Blueberry Muffins or Cereal with Fruit & Milk	B: Breakfast Pizzas or Cereal with Fruit & Milk	B: Pancakes or Cereal with Fruit & Milk
L: Tuna Sandwich, Hummus & Carrots with Fruit & Milk	L: Beef Nachos with Fruit & Milk	L: Chicken & Pasta/Bean Salad with Fruit & Milk	L: Meatball Subs & Zucchini with Fruit & Milk	L:Hawaiian Chicken, Veggies & Rice 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.				



OAK RUN ELEMENTARY SCHOOL ~ A Public Montessori School

10.12.2019

5TH ANNUAL HARVEST FEAST & HOEDOWN

DINNER | LIVE BAND | BAKE SALE Family activities | Auction Items Line Dancing | Class Performances

3:00-7:00 PM || ADULT: \$10 || KIDS: \$5

INFO: 530-472-3241 TPOLLYCUTT@OAKRUNSCHOOL.ORG

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.





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-lignore-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.

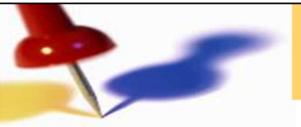
Give kids space to try, and fail, and try again

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 COMMUNI-TIES. 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

ATTENDANCE in the early grades

Who Is Affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids in kindergarten and 1st grade are chronically absent. In some schools, it's as high as 1 in 4.1





2.5 in 10 s homeless kids are chronically absent.²

s transient kids miss too much school when families move."

4 in 10



¹ Chang, Hedy; Romero, Mariajose, Prezent, Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence In the Early Grades, National Center for Children in Powerty, WY: NY, September 2008. ² Chronic Absence in Utah, Utah Education Policy Center at the University of Utah, 2012. Many of our youngest students miss 10 percent of the school year-about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?



www.attendanceworks.org

Why It Matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.





(missed 18 or more days both years)

³ Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes, Applied Survey Research. May 2011.

What We Can Do



Engage Families

Many parents and students don't realize how quickly early absences can add up to academic trouble. Community members and teachers can educate families and build a culture of attendance through early outreach, incentives and attention to data.

Fix Transportation

The lack of a reliable car, or simply missing the school bus, can mean some students don't make it to class. Schools, transit agencies and community partners can organize car pools, supply bus passes or find other ways to get kids to school.



Address Health Needs Health concerns, particularly asthma and dental problems, are among the leading reasons students miss school in the early grades. Schools and medical professionals can work together to give children and families health care and advice.



Track the Right Data Schools too often overlook chronic absence because they track average attendance or unexcused absences, not how many kids miss too many days for any reason. Attendance Works has free data-tracking tools.

These are a few steps that communities and schools can take. How do you think you can help?

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- 2nd GradeTeacher 3rd-5th Grade Teacher
- 6th-8th Grade Teacher
- Food Manager
- Instructional Aide
- Instructional Aide
- Sue Barton Specialist
- Music/Choir Director
- Groundskeeper
- School Board President
- School Board Fre
- 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 bcarr@oakrunschool.org kdavis@oakrunschool.org ksimonis@oakrunschool.org mstrawn@oakrunschool.org pswenson@oakrunschool.org Imollath@oakrunschool.org sstatham@oakrunschool.org nsabah@shastacoe.org dcampbell@oakrunschool.org ssdavis@columbiassd.com

