

BLAZER POST

November 28th – December 2nd

Nicole Downer, Principal

Julie Moeller, Assistant Principal

November 21st-25th

Thanksgiving Break



Week at a Glance:

November 28th

P.E. with Coach Roberts

November 29th

5th Grade: Bring Instruments

2:45 Chess Masters

November 30th

Early Dismissal

December 1st

P.E. with Coach Roberts

2nd Grade Field Trip

December 2nd

Wear BES Spirit Wear or School Colors

Upcoming Events:

December 8th

4th and 5th Grade: Spelling Bee

December 9th

PTA Holiday Event

December 14th

NOT an Early Dismissal Day

December 16th

Report Cards in Aeries

Early Dismissal

General Announcements:

Student Resource:

As we head into the holidays, it can be an exciting time for families, but it can also be a stressful time for many. As a school site, we try and support the students and families as much as we can, and when the support is beyond our scope, there are resources we can recommend. The school district contracts with a company called Care Solace. Care Solace connects students with providers to support their mental and emotional health. The contact information for Care Solace is 888.515.0595 or at: <https://www.caresolace.com/site/murrietafamilies>

iReady Diagnostic

When we return from Thanksgiving break, students will start the iReady mid-year diagnostic assessment and have the three weeks until winter break to complete the math and language arts portions of the test. With this diagnostic we will be looking at the growth each student has made since the beginning of the year assessment.

Lost and Found

Please remember to stop by the Lost and Found for any missing lunch boxes, sweatshirts, water bottles, umbrellas, etc. It is getting very full, and all unclaimed items will be donated prior to winter break.



A TIME OF Gratitude

Dear Buchanan Families,

As we head into the Thanksgiving break, we want to pause and say how grateful we are for our Buchanan family. We have a wonderful team of teachers and staff that care so much about the students, families, and each other. We appreciate your partnership, as we cannot do what we do without your support. Thank you for all you do to make Buchanan such a special place.

We hope you enjoy time with family and friends over the break. We wish you all a very Happy Thanksgiving.

Mrs. Downer and Ms. Moeller





December ~ Breakfast ~ K - 5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Biscuit & Chicken Sausage Patty	2 Cinnamon Roll
5 Chocolate Muffin	6 Breakfast Burrito	7 French Toast Sticks	8 Bagel & Cream Cheese	9 Pancake on a Stick
12 Banana Muffin	13 Mini Maple Pancakes	14 Breakfast Sausage Pizza	15 Biscuit & Chicken Sausage Patty	16 Cinnamon Roll
19 No School 12/19 - 1/9	20	21	22	23
26	27	28	29	30

Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured Fruit is...

Pears!!

Fun Facts:

- *Pears are an excellent source of vitamin C, which help antioxidant function and iron absorption.
- *The fiber found in pears is beneficial, as it helps with digestion.
- *This sweet fruit is filled with vitamin K, which helps with blood coagulation.

Breakfast Combos & Lunch Combos are free of charge

(1 breakfast and 1 lunch per student per day) for the 2022-2023 School Year

Breakfast Includes

- Assorted Fresh Fruit
- Assorted Fruit Juice
- 1% White Milk or Non-Fat Chocolate Milk

Daily Alternate Entree

- Choice of Cereal w/ Yogurt
- Cereal Bar

Second Breakfast \$1.75



Meatless

December Lunch Menu ~ K - 5th



Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 French Toast w/ Chicken Sausage Brunch for Lunch	2 Cheesy Pizza Cookie Day	
5 Cheese Mozzarella Sticks ✓	6 Corn Dog	7 Chicken Nuggets w/ Goldfish Crackers	8 Meatballs w/ Marinara & Texas Toast	9 Steak Burger	
12 Bean & Cheese Burrito ✓	13 Cheesy Garlic Toast ✓	14 Holiday Chicken Nuggets w/ Goldfish Crackers 	15 Chicken Tamale	16 Cheeseburger Sliders Cookie Day	
19 	20	21	22 	23	
 12/19 - 1/9 Winter Break!		26 	29 	30 = Pork Free Menu ✓ = Vegetarian Option	
		Breakfast Combos & Lunch Combos are free of charge (1 breakfast and 1 lunch per student per day) for the 2022-2023 School Year Second Lunch \$2.75		DAILY ALTERNATE ENTREES Turkey & Cheese Sandwich, Peanut Butter & Jelly Uncrustable Snack Pack or <i>Entrée Salad Bar with Cheese & Crackers</i>	

Daily Produce Bar

Harvest of the Month



- Apples
- Oranges
- Bananas
- Watermelon or Grapes
- Chilled Pears or Chilled Peaches
- Applesauce
- Local Strawberries
- Romaine Lettuce
- Baby Carrots
- Corn or Kidney Beans
- Green Beans or Cucumbers

* Selections vary seasonally and daily

