



# BLAZER POST

November 9<sup>th</sup> - 13<sup>th</sup>

Nicole Downer, Principal

Jim Curtis, Assistant Principal

## Week at a Glance:

### November 9<sup>th</sup>

School Pictures in the MPR

### November 10<sup>th</sup>

School Pictures in the MPR

Wear Red, White, and Blue

2<sup>nd</sup> Grade: Drawing

5<sup>th</sup> Grade Band

5<sup>th</sup> Grade Visual and Performing Arts



### November 11<sup>th</sup>

No School: Veteran's Day

### November 12<sup>th</sup>

12:15-6:00: Student Meal Pick-Up

5<sup>th</sup> Grade Band

Choir for 3<sup>rd</sup>-5<sup>th</sup>

School Board Meeting

### November 13<sup>th</sup>

Friday Spirit Assembly

World Kindness Day

5<sup>th</sup> Grade Band

### Upcoming Events:

### November 16<sup>th</sup>-23<sup>rd</sup>:

Scholastic Virtual Book Fair

### November 23<sup>rd</sup>-27<sup>th</sup>:

Thanksgiving Break

## General Announcements:

### Picture Days

Monday and Tuesday, 11/9-11/10, we will have school pictures in our MPR. Please arrive on campus at your scheduled time.

### Elementary Waiver:

MVUSD has completed the Elementary Waiver Application. The application will be presented to our School Board on November 12<sup>th</sup>. If the school board approves the application, it will be submitted to the state to allow us to re-open our elementary schools with the hybrid and virtual learning models.

### School Site Council:

We have sent out a nomination form for parents that are interested in being a part of our School Site Council, as we need one parent to join. Thank you for those of you that have submitted a nomination. The nomination window closes November 13<sup>th</sup>.

### PTA:

PTA has extended the Yearbook Cover Contest to this Friday, November 13<sup>th</sup>. Also, they will be organizing a virtual book fair. More details to come soon!

## Useful Links

[School Website](#) ~ [Menus](#) ~ [Peach Jar Flyers](#)

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**SPIRIT  
MAGNET**  
.COM  
by Nation Imprint

# Sale Starts Monday, October 26th Buchanan Elementary School

Questions? Contact:  
(855) 338-5559  
info@Nationimprint.com

## SPIRIT DRIVE Sale Ends: 11/16

Scan this QR code  
with your phone  
to Shop Instantly!



\$13

Navy Blue  
PC54 / PC54Y



\$13

White  
PC54 / PC54Y



\$17

Navy Blue  
PC147 / PC147Y



\$15

Navy Blue  
PC54V / LPC54V



\$27

Navy Blue  
PC78H / PC909H



\$13

Navy Blue  
PC54 / PC54Y



\$6

Navy Face Mask  
Child / Adult

MUST SHOP ONLINE AT:

[shop.nationimprint.com/Buchanan](https://shop.nationimprint.com/Buchanan)

**SAVE THE DATE**  
FOR THE SCHOLASTIC BOOK FAIR



**NOVEMBER 16TH-29TH**

MORE DETAILS COMING SOON!

November 13th



BE A

**RAINBOW**  
IN SOMEONE ELSE'S CLOUD

# COUNSELING CORNER

Buchanan Elementary  
Mrs. Moran, School Counselor  
[kmoran@murrieta.k12.ca.us](mailto:kmoran@murrieta.k12.ca.us)

## *Support & Links*

*Native American Library*  
[Click Here](#)

*Canvas Help*  
[Click Here](#)

*Counseling Check-in Form*  
[Click Here](#)

*Free Mental Health*  
*Concierge*  
[Click Here](#)

*Resilience Tools for Parents*  
[Click Here](#)

*Parent Support Group*  
[Click Here](#)

*30-Day Gratitude*  
*Challenge*  
[Click here](#)

## *So* THANKFUL



*To our brave, strong, hardworking families,  
We just wanted to take a moment to thank you.  
We see you. We appreciate you.*

*To our resilient, courageous, brilliant students,  
We miss you. We see you. We are so incredibly  
proud of you.*

*To our passionate, innovative, dedicated teachers  
and staff,  
We are so grateful for you. We see you. We are  
honored to work alongside you.*





# CUTRUAL AWARENESS

## *Native American Heritage*

*National Native American Heritage Month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers and settlers of the United States. Both law and proclamation recognized the Native Americans as the first inhabitants of the lands that now constitute the United States as well as making mention of their contributions to American society: Many of the foods we eat along with the medicines and remedies we use were introduced by Native Americans. Many highways we have today follow a Native American trail. Native Americans make contributions in every endeavor of American life, our literature and arts draw upon Native American themes and wisdom. Countless Native Americans have served in our Armed Forces and have fought valiantly for our country. We recognize the contributions and influence of Native Americans to the history, culture, and achievements of the United States.*



## *Social Emotional Lesson*

### *EMPATHY & CRITICAL THINKING*

*We are continuing our focus on empathy and critical thinking for this month's social emotional learning lessons. By helping students realize the connection between their thoughts-feelings-and behaviors, we can teach them to have more control and awareness of themselves and others!*

## *Coping Skill*

### *JOURNALING*

*Journaling is a healthy coping skill that your child can use to help cope with strong feelings. Encourage your child to write their thoughts down in a journal. If he/she doesn't want to write, drawing pictures is an alternative. Allow your child to choose to keep their journal private or choose to share it with someone they trust. Writing or drawing out thoughts and feelings is a healthy way to process*