

BLAZER POST

March 14th – March 18th

Nicole Downer, Principal

Phil Norton, Assistant Principal

Week at a Glance:

March 14th

March 15th

5th Grade Band: Bring
Instruments

March 16th

Early Dismissal

March 17th

**Happy St. Patrick's Day- Wear
Green**

5th Grade Full Band: Bring
Instruments

5:00 Board of Education Meeting

March 18th

8:30 Friday Spirit Assembly

Upcoming Events:

March 22:

5th grade band concert at Alta
Murrieta Elementary

March 25th

Progress Reports accessible in
Aeries

March 28th-April 1st

Spring Break



General Announcements:

LCAP Survey:

Please see the attached flyer regarding the annual LCAP survey. We would love your input and feedback.

Spring Events:

After a long two years, we are very excited that we are going to be able to hold some school-wide events in the coming months. On April 21st, the Title 1/Intervention team will be hosting a **Family Math and Literacy Night** in the MPR. We will have **Open House** for all grades in the evening of May 18th. For our 5th grade families, **5th Grade Promotion** will be in the morning on June 1st in the amphitheater. We will be providing more details as we get closer, but wanted to make you aware of these events so you can plan accordingly.

2022-23 Bell Schedule:

For our returning families, please make note of our bell schedule for next year as there are some minor changes.

TK/Kindergarten:

A.M. 8:30-12:05

Early Dismissal Wednesdays: 8:30-11:50

P.M.: 11:10-2:45

Early Dismissal Wednesdays: 10:30-1:50

Grades 1-5:

8:30-2:45

Early Dismissal Wednesdays: 8:30-1:50



Annual LCAP Survey



Your
Opinion
Matters to
us!



Anonymous
Honest
& 5-10
minutes of
your time



Overview

Our school is asking for your feedback about your our strengths and areas for improvement for the development of the Local Control Accountability Plan (LCAP), which must be submitted to the State of California every year. This plan to used to guide our district goals and funding priorities.

The survey is anonymous.

To take this survey, please visit:

www.murrieta.k12.ca.us/LCAPsurvey

Students/Parents/Guardians

The **survey language may be changed** to parents/guardians preferred language (at the top of the survey) before you begin. At the end of the survey, **please remember to hit the blue submit button** to save and enter your survey feedback.

If you would like to complete the survey for another student, please click on the survey link again.

To take this survey, please visit:

www.murrieta.k12.ca.us/LCAPsurvey

Counseling Corner

Mrs. Moran, School Counselor

kmoran@murrieta.k12.ca.us

Buchanan Elementary School

Care Solace: Mental
Health Concierge

[Click here](#)

Crisis and Helpline
Resources

[Click here](#)

COPING WITH STRONG FEELINGS

One of the activities that we will be doing as a school in "returning to normal" is testing! While this may not be a favorite exercise for students it is still a critical measure of progress. The focus of classroom counseling instruction will be learning and using coping skills to manage strong feelings. We are aware that anxiety levels are high for some and supporting students in managing feelings will help them be happier and healthier.

Besides preparation, nutrition and rest, typical coping strategies include deep centered breathing and counting when stressed. Classroom counseling lessons will emphasis the power of positive self-talk to not only process feelings but will discuss how to refocus them so students can be in the best mindset to do their best! For our younger students, we will focus on using these skills when upset either at a person or situation. If you need any further support, please feel free to contact me and I would be happy to give you more coping tips.

Upcoming Events:

2nd - Read Across
America Day

4th - Women's Day

13th - Daylight Saving
Time

17th - St. Patrick's Day

Strategy

- 1 Deep Breathing
- 2 Counting
- 3 Positive Self-Talk
- 4 Ask for Help

Women's History Month

In March, we honor women who have contributed to American History. Women's History Month started in Santa Rosa, California as a local town celebration. It all began as "Women's History Week" in 1978. The week chosen was March 8th to coincide with "International Women's Day." The United Nations has honored "International Women's Day" since 1975.

In 1980, President Carter issued a Presidential Proclamation declaring March 8, 1980, as "National Women's History Week." In 1987 Congress passed Public Law 100-9, designating March as "Women's History Month."

Women's HISTORY MONTH

Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.
- Rosa Parks

I had rather make history than write it.
- Susan B. Anthony

No one can make you feel inferior without your consent.
- Eleanor Roosevelt

Alone we can do so little, together we can do so much.
- Helen Keller

Don't follow the path. Go where there is no path and begin the trail.
- Ruby Bridges

But what do dreams know of boundaries?
- Amelia Earhart

I had reasoned this out in my mind; there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.
- Harriet Tubman

All adventures, especially into new territory, are scary.
- Sally Ride



Irish American Heritage Month is celebrated in March to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. It was first celebrated in 1991. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17. Saint Patrick's Day is a Roman Catholic religious holiday that honors the saint who introduced Christianity to Ireland in the early fifth century. It has developed in the United States as a celebration of all things Irish. With large ethnic Irish populations, Boston and New York City both claim the world's first Saint Patrick's Day parade, while Philadelphia claims to be the second oldest behind New York City. From John F. Kennedy to Brad Pitt, some of the most famous, prolific, and influential Americans are of Irish descent.