

Oakland News



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Bloomington Public Schools District 87

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Message from Mr. LaFrance

Dear Oakland families,

Welcome to December here at Oakland School! This is our last month of 2019 together. We are excited about this month and understand all of the excitement that it can bring. With that being said, I thought I would look at ways to enhance our wellness for our families and children. During this busy time of year, we want to try to focus on the bright spots in life. While the physical days are short and you feel like you haven't caught up on sleep yet, make sure that you set some routines. Not only for your children but for ourselves as adults too. Let's take a look at some ways to help you feel better this month and establish a well-balanced rhythm.

Here are some tips for wellness in December:

- Make sure everyone gets enough sleep (including yourself)
- Exercise (walking, stretching, stairs, keep your body moving)
- Nutrition (watch what/how much we eat and drink)
- Mindfulness (focus on the positive, allow yourself to have fewer distractions)
- Healthy Relationships (use December to make positive face-to-face connections)

As the first half of the school year comes to a close, let's look for the positive things of this past year and month. How have you seen your children grow? What special events have happened at home? What have you enjoyed at school thus far? Even though it may feel dark when we wake up and dark when we have dinner, find the moments that will light up the time we have together this December.

In partnership with our families, we celebrate the growth we have seen in all students. We look forward to this time of giving and putting others first. Enjoy our last month of 2019, and make sure to fit in the wellness tips!

See you soon,

Mr. LaFrance

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Hoot at Home



During the month of December, students will be learning about the importance of patience. Having patience means being able to wait calmly in the face of frustration or misfortune. Patience is a lifelong skill that can be learned, but takes constant practice. Patience is the golden ticket target for December. We will be watching for students to display characteristics of patience throughout the month of December.

Here are some helpful tips in order to practice patience at home: (adapted from imom.com)

-Practice taking turns. Playing a game and having your child wait for their turn is an excellent way to practice patience.

-Use purposeful delays. Providing children with purposeful delays can allow them to practice their patience. Parents can delay getting their child a toy until it is their birthday or Christmas.

-Teach self-control. Model appropriate emotion regulation. Provide your children with breaks, as well as reward them when they do portray elements of self-control.

-Enjoy slow activities. Counteract all the fast activities, such as technology, and embrace slower activities. Board games are a good activity that provide children with some wait time.

Library



Season's Reading from the LMC

A flier has been sent home explaining "Season's Reading." We want to give the gift of reading and make sure all students have a few good books over break to read! Students are able to check out FOUR books from the LMC before winter break. Please remember to return all books when we come back to school on Tuesday, January 7th.

Fall Book Fair Thank You

The Scholastic Fall Book Fair was a GRAND success! It was great to meet so many Oakland families and hear about what you like to read at home with your loved one. A special thanks to all the helping hands during the Book Fair week. The Oakland PTO rocked this event! The library will be able to buy plenty of new books for the students to enjoy!

Million Word Reader



Congratulations to our first Million Word Reader, Cassidy Meadors in Mrs. Cook's fourth grade class!

Nurse's Corner



Attendance Matters: Help your child succeed in school:

- **If too many absences occur, it is still a problem whether they are excused or unexcused**, because they represent too much lost learning time in the classroom.

Build the Habit of Good Attendance early:

School success goes hand in hand with good attendance. (*Attendanceworks.org*)

- Our annual **Dental Clinic** is scheduled for **Thursday, December 5th**, here at Oakland. If you would like to participate, make sure you complete the dental permission form and return it to school.
- All kindergartners and second graders are required to turn in a dental exam to school nurse by May 15th, 2020.
- Students who have a fever of 100 degrees or above, diarrhea, a contagious rash or illness, or vomiting should not attend school. They should be free of the illness or condition for 24 hours before returning to school.
- When you call your student in sick, please be as specific as possible. We have a student that is immunosuppressed and we would like to keep him safe. Please report all illnesses like chicken pox, strep throat, and fevers to the school office.
- Medications (**even over the counter medications** like: Tylenol, Tums,

cough drops, and throat lozenges) a child takes during the day at school must be ordered by a physician. Forms are available online or at school. Parents may come to school at any time to administer medication without a doctor's order.

- Encourage your children to wash their hands often, especially before eating, and anytime they cough or sneeze into their hands.
- Lastly, as weather turns colder, please be sure your child is dressed appropriately for the weather. Remember, students go outside for 20 minutes every day the wind chill is 20 degrees or warmer. They will need a warm coat, hat, and gloves/mittens to protect them from the cold. If your child needs any of these items, please let me know, I do have a few extras.
- If you have, any questions please feel free to call or email me, Nurse Colleen 309-662-4302 or spaniolc@district87.org

PTO News



Please join us for our next PTO meeting on Thursday, December 5 at 6:30pm in the Library Media center.

Looking to volunteer? We have lots of opportunities! Please contact oaklandpto@gmail.com

Side Circle Reminder



Please do not drop your child off in side circle and let them walk up to the building without a teacher outside. **If you drop off your child after teachers go inside from side circle, they must be brought to the front lobby doors with an adult.** If it is not yet 9:00, you may leave once they walk in the door. If it is 9:00 or after, they must check into the office, because they are then tardy since they aren't in their classroom by the 9:00 bell.

Mark Your Calendar



January 1-3 – Winter Break- No school
January 6 – No School- School Improvement Day
January 7 – School Resumes
January 20 – Martin Luther King Jr. Day – No School

Reminders



School Closings

Although rare, it is sometimes necessary to close school due to winter weather conditions. When a decision to close school is made, the information will be available on the district's website (www.district87.org) and announced on the radio at WJBC AM 1230. Families will also receive a phone call through our automated system.

5 Essentials Survey

Please take the time to take the 5 Essentials Survey! This provides us with feedback on our communication, parent connectedness, satisfaction, school facilities, safety, and teacher/principal trust. The survey will take about 10 minutes and can be completed online at <https://survey.5-essentials.org/illinois/>.

December Calendar



December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mrs. Hiles' Class Challenger Field Trip	3 Mr. Oberts and Mrs. LaVoie Challenger Field Trip Mrs. Stanek's Class Challenger Field Trip	4	5 Dental Clinic Day at School 6:30 pm- PTO meeting in LMC	6 1 st grade field trip to BHS 2 nd grade field trip to ISU	7
8	9 MAP Testing	10 MAP Testing	11 MAP Testing	12 MAP Testing	13 MAP Testing	14
15	16 Dibels Testing	17 Dibels Testing	18 Dibels Testing	19 Dibels Testing 4 th and 5 th grade field trip to ISU	20 Dibels Testing Winter Parties	21
22	23 Non Attendance Day – Winter Break	24 Non Attendance Day – Winter Break	25 Non Attendance Day – Winter Break	26 Non Attendance Day – Winter Break	27 Non Attendance Day – Winter Break	28
29	30 Non Attendance Day – Winter Break	31 Non Attendance Day – Winter Break				

December School Lunch Menu

LUNCH



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate

December 2019



Online Menu: <https://district87.mirtisboa.com/>
 Follow Us:
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Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rib BQ on Bun Broccoli w/ Cheese Fruit Milk	3 Orange Chicken w/ Rice Edamame Fortune Cookie Fruit Milk	4 Nachos Salsa Starchy Vegetable Cheese Cup Fruit Milk	5 Chicken Tenders Sweet Taters Animal Crackers Fruit Milk	6 French Toast Sticks Tri-Tators F&V Slush Syrup Pancake Cup Fruit Milk
9 Breaded Drumstick Potato Smiles Biscuit Fruit Milk	10 Soft Shell Taco Taco Fiesta Beans Shredded Cheddar Salsa Fruit Milk	11 Mini Corn Dogs Green Beans Fruit Milk	12 Breaded Chicken on Bun Sun Chips Mix Parmesan Flavored California Blend Fruit Milk	13 Cheese Pizza Romaine Lettuce Cup Snickerdoodles Fruit Milk
16 Cheeseburger Potato Wedges Fruit Milk	17 Lasagna Tossed Salad Garlic Knot Fruit Milk	18 Hot Dog on Bun Baked Beans Fruit Milk	19 Chicken Nuggets Mashed Potatoes Fruit Milk	20 Cheese Stuffed Breadstick Marinara Cup Brownie Other Vegetable Fruit Milk
NON ATTENDANCE DAY 23	NON ATTENDANCE DAY 24	NON ATTENDANCE DAY 25	NON ATTENDANCE DAY 26	NON ATTENDANCE DAY 27
NON ATTENDANCE DAY 30	NON ATTENDANCE DAY 31			