

## Oakland News



# Oakland News

Bloomington Public Schools District 87

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## Message from Mr. LaFrance

Happy February Oakland Families!

Where is the time going? Each month seems to go faster than the last. I'm not sure if that is because of my age or the raising of my own children as well. Either way, now that we have been at Oakland over 100 days this year, it's an amazing opportunity to see the students' growth each month. As always, I'm searching for wisdom to share with you for raising our children to be caring, respectful, productive young people who genuinely care for others.

With the ever-changing increase in technology and discussions around screen time, I thought this month would be a great opportunity to share some reminders and additional resources for this endeavor that we all face. Back when I was in school, phones were still connected to a wall that was attached to a cord that limited your distance where you could go with it. The only function was to utilize your finger to turn a dial to have a conversation with someone. There was no function to screen who you accepted calls from. If I needed to know something, my only resource outside of a conversation was going to a handheld dictionary that you flipped through the pages for additional knowledge. How times have changed. Now, I love technology as it allows me to utilize spell check while writing this letter. It also gives me a chance to see family and friends in different places. But, there is a unique experience you enjoy from face-to-face conversations, from not having the instant gratification of always having to watch something when we are "bored."

Technology seems to demand our attention. We have the collective learning of all humans in the palm of our hands. Writer Linda Stone has coined the phrase "continual partial attention" to describe the modern impulse to always need to know what's happening and make sure we are not missing out on something. This desire to always check our phones. If it can happen to us, it will happen to our children.

The truth is our kids need our attention too. They need to know our human connections are more important than what is in the palms of our hands. They need to know that the interactions we have will help them in the future. Here are a couple of reminders for us and for our children:

- Make certain spaces of our homes free from devices.
- Structure the time our kids' can use devices. This goes for us too. Create a space that you do other things besides TV or other devices.
- As adults, use resources to keep up-to-date on current kid-friendly technology platforms. Check out this website that helps with social media, TikTok, and other spaces that seem to grow each year. <https://nationalonlinesafety.com/guides>

Have a great February! See if you can implement these intentional spaces into your homes. Always feel free to call or *email* me with any questions.

Mr. LaFrance

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## Hoot at Home



During the month of February, students will be learning about the importance of and skills it takes to manage their emotions. Emotion management refers to the ability to become aware of and handle big strong feelings. Emotion management can be very challenging but is a very valuable skill. Emotion management is the golden ticket target for February. We will be watching for students to display aspects of emotion management throughout the month of February.

Here are some helpful tips to practice emotion management at home: (adapted from psychologytoday.com)

- Practice identifying emotions:** Having your children practice identifying their emotions will allow them to become more self-aware.
- Model appropriate emotion management:** This can be done by resisting yelling, and modelling appropriate coping skills.
- Guide your children's behavior:** Guiding your children's behavior allows them to think for themselves and learn by their own example.
- Assure your children that their feelings are okay:** It is important that children know that having big strong feelings is normal, but it is how we handle those emotions that makes the difference.



**MANAGING YOUR EMOTIONS**

## Library



### Checkout Information

Look for overdue notices to be sent home at the beginning of each week. If you've lost/misplaced a book this notice includes the replacement cost. Books are due in one week and can always be renewed.

**Checkout the LMC webpage to make a book recommendation!**

### Spring Book Fair Dates

The Spring Scholastic book fair will take place April 7-9th

### One School, One Book

#### Masterpiece

Continue to read and discuss Masterpiece! Visit the LMC webpage to view videos of the Oakland staff reading each chapter!

### Whooo's Reading

Please remind students to continue reading and to monitor their progress as this event ends February 10th.

## Nurse's Corner

## PTO News



- 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.

Please join us for our next PTO meeting on Thursday, February 6<sup>th</sup> at 6:30pm in the Library Media center.

## Dine to Donate

When you call your student in sick, please be as specific as possible. Please report all illnesses like chicken pox, strep, and fevers to the school office. Any medications (even 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.



Dine to Donate at Dairy Queen from 4pm-8pm at the Veteran's Parkway and College Avenue locations. You will put your receipt in the box on the counter or ask the drive thru worker to put it in the box for sales to benefit Oakland PTO.

- Encourage your children to wash their hands often.
- **Kindergarteners and 2<sup>nd</sup> graders please turn in your Dental exams**, due by May 15, 2020.
- 5<sup>th</sup> grade parents, this would be a great time to make your appointments for your school physical and vaccinations for junior high.
- If you have any questions, please feel free to call or email me: Nurse Colleen @ 309-662-4302 or [spaniolc@district87.org](mailto:spaniolc@district87.org).

## Mark Your Calendar



- March 3-13: IAR Testing (3<sup>rd</sup>-5<sup>th</sup> grades)
- March 12: 3<sup>rd</sup> grade field trip to Midwest Food Bank
- March 16: Dine to Donate – Buffalo Wild Wings
- March 20: ½ day of school – School Improvement Day
- March 23-27: Spring Break – No School

## Recess News



Students go outside for recess every day when the wind chill is 20 degrees or above, rain or snow permitting. Please be sure your child is dressed appropriately for 20 minutes of outdoor play every day. Students may not stay inside for recess unless they have a physician's order.

## Café News



The cafeteria will be serving soft pretzels for hot lunch on Tuesday, February 11<sup>th</sup> and Valentine Heart Chicken Nuggets on Thursday, February 13<sup>th</sup>.

February Calendar



February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Custodial Appreciation Day at Oakland	6 6:30- PTO Meeting	7	8
9	10 End of Whooo's reading Read-a-thon  Flying Horse "America" due	11	12	13	14 Valentine's Room Parties  Flying Horse "My Family" due	15
16	17 President's Day <b>NO SCHOOL</b>	18	19  Art Night at Oakland – Time TBD	20	21	22
23	24  Flying Horse "Things with Wheels" due	25  Dairy Queen Dine to Donate 4-8pm	26	27	28 Parent/Teacher Conferences <b>NO SCHOOL</b>	29

# February School Lunch Menu

February 2020

## Elementary Menu

LUNCH

**Monday**



Online Menu: <https://district87.nutrition.com/>  
 Follow Us:  
 Twitter: @District\_87  
 Instagram: @District\_87  
 Facebook: District 87

**3** Breaded Drumstick  
Potato Smiles  
Biscuit  
Fruit  
Milk

**10** Cheeseburger  
Potato Wedges  
Fruit  
Milk

**NON ATTENDANCE DAY 17**

**24** Breaded Drumstick  
Potato Smiles  
Biscuit  
Fruit  
Milk

**Tuesday**



**4** Soft Shell Taco  
Taco Fiesta Beans  
Shredded Cheddar  
Salsa  
Fruit  
Milk

**11** Lasagna  
Tossed Salad  
Garlic Knot  
Fruit  
Milk

**18** Orange Chicken w/ Rice  
Edamame  
Fortune Cookie  
Fruit  
Milk

**25** Soft Shell Taco  
Taco Fiesta Beans  
Shredded Cheddar  
Salsa  
Fruit  
Milk

**Wednesday**



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.  
Reference: USDA MyPlate

**5** Mini Corn Dogs  
Green Beans  
Fruit  
Milk

**12** Hot Dog on Bun  
Baked Beans  
Fruit  
Milk

**19** Nachos  
Salsa  
Starchy Vegetable  
Cheese Cup  
Fruit  
Milk

**26** Mini Corn Dogs  
Green Beans  
Fruit  
Milk

**Thursday**

**6** Breaded Chicken on Bun  
Sun Chips Mix  
Parmesan Flavored California Blend  
Fruit  
Milk

**13** Chicken Nuggets  
Mashed Potatoes  
Fruit  
Milk

**20** Chicken Tenders  
Sweet Taters  
Animal Crackers  
Fruit  
Milk

**27** Breaded Chicken on Bun  
Sun Chips Mix  
Parmesan Flavored California Blend  
Fruit  
Milk



**Friday**

**7** Cheese Pizza  
Romaine Lettuce  
Cup  
Snickerdoodles  
Fruit  
Milk

**14** Cheese Stuffed Breadstick  
Marinara Cup  
Brownie  
Other Vegetable  
Fruit  
Milk

**21** French Toast Sticks  
Tri-tators  
F&V Slush  
Syruup Pancake Cup  
Fruit  
Milk

**28** PARENT TEACHER CONFERENCE