

# Oak Chan Elementary



Principal's Weekly Message  
January 22, 2021

Good Day OC Families!

## Highlights:

Registration for the 2021-2022 school year begins NEXT WEEK! Further details can be found on our OC Website. Currently, we are planning on a 'traditional' return to school. **It is highly important that you register during the upcoming window.** Our staffing is determined by our registrations, and we want to make sure we have enough classes and staff to accommodate all our returning and new incoming students.

I am forever grateful for our community and the watchful eye that is kept on our campus. We could use your assistance with any information regarding an incident that occurred late evening of January 17<sup>th</sup> and early morning of January 18<sup>th</sup> (around 12:30am). A group of young teenage boys and girls severely vandalized the park bathrooms across the street and left a mess in front of our school and in the Dragon Drop Off area. The suspects mostly likely live nearby as they were on foot or had razor scooters (and backpacks). Please reach out to me if you have any information that would be of help regarding this unfortunate situation.

**Next week is national Kindness Challenge Week. Join us in spreading kindness like confetti!** [Spirit Days Calendar](#)

**Distance Learning Updates** Please [CLICK HERE](#) to see the most recent update from the district

**Weekly SKORR Challenge:** The SKORR challenge for the week of January 25<sup>th</sup> is to continue to practice **Self Care: How do you fill your cup?** (Fill the cup with people, places, things, and activities that make you happy!). [Click here for activity.](#)

**Social Emotional Learning (SEL) Parent Tip of the Week** (from Lauren Tamm)  
**Food for Thought:**

*"Entering the day empty without any oxygen to your brain makes it impossible stay patient and calm when you are exhausted and at your limit. Trying to navigate the ups and downs and twists and turns of life with an empty cup can be treacherous.*

*There are so many ways to effectively accomplish filling your cup on a daily basis. You can even fill it throughout the day, which is great to help you feel charged and ready to go. Use your creativity, your personal needs, and evaluate what is realistic to do each day.*

*Here are a few examples for inspiration:*

- *Wake up before your kids, enjoy the stillness of the house, and center yourself emotionally.*
- *Allow yourself to go to bed early in order to get enough rest.*
- *Establish a daily schedule or routine for yourself to create scheduled blocks of time just for you.*
- *Keep routines as simple as possible to streamline and save time.*
- *Prepare for the next day the night before to save time and avoid rushing.*
- *Find ways to nurture yourself throughout the day even if it's only 5 minutes of quiet time.*

- *Help streamline the organization in your home to save time on everyday tasks, leaving more time for yourself.*
- *Find ways to stay balanced and ask yourself, "What do I need to do right now to stay in balance?"*

*So when you start your day tomorrow...*

*And the day after that...*

*And the day after that...*

*Remember that you are a priority. You are important. You matter."*

### **On the Horizon:**

**Registration for the 2021-2022 School Year begins NEXT WEEK!**

**Please refer to our website for further details.**

**Kindness Week January 25<sup>th</sup> – 29<sup>th</sup>**

**Virtual International Night January 27<sup>th</sup>**

*\*PTO is looking for families to participate. Please check-out their website for more information.*

Keep tracking your child's Reading and Math Fact practice minutes. The Principal's PRC and PMC are underway! [Challenges](#)

**Stay Connected!** Bookmark our [website](#) - which we update often, and follow us on our **Oak Chan PTO** [Facebook](#) page. Visit [MrsBahrysOffice](#) Take your 'mouse' and wherever the 'hand' lands on a picture, such as the Squirrel, click and you will find something fun.

**And stay strong by focusing on *Relationships, Routines, and Resilience.***

As always, please call or email us if there's anything you need.

*"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." ~B. Kerrey*

Sincerely,

Principal Bahry