



## News from Orcutt Academy's K-8 Campus in Los Alamos

2017-2018, Edition 22 | Week of February 5, 2018

### Principal's Message

"Early to bed, early to rise makes a man healthy, wealthy, and wise." Ben Franklin's famous quote may or may not be correct about making money, but the research shows that it is absolutely right about personal health and soundness of mind.



On that theme, I am writing this weekend to talk up the importance for children of **adequate sleep each night**. Teachers, office staff, and I have been noticing a recent mini-trend of students coming to school without enough rest. In some cases, this fatigue has impacted students' ability to learn, focus, and socialize. And this motivates me to share the following about children and sleep:

**If your child is going to bed at 10 or 11, it's too late.** The general guideline is that school-aged children need nine to 11 hours of sleep each night. Allowing late bedtimes on a school night can take a toll on a child.

**Cellphones and sleep don't go together.** Don't let your child take a cellphone or device to bed. Research shows that children and teens who snuggle up with their cellphone, computer, or video games are more than twice as likely to be sleep deprived as other children and teens.

**Provide a sleep-friendly environment.** Make sure TVs, radios, and stereos are off and curtains closed. Allow your child to choose a comfortable pillow. Some children benefit from sound machines that produce soothing sounds such as waves, rain, and white noise.

**Make a routine out of sleep.** Work to make sure your children go to bed and wake up at the same time (or more or less the same time) on both school days and weekends. A regular sleep schedule helps children sleep better.

The bottom line here is that an "early to bed" schedule will result in children who are energized, rested, and ready to make the best of each school day. No doubt about it, better sleep equates to more learning!

Have a great week!

Joe Dana, Principal

P.S. Hope you enjoy the photo above of a barn being built off Highway 101 between Orcutt and Los Alamos. On the drive it is neat to see the structure take form.

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## Valentine's Dance



Students in grades 6-8 from both schools enjoyed a Valentine's Dance organized by the OAK-8 ASB Friday night. It's always fun for the kids to get together!





## Weekly Planner

### Monday

Hot lunch: Pancakes & Sausages

### Tuesday

Hot lunch: Domino's Pizza

### Wednesday

Hot lunch: Chicken Taco Salad or Gourmet Salad

Today is a **teacher collaboration day**, with dismissal at 2:00 p.m.

Students and staff are **wearing orange**, the color of leukemia, on Wednesdays to show support for OAK-8 student Jill Mott.

The **Orcutt Academy Enrollment Lottery** for 2018-2019 takes place tonight at 6:00 at Orcutt Academy High School.

The **OAK-8 basketball teams** host St. Louis this evening at 5:30 (girls) and 6:30 (boys).

## Thursday

Hot lunch: All-American Hamburger

Today and every Thursday is "**College Day**" at OAK-8. Students and staff are invited to wear college apparel to school to reflect a college-going culture.

## Friday

Hot lunch: Toasted Cheese Sandwich and Tomato Soup or Gourmet Salad

Today and each Friday is a "**Blue and Silver Day**" at OAK-8. Students and staff are invited to wear school colors to show school spirit.

Mrs. Lovell's and Ms. Carricaburu's classes will be attending a **Bulldog Bound event** at Allan Hancock College this morning.

The OAK-8 PTSA is organizing a **Family Fun Night at Chuck E. Cheese** in Santa Maria this evening from 3:00-9:00. A PTSA general membership meeting will take place at the restaurant.

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## About Valentine's Day ...

Valentine's Day is coming up on Wednesday, February 14. It's a fun day, and we certainly encourage students to bring Valentine's Day cards with positive messages for classmates (so long as cards are brought for everyone and no one is excluded). That said, in keeping with the new federal guidelines on child nutrition, we are requesting that students not bring candy, cupcakes, or other sweet treats for Valentine's Day. Let's make Valentine's Day about love and harmony, not candy!

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## Coming Up

**Monday, February 12:** We have no school today. It is the Lincoln's Birthday holiday.

**Wednesday, February 14:** Today is a teacher collaboration day, with dismissal at 2:00 p.m.

**Monday, February 19:** We have no school today. It is the Presidents' Day holiday.

**Wednesday, February 21:** Today is a teacher collaboration day, with dismissal at 2:00 p.m.

**Thursday, February 22:** The OAK-8 basketball teams visit St. Louis this evening at 5:30 (girls) and 6:30 (boys). The games will be played at Arellanes Junior High School in Santa Maria.

**Friday, February 23:** We have a student awards assembly this morning.

**Saturday, February 24:** The Orcutt Children's Arts Foundation (OCAF) Gala takes place tonight at the Santa Maria Country Club. The Gala is a dinner/dance with both silent and live

auctions, and it is the biggest fund-raiser for OCAF. Admission is \$100 per person. To purchase tickets, or for more information, please go to [www.orcuttarts.com](http://www.orcuttarts.com) and click on "Gala 2018."

**Monday, February 26:** Parents of sixth graders are invited to an Outdoor School Parent Night tonight at 6:00 at Joe Nightingale School, 255 Winter Road in Orcutt. OAK-8 sixth graders will be going to Outdoor School at Rancho El Chorro outside of San Luis Obispo April 17-20.

**Wednesday, February 28:** Today is a teacher collaboration day, with dismissal at 2:00 p.m.

**Thursday, March 1:** Our basketball teams play at Valley Christian this evening at 5:30 (girls) and 6:30 (boys).

**Friday, March 2:** PCPA Outreach will be on campus this morning at 9:15 to perform the play The Purple Marble.

**Friday, March 2:** Today marks the end of the Second Trimester for grades TK-6. Second Trimester report cards will go home on Friday, March 16.

**Friday, March 2:** Our basketball teams host Valley Christian tonight at 5:30 (girls) and 6:30 (boys).

**Tuesday, March 6:** Our basketball teams visit Blochman this evening at 5:30 (girls) and 6:30 (boys).

**Wednesday, March 7:** Today is a teacher collaboration day, with dismissal at 2:00 p.m.

**Thursday, March 8:** Our basketball teams play Olga Reed tonight at 5:30 (girls) and 6:30 (boys). Olga Reed plays host.

**Friday, March 9:** Our basketball teams host St. Mary's this evening at 5:30 (girls) and 6:30 (boys).

**Wednesday, March 14:** Thursday, March 15; and Friday, March 16: To accommodate parent-teacher conferences, these three days are minimum days, with dismissal at 1:30 p.m.

**Wednesday, March 14:** Thursday, March 15; and Friday, March 16: Students in grades 5 and 7 have state fitness testing on these days.

**Friday, March 16:** Second Trimester report cards for grades TK-6 go home today.

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## School News

**Reminder for families:** If your child will be out of school for a predetermined reason and you are requesting an independent study packet, please be sure to give Reyes and your child's teacher at least one week's notice and preferably two week's notice. Teachers need adequate time to put together work for a packet. If not enough notice is given, we may not be able to issue a packet and the absences may be termed unexcused.

The Orcutt Academy has begun taking **enrollment applications for the 2018-2019 school year**. The application is online, and can be accessed via the Orcutt Union School District

website [here](#). If you have other children whom you would like to enroll at OAK-8 or Orcutt Academy High School, please note that you will need to fill out an enrollment application for each child.

**Everyone is invited to subscribe to this email newsletter, the "OAK-8 Update."** Parents can subscribe at multiple email addresses, and grandparents and other family members also are invited to subscribe. The newsletter will come out each weekend during the school year. To subscribe, please email Mr. Dana at [jdana@orcutt-schools.net](mailto:jdana@orcutt-schools.net).

## OAK-8 Bus Schedule

Following is the OAK-8 bus schedule for 2017-2018, as revised in October 2017 to include a new morning stop at the Lakeview Junior High School Gym. Parents of Transitional Kindergarten and kindergarten students are requested to let Mrs. Cole know which bus/bus stop their children will be using in the afternoon; that way, Mrs. Cole can make sure the students get on the correct bus. Our complete schedule follows:

### Morning

- 7:40 - Pine Grove School (front of school on Bradley Road)
- 7:50 - Alice Shaw School (on Dahlia Place by side parking lot)
- 8:00 - Kmart Shopping Center (on west side of Kmart building)
- 8:05 - Lakeview Junior High School Gym (in front of gym doors)
- 8:25 - OAK-8 (on Helena Street in Los Alamos)

### Afternoon (3:00 Dismissal - Mondays, Tuesdays, Thursdays, Fridays)

- 3:00 - OAK-8 (on Helena Street in Los Alamos)
- 3:25 - Kmart Shopping Center (on west side of Kmart building)
- 3:25 - Alice Shaw School (on Dahlia Place by side parking lot)
- 3:35 - Pine Grove School (in parking lot)

### Afternoon (2:00 Dismissal - Wednesdays)

- 2:00 - OAK-8 (on Helena Street in Los Alamos)
- 2:25 - Kmart Shopping Center (on west side of Kmart building)
- 2:25 - Alice Shaw School (on Dahlia Place by side parking lot)
- 2:35 - Pine Grove School (in parking lot)

### Afternoon (1:30 Dismissal - First Day of School, Parent-Teacher Conferences, Last Day of School)

- 1:30 - OAK-8 (on Helena Street in Los Alamos)
- 1:55 - Kmart Shopping Center (on west side of Kmart building)
- 1:55 - Alice Shaw School (on Dahlia Place by side parking lot)
- 2:05 - Pine Grove School (in parking lot)