

8.25.23

Happy Friday Ruskin Families,

I hope everyone had a fantastic week! This will be a shorter memo this week as I am currently in Cleveland, where I have been most of this week, getting my son settled at college. There has been a lot happening at school. The kids are getting settled into their new roles, Teachers and staff are getting back into the swing of things and parents are getting into their back to school routines.

Parents, we need to remind you that, for the safety of our students, the student restrooms are for **Students Use Only**. Kindly use the restroom in the Main Office.

We had our first assemblies last Friday. The assemblies were broken up between lower grades (TK-2) and upper grades (3-5). The students were an attentive and involved audience as we went over the reasons we have school rules and what the rules are. We had a Google slide presentation, starring our students acting out the Do's and Don'ts of Ruskin Elementary. We explained how all of the school rules and community laws fall under 3 main rules: **Be Safe, Be Respectful, Be Responsible.**



**Rules Assembly**



## **Traffic Reminders**

For the ensured safety of everyone, please remember the following:

- Please do not park in the bus zone
- Please use the crosswalk near the staff parking lot
- Pull ALL the way forward in the horseshoe



- Please do not park in the STAFF parking lot
- Thank you for not parking in front of or in the neighbor's driveway
- Try to come early or walk to school if possible
- Staff supervision of students begins at 7:50
- Please leave the premises once the bell rings so we may lock down the school
- Please do not let your children out in the middle of the street or the parking lot

## San Jose Public Library



**BACK TO SCHOOL**  
OPEN HOUSE EVENT

**TUESDAY,  
SEPTEMBER 12  
5:00 p.m.**

**Join us for a fun and educational Open House!  
There will be library tours, e-Resources demos  
including homework help resources, craft  
activities, drawing for backpacks and light  
refreshments.**

**MUST BE PRESENT TO WIN. LIMIT ONE WINNING PRIZE PER FAMILY.**

**Free. No registration required.**

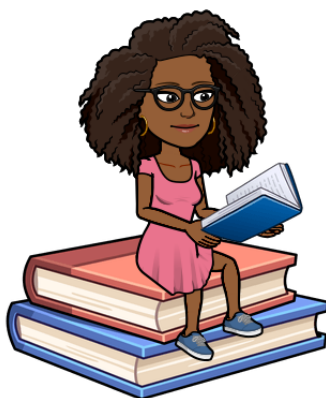
**Sponsored by &  
the Friends of the Berryessa Branch Library**

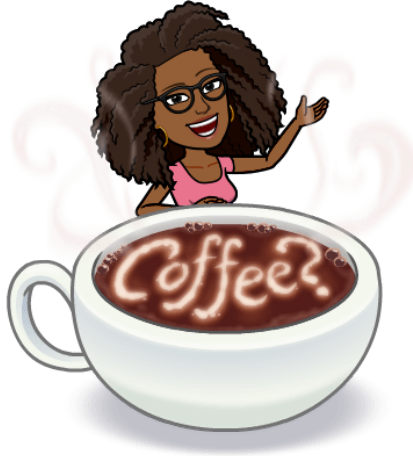
**Berryessa Branch Library  
3355 Noble Avenue  
San José, CA 95132  
(408) 808-3050**

**To arrange an accommodation under the Americans with Disabilities  
Act for library-sponsored  
events, please call 408-808-3050 at least three business days prior to  
the event.**

**sjpl.org**

**[Back to School Family Night | Events | San José Public Library \(bibliocommons.com\)](#)**





## **Coffee with the Principal**

Please join us for our first Coffee with the Principal virtual meeting for the school year. At this meeting, we discuss things happening at the school, connect with one another and usually have time for Q and A. We will meet on Google Meets from 4-5 PM. Here is the link: <https://meet.google.com/dhr-egoi-gwz> . Hope to see you there!

## ***A Child Therapist's Favorite Resources for Calming Anxiety in Children***



In continuing our focus on Social Emotional Learning, here is an article regarding ways to help your child cope with stress and anxiety.

It's happening again. Your daughter is frustrated and stomping away down to her room, slamming the door and in general "has her cranky pants on". You say calm down, but she yells back "I don't know how to do that!!!"

We tend to tell our kids to "calm down" without ever giving them explicit directions on how to deal with stress and anxiety. Here's a collection of the best tools and tips I've found to teach children how to calm down and relax.

## Quick Ways to Calm Down

Sometimes you'll need a quick way to help your child calm down and you don't have much with you. Maybe it's when you're out at Target or stuck in traffic. These tips will come in handy at those times:

Imagine your favorite place - it's like taking a mini vacation wherever you are

Think of your favorite things

Name animals alphabetically (alligator, bear, cow, dog, etc...)

Squeeze Something (play dough, clay, silly putty, your fists, a [stress ball](#))

Get a Cold Drink of Water

[54321 Grounding - go through each of your 5 senses](#)

Give yourself a hug - squeeze tight!

Remember the words to a song you love

[Do a hook up](#)

Put your arms straight out in front of you, palms facing out.

Put one hand over the other at the wrists and interlace your fingers.

Swoop your hands and arms toward your body and then place your interlaced hands on your chest.

Cross your feet at the ankles and put your tongue on the roof of your mouth.

Stay still for one minute.

It's great to have a [big list of coping skills](#) to try when your child needs to calm down. Here are two more short lists of ideas for calming down at home or at school.

From Imperfect Families - [Strategies to use at home](#)

From Encourage Play - [10 Strategies to Help Kids Calm Down at school or home](#)

<https://copingskillsforkids.com/>

## College Monday

This week's featured college is California State University, Chico aka known as Chico State. Chico is the second oldest college in the CSU system. It is also a Hispanic Serving University. Its Undergraduate Engineering and Nursing programs have been ranked as some of the top programs in the country according to the U.S. News & World Report 2023. Two very unique events the school is known for are The Town Hall Meeting and The Great Debate. These events are a time where students and community members come together and discuss or debate a topic or challenge. The topic changes every semester. Another interesting bit of information about the school is that our very own first grade teacher Mrs. Murray has a daughter that will be attending Chico State as a Freshman this year. Congrats Mrs. Murray!! Go Wildcats!!



Mrs. Murray in her Chico State Mom Shirt

# REMINDERS

## Attendance Matters

Please keep your child home communicate with the front reached at 408-923-1950 or School Clerk, Ms. Kimberly, will be addressing chronic truancy throughout this together to ensure our benefit of attending school each day.



if they are ill and office. We can be you can contact the at [Kyee@busd.net](mailto:Kyee@busd.net). I absenteeism and school year. Let's work students get the full

[Vietnamese Truancy Video](#)

[Espanol Truancy Video](#)

## After School Care

Are you in need of after school care? We have two different child care organizations that service our students. They are Sunshine School and Right at School. They are individually owned and operated. Their information is below:

Sunshine School

[www.mysunshineschool.com](http://www.mysunshineschool.com)

408-839-8366

Right At School (Room E1)

[www.Rightatschool.com](http://www.Rightatschool.com)

855-287-2466





## COVID Updates

Although COVID guidelines have lessened, we will continue to follow the public health guidance required by the [state](#) and [local](#) public health departments. These are the current recommendations and subject to change:

- **When symptomatic, please stay home.** Please reference our "[Reminder from the School Nurse](#)" on how to return your student post illness to school and if COVID-19 testing is required.
- **Testing** – Home antigen testing will be the primary strategy for COVID mitigation at school. We have at home tests available in the front office if needed or please visit <https://bit.ly/BUSDC19TestingResources> for more resources. Please use this link <https://bit.ly/BUSDOTC> to upload test results.
- **Ventilation** – Maintain high quality air ventilation systems for reducing virus aerosols.
- **Hand Hygiene** – Continue to reinforce the importance of frequent hand washing.
- **COVID-19 Reporting** – Please visit <https://bit.ly/BUSDStudentEvent> to report your student's event (positive case)
- **Vaccination** – COVID-19 vaccinations are recommended for all those eligible. Please visit Santa Clara County Public Health's [website](#) to find a location near you.

## Student Nutrition Services

- School meals will continue to be FREE for ALL students thanks to California's Universal Meals program. Each student may receive 1 free breakfast and 1 free lunch each school day. Meals include fruit, vegetables, and milk. Milk taken separately from a meal costs \$0.50 (covered by Universal Meals program if taken with a school meal).

- Families are strongly encouraged to apply for Free and Reduced price meals in order to increase funding for school programs and possibly qualify for other food benefits and discounts, e.g., afterschool programs, utilities and internet.

- Please submit your application ASAP in order for it to be counted toward school funding.
- For more info and to access the Free and Reduced Lunch forms, access the [link](#)
- The application may also be downloaded from the [SNS Meal Applications webpage](#) which also has the lunch menus

Thank you so much for a great first full week of school! I look forward to connecting with you. You can usually catch me in the morning directing traffic in the horseshoe and greeting students and their families. Come say, "Hi!" Have an amazing weekend !!



Sincerely,

LaKeisha Blackshire

## **Office Staff**

**Office Hours** 7:30-3:30 **Office Phone** 408-923-1950

**Principal:** LaKeisha Blackshire [LBlackshire@busd.net](mailto:LBlackshire@busd.net)

**School Secretary:** Melani Montez [MMontez@busd.net](mailto:MMontez@busd.net)

**School Clerk:** Kimberly Yee [KYee@busd.net](mailto:KYee@busd.net)