



Northwood Times



Pathway to the Future

August/ September 2023

2760 E. Trimble Road, San Jose, CA 95132-1055

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<http://northwood.berryessa.k12.ca.us/>

Maricela Krickovic, Principal

"We believe that all students at Northwood will be prepared for the future in a safe, nurturing environment that inspires academic and social learning in order to be critical thinkers and active citizens in a global community."

September 2023	
4th	Labor Day-No School
11th - 15th	5th Grade Science Camp
14th	Back to School Night (TK-4th)
18th	School Site Council Meeting
19th	Picture Day
19th	PTA Meeting
22nd	PTA Movie Night
29th	Coffee With the Principal
29 rd	MINIMUM DAY
October 2023	
2nd-6th	Fall Break
24th	Make-up Picture Day

Principal's Message

Hello Northwood Community! It has been a wonderful first month of school. Our students are all learning their classroom routines and procedures, and our school rules. There has been a great amount of excitement. One of the things that I strongly believe in is building strong home and school relationships, and seeing our families as team members that we work with side by side to support our students. I look forward to building those partnerships with our families, and know that I am committed to helping our students continue to succeed both academically and socially, so that they can become critical thinkers and active citizens in a global community.

Warmest Regards,
Mrs. Maricela Krickovic

Thursday Flag Salute and Emotions and Friendship Months

Each Thursday morning before our students head off to class, we come together as a school community and listen to important school announcements, do our Pledge of Allegiance, participate in our Northwood Cheer, and hear about important dates and themes for our school.

Each month, we are looking to highlight a specific trait or characteristic. Last month, we highlighted **emotions**, and this month, we are highlighting **friendship**. Where our Spirit Days invite our students to participate in our school spirit events, our Bear Days are days where we focus on the trait or characteristic that we are trying to build in our school community.

Literature is one way that caregivers can discuss emotions with their children. Some stories that our students may be hearing or may have heard in their classrooms are:

Stories about Emotions

The Color Monster by Anna Llenas

Big Feelings by Alexandra Penfold

The Way I Feel by Janan Cain

Stories about Friendship

Stick and Stone by Beth Ferry

Lost and Found by Oliver Jeffers

Peanut Butter and Cupcake by Terry Border

We also have tip sheets with some ways that caregivers can help support students manage emotions and friendships.

Spirit Days for September

- Thursday September 7th - Northwood Spirit Day - wear your Northwood red shirts or any red shirt.
- Thursday, September 14th - Bear Day - Branch out and meet someone new - make a new friend with someone in a different class, sit with someone new at lunch, play with a new group of students at recess
- Thursday, September 21st - Northwood Spirit Day - wear your Northwood red shirts or any red shirt.
- Thursday, September 28th - Bring in an item to class to share with your classmates (it has to be small enough to fit inside student's backpack)

Parents are welcome to stay and join during our Thursday Flag Salute, but we do kindly ask that parents remain in the designated areas. As soon as our Thursday morning Flag ends, we ask that any parents on campus exit through the Northwood Park exit and the gates will be closed as soon as our classes are dismissed back to their classrooms.

Child Not Feeling Well and At-Home Antigen Testing



If your child is not feeling well, please contact our school office to let us know.

We encourage our families to continue to use at-home antigen tests, especially if your child is experiencing any COVID-19 symptoms. **When symptomatic, students should remain at home, and get tested. If students have been out with any COVID-19 symptoms, parents will receive an email from our Health Clerk, Ms. Magy, with steps that need to be followed before students return to school.** Students should also wear a mask around others, until symptoms resolve. If you need at-home antigen tests, to test your child, please stop by our school office.

Parents and Guardians may upload COVID-19 test results at, <https://bit.ly/BUSDOTC>, especially if your child is returning after experiencing symptoms associated with COVID-19. If your child tests positive, please make sure to complete the Student Event Google Form at <https://bit.ly/BUSDStudentEventForm> and inform me as soon as possible (mkrickovic@busd.net), so that we may send you follow-up guidance. Positive results must be uploaded, so that we can clear student absences.

Another resource that we have for our families is our Campus Clinic Community Testing at Morrill Middle School in the BYC. They have COVID-19 Community Testing on Mondays, Wednesdays, and Fridays at Morrill BYC from 7:30 am to 3:30 pm. They offer both PCR and Antigen testing.

Campus Clinic COVID Testing Registration Information:

BUSD Students may use this [link](#) to have your registration resent to you.

Community Members may use this [link](#) to register.

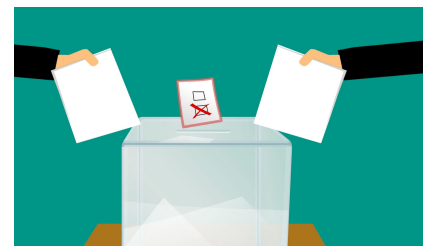
Back-To-School Night

Mark your calendars for our curriculum night on Thursday, September 14th beginning at 5:30 pm. We are so excited and look forward to welcoming you into our classrooms. Our goal of Back to School Night is for you to get to know your child's teacher, learn about the daily schedule and classroom expectations, and find out about the curriculum and standards our teachers will be teaching this year. Unfortunately, they will not have time to discuss your child during Back to School Night. If you do have questions or concerns with regards to your child, please reach out to your child's teacher to discuss any child specific questions you have. **During this time, we also ask for the event to be parents only, as our teachers will be sharing a lot of information about their classrooms. Please note that we will not have supervision on the playground area or in the outer quads.**



School Site Council

We are currently looking for parents that are interested in being a part of our School Site Council. During our Back to School Night, we will hold a parent election. Ballots will be found in our multipurpose room. Please complete the ballot before proceeding to the classroom presentations. Our first School Site Council Meeting will be this Monday, September 18, 2023 at 3:30pm and it will be conducted as a hybrid meeting both via Google Meets and in person.



Picture Day

Save the date, and bring your smiles! Picture Day will be taking place on **Tuesday, September 19, 2023**. Please be on the lookout for picture day fliers coming home in the coming days.

Upcoming PTA Events

On Tuesday, September 19, 2023, we will have our first PTA meeting. Caregivers are welcome to join us and learn more about PTA and how they can get more involved in our school. Our meeting will be in person at 6:00pm in our multipurpose room.

On Friday, September 22, 2023, our PTA will be holding their next movie night and will be showing Dreamworks *Bad Guys*. This event is free to all our Northwood families. Students attending must be accompanied by an adult.

Pick-up and Drop-Off Times

Please help us keep our drop-off and pick-up times safe:

- Students should be dropped off **no earlier** than 8:00 a.m.
- If you are picking up or dropping off your child in the bus loop, drivers must remain in their vehicles. Our bus loop is a red zone, and parking is not permitted there.
- To help with the flow of traffic in our bus loop, we also ask that children wait until their trusted adult is closer to our covered area before entering or exiting their vehicle.
- Students should use crosswalks to cross the streets safely, and avoid crossing in the middle of the street.
- Avoid 3-point turns, all of our surrounding streets go through.
- Students should be dropped off and picked up next to a sidewalk at all times.



Science Camp Donations

If you would like to sponsor a student or make a donation to the Wildflower Science Camp Scholarship fund, please contact Northwood Elementary School at (408) 923-1940.



For Translation Assistance

For translation assistance, please call one of our District hotlines below:

Chinese, 408-923-1901

Spanish, 408-923-1902 Español

Vietnamese, 408-923-1903

請利用學區中文熱線電話

1-408-923-1901

會有人與您聯繫,為您翻譯資料上的重要內容

Si desea información en español, por favor llame a la línea de asistencia

en español al 1-408-923-1902 y alguien le llamará para darle un resumen de este documento.

Xin gọi số hotline của khu học tại 1-408-923-1903 và sẽ có người giúp quý vị để hiểu những điều cốt yếu của văn kiện.

Building Self-Awareness Through Understanding Emotions



Emotions: are a person's inner feeling. Some examples of emotions are anger, fear, and happiness. A child who understands their emotions and can cope with them in a positive way has “emotional competence.” Building children’s emotional competence, supports their self-awareness and can help them manage their emotions in a helpful and productive way.

Why teach children about emotions?

Just like adults, children need to develop strategies for managing their emotions, so they can build social-emotional skills. When children are more socially and emotionally aware and skilled, they can more effectively navigate relationships, calm down and problem solve when challenges arise.

What parents can do at home

- Take time to talk to your child and be an active listener.
- Acknowledge and ask about your child’s feelings to model empathy.
- Tell children they can feel any emotion they want—and it's OK to feel really angry or really scared. Make it clear that they have choices in how they respond to those uncomfortable feelings.
- While they have every right to be mad at someone, for example, that does not give them permission to hurt them self or others.
- Guide your children in developing problem-solving skills, through identifying problems and brainstorming positive solutions.
- Focus on your child’s strengths before talking about things they can improve on or change.
- Children learn what they see. Model positive coping skills to identify and manage stressful situations

Activity

- Make different emotion faces and have children guess what you might be feeling. Throughout the day, help children learn to label their own emotions (e.g., it looks like you are feeling mad that we can't go outside; what can we do to help you feel better?)
- Model positive coping strategies; like going for a walk, hugging a stuffed animal, or practicing deep breathing.
- Discuss characters in stories



Building Social Awareness through Friendship

September is a great month to support children in building their social awareness skills.

Social Awareness is the ability to take the perspective and empathize with others, including those from diverse backgrounds and cultures. Social awareness includes the ability to understand social and ethical norms for behavior. Social Skills and Empathy are key to building friendships. Friendships are an important part of child development.

Why teach children about friendship?

Children are social creatures and building connections with others is important. Understanding and following social expectations is key to making and keeping friends. Building friendships begins early, as children learn how to become social members of the family, classroom, and community. Kids have to learn expected behaviors; like how to share and take turns, how to use kind words, respect others space, listen to others and solve problems in a positive and helpful way. Through these connections with others, children give and receive emotional support. Throughout the course of friendship development children learn conflict resolution, problem-solving skills, how to cooperate, and develop empathy.

What parents can do at home

- Read: reading stories together is a great way to teach social-emotional skills
- Talk: talk to children about friendship skills. Help them draw connections between their positive behaviors, like kindness, cooperation, and friendship.
- Empathize: Discuss the feelings of others connect them back to your child's feelings;
- Practice various social skills in your day to day interactions at home; listening, patience, using kind words, being helpful, and problem-solving. Give positive feedback when your child demonstrates these skills.

Activities

- Schedule playdates or take your child to places where they can interact positively with others
- Take turns telling short stories or short pieces of information to each other. You can practice listening, following directions, taking turns, ignoring distractions, cooperating, and showing empathy.
- Involve your child in sports or other activities that encourage positive social skills and friendship building.



September Friendship

September 7th

- Northwood Spirit Day - Wear your Northwood red shirts or any red shirt.

September 14th

Bear Day – Make a new friend with someone in a different class.

Sit with someone new at lunch.

Play with a new group of students at recess.

Today is a day to branch out and meet someone new.

September 21st

Northwood Spirit Day - Wear your Northwood red shirts or any red shirt.

September 28th-

Show and Tell Day – Bring in an item to class to share with your classmates. It has to be small enough to fit inside your backpack.

September 2023 Elementary School Menu BUSD



* = No Meat Item
 Lunch Pric-FREE
 Adult Lunch-\$4.00
 Milk \$0.50 (if purchased separately)
 Lunch includes choice of entrée, fruit/veggie and milk. The bolded entrée is the main entrée of the day. Secondary entrées listed are available in limited quantities. Menu subject to change without notice.
Advance Payment Make checks payable to: BUSD SNS. Indicate student's name and teacher on check. For online prepayment, log on to: www.myschoolbucks.com
 Our menus meet USDA requirements for calories, fat, saturated fat, whole grain-rich foods, and fruit/vegetable offerings. All grains are whole grain-rich. We do not serve or sell foods containing trans fat. To find out if your family may be eligible for CalFresh Food Stamps/SNAP) and other food programs, contact

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HOMESTYLE MACARONI & CHEESE Beef Macaroni Hamburgers <i>Raisins</i>
4 Labor Day	5 CHICKEN NUGGETS W/OVEN FRIES Pull-Apart Cheese Bread* <i>Applesauce Cup</i>	6 TURKEY PIZZA POCKET Bean & Cheese Burrito* <i>Carrots</i>	7 BREADED MOZZARELLA STICKS W/ MARINARA Toasted Cheese Sandwich* <i>Apple Slices</i>	8 SPAGHETTI W/ MEAT SAUCE OR MARINARA SAUCE Mozzarella Bites* <i>Raisins</i>
11 PEPPERONI STUFFED SANDWICH Personal Cheese Pizza* <i>Fruit Cup</i>	12 FRENCH TOAST W/ TURKEY SAUSAGE Pull- Apart Cheese Bread* <i>Applesauce Cup</i>	13 CHEESE BURGERS Bean & Cheese Burrito* <i>Carrots</i>	14 BEEF FIESTADA SANDWICH Toasted Cheese Sandwich* <i>Apple Slices</i>	15 DRUMSTICKS & MASHED POTATOES & ROLL Mozzarella Bites* <i>Raisins</i>
18 CHEESE CALZONE* Turkey Pizza Pocket <i>Fruit Cup</i>	19 BREADED CHICKEN DRUMSTICK W/ POTATO WEDGES & ROLL Pull-Apart Cheee Bread* <i>Applesauce Cup</i>	20 TACO POCKET Bean & Cheese Burrito* <i>Carrots</i>	21 BREADED CHICKEN SANDWICH Toasted Cheese Sandwich* <i>Apple Slices</i>	22 CHICKEN TERIYAKI W/ RICE & MIXED VEGETABLES Mozzarella Bites* <i>Raisins</i>
25 PERSONAL PEPPERONI PIZZA Personal Cheese Pizza* <i>Fruit Cup</i>	26 CHICKEN TAQUITOS W/SALSA Pull-Apart Cheese Bread* <i>Applesauce Cup</i>	27 NACHOS W/CHEDDAR CHEESE CUP* Bean & Cheese Burrito* <i>Carrots</i>	28 CHICKEN CORN DOG Toasted Cheese Sandwich* <i>Apple Slices</i>	29 ORANGE CHICKEN W/RICE Mozzarella Bites* <i>Raisins</i>

NATIONAL SCHOOL LUNCH PROGRAM REQUIREMENT: A minimum of a ½ cup of fruit and/or vegetables must be selected as part of each school lunch.

EMERGENCY MEAL POLICY: Students who lose or forget their money will be allowed to charge their meal. Payment is expected the next day.

FOOD ALLERGIES: A recognized medical authority must complete the form, Medical Statement to Request Special Meals and/or Accommodations, which are available from the School office, cafeteria, or Student Nutrition Services webpage. A description of the food allergy or intolerance is needed, along with suggested substitutions.

ON-CALL CAFETERIA WORK: Please contact Personnel at 923-1850 for more details.

This institution is an equal opportunity provider.



Berryessa Union School District--Health Services

REMINDER FROM THE SCHOOL NURSE: KEEP ILL KIDS HOME

A. IF STUDENT SHOWS ANY OF THE FOLLOWING COVID- RELATED SYMPTOMS:

Fever/ chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Nausea or vomiting, Diarrhea, Runny Nose + Congestion.¹
(Runny nose by itself is NOT a symptom of COVID).

1. Students may return to school once negative COVID test results are submitted. Antigen tests are preferred, especially for anyone who has tested positive for COVID-19 within the past 90 days. **OR**
2. May return to school with Dr. note indicating that 1. The student was seen by the doctor, 2) The issue is due to a preexisting diagnosis or illness, and 3) that the illness is NOT COVID. ****MD note is not required****

B. IF IDENTIFIED As a Close Contact with someone who had tested COVID positive:

- 1. If NO symptoms, close contact should get tested 3-5 days after their last exposure, unless they have had COVID-19 in the last 90 days. **If with symptoms, close contact should go home, isolate and get tested immediately.**
- **NOTE:** If they do **not** have COVID-19 symptoms, exposed students or staff can stay in school. If symptoms develop, they must go home, isolate, and get tested.

FEVER – Please keep your child out of school if with fever (100° or higher). He/she may return to school after 24 hours, fever-free without the aid of medications.

COUGH– (after a confirmed COVID NEGATIVE or Dr Clearance note submitted). We expect that some children will be at school with a lingering cough after recovering from an illness. *However, please keep your child out of school when the cough is severe enough to impact his/her ability to participate in school activities.*

VOMITING/DIARRHEA– (after confirmed COVID NEGATIVE or Dr Clearance note submitted) – Student should NOT return **UNTIL THEY HAVE BEEN FREE OF DIARRHEA FOR 24 HOURS without aid of medication.**

****If a student is in SPED, consult with the school nurse as needed to consider whether exclusion for 24 hours is necessary.** *NOTE: 3+ cases in a class or 5+ in a school is an outbreak & needs to be reported to the Public Health Dept. Notify school nurse if outbreak is suspected, student may need to be excluded for 48 hrs.*

RUNNY NOSE – Do not send your child to school when there is constant nasal drainage that cannot be contained & is unable to focus in class. Colds usually last about 7 days. May return when feeling well.

LIVE HEAD LICE: Student may return to school when **there is no live lice** remaining in the hair. Parent or Guardian must state that efforts are being taken to remove nits daily and that lice treatment has started.

PINK EYE- symptoms include red, burning, watery, itchy eyes. May return 1) once symptoms are gone, 2) 24 hours after treatment has begun, or 3) a doctor's note that states the student is not contagious.

RASHES - Any new un-identified rashes can be potentially contagious and require a doctor's note upon return. The doctor must state that the rash is not contagious, when it is safe for the child to return to school, and medications prescribed, if needed. ***NOTE: The school is required by law to exclude students who may have a possible contagious condition.** **NOTE: We CANNOT diagnose rashes!**

¹ EdCode 48211 & 48212