



# Northwood Times



Pathway to the Future

October 2023

2760 E. Trimble Road, San Jose, CA 95132-1055  
Phone: (408) 923-1940 Fax: (408) 942-9032  
<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."

October 2023	
24th	APEX Fundraiser Begins
24th	Make-Up Picture Day
26th	PTA Meeting
27th	Coffee with the Principal
31st	Halloween Parade
November 2023	
1st	No School Day for Students - Staff Professional Development Day
2nd	APEX Fun Run
6th	School Site Council Meeting
8th - 17th	Parent Teacher Conferences (Minimum Days)
10th	No School- Veteran' s Day
17th	Coffee with the Principal
17th	PTA Movie Night
20th - 24th	No School- Thanksgiving Break

## Principal's Message

Hello Northwood Community! Looking around campus, there are many signs that Fall is here. The leaves are falling and changing color, and there are hints of blustery and some rainy weather. It was wonderful to see so many families in attendance at some of our September events, such as Back to School Night, Movie Night, Pastries with the Principal, School Site Council, and PTA. These events gave me an opportunity to get to meet many of our Northwood families and hear your concerns. I hope to continue to see many of you there and meet more of the families that make up our wonderful Northwood community.

Walking through classrooms, I have been able to see the dedication our teachers display in instructing our students. Students are working collaboratively, and engaging in rich and meaningful conversations around the curriculum. They are being allowed to learn through discovery and are being helped to develop a strong growth mindset.

October is also a month in which we focus on Safety and Emergency Preparedness. This month, we are developing our Site Safety Plan. This plan outlines our goals for both the Physical and Social climate at Northwood. These goals will help guide us in keeping our students both physically and emotionally safe. On October 19th at 10:19 am our school participated in the Great American Shake out, a Duck, Cover, and Hold Drill. Towards the end of October, we will also be participating in Red Ribbon Week. This week will focus on lessons and activities to remind our students about being drug-free and staying bully-free.

I wish you all a happy and safe month of October. As always, if you have any questions of concerns, feel free to call or email me. Your child and concerns are important to me and I truly value the partnerships we build to help support your child.

Warmest Regards,  
Mrs. Maricela Krickovic

## Thursday Flag Salute and Bullying and Red Ribbon Week Month



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. This month, we are highlighting **Bullying**. Our school also participated in the National Red Ribbon Week. For National Red Ribbon Week, this year's theme is "Be Kind to Your Mind. Live Drug Free." During this month, we are not only talking with students about Bullying, but also about making positive choices that help them be happy and healthy that helps them be kind to their mind.

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 with their classrooms are:

- The Recess Queen by Alexis O'Neill and Laura Huliska-Beith
- The Juice Box Bully by Bob Sornson and Maria Dismondy

## Spirit Days for October



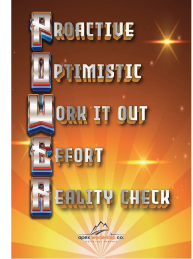
- 10/12 - "Go Noodle Day" Relax and recharge with a calming Go Noodle - "From Mindless to Mindful."
- 10/19 - SPIRIT DAY - Red Ribbon Week  
Our School chooses to be drug free! Wear your school shirt or the color red.
- 10/26 - BEAR DAY- Train Your Brain Day- you can do a puzzle, word search, crossword, word game, or a number puzzle. Have fun and train your brain to something new!

Anti-Bullying poster Activity (Try at Home Activity)

Do you have an idea for an anti-bullying poster? You can create a poster that shows you standing up to bullying. You can use a 8x11 inch piece of paper and any marker, crayon, colored pencil, chalk, paint, or watercolor. Share with family or share it in class.

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.

## **APEX Leadership Program at Northwood; First PTA Fundraiser**



We are excited to bring back Apex to Northwood this school year. Our Apex fundraiser will begin this Tuesday, October 24th, with our school wide Pep Rally. Funds that are raised from this fundraiser have been a huge benefit to our school and we appreciate your continued support and participation. This year, funds will be used to support classroom materials and supplies, field trips, PE equipment and safety supplies. Each year the APEX Leadership program helps build strong student leaders, through a theme that is embedded through their lessons and activities, and this year's theme is Power (**P**roactive, **O**ptimistic, **W**ork it out, **E**ffort, **R**eality Check). There are quick engaging lessons that students will be participating in that focus on creating a positive environment and inspiring them to lead by example.

This will be a two week fundraiser that culminates in our Fun Run on Thursday, November 2nd. **For our Fun Run, we will need parent volunteers.** Our TK-2nd grade Fun Run will be between 8:30am-9:30am and our 3rd-5th grade Fun Run will be between 10:00am-11:00am. Anyone interested in volunteering needs to complete a volunteer form. Volunteer forms can be found in our front office. All parts of the form must be completed and have a current (within the last 4 years) TB test attached. Completed forms may be turned into Mrs. Broker in the front office.

## **Safety Goals**

At our last School Site Council meeting, our School Site Council reviewed and approved our Safety Plan. On this plan, we create goals for both a safe physical climate goal and a safe social climate goal. Our approved goals were:



**Our schools are a source of pride in our community with safe, clean and healthy facilities where our students can learn, achieve and succeed.**

- Continuing to develop and strengthen emergency preparedness.
- Improving our drop off and pick up procedures for our students to ensure that students are safe when arriving and leaving our campus.

**Our students and staff thrive in an environment of mutual respect, self discipline and a commitment to excellence.**

- Addressing ongoing social emotional needs of students.
- Northwood students will strive to be safe, respectful and responsible.

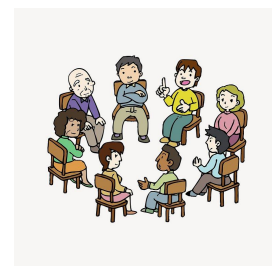
## **Picture Day**

Our make-up picture day will be on Tuesday, 10/24/2023. On this day, we will not be taking all students' pictures. This day, we will be taking the pictures of any students that were absent on Picture Day and any students that would like to retake their picture.



## **Upcoming PTA Events**

On Thursday, October 24, 2023, we will have our next 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.



Our PTA is in the process of planning a winter event and is looking for individuals that may be able to help. They are currently looking for someone who can be a photographer for the event and also for a Mr. and Mrs. Clause. If you are interested or would like more information on either of these two items, please contact our Northwood PTA at [northwoodpta1@gmail.com](mailto:northwoodpta1@gmail.com).

Our next movie night will be on Friday, November 17th.

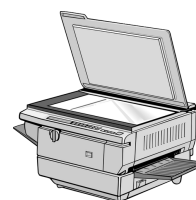
## **Pastries With the Principal**

Our next Pastries with the Principal event will be this Friday, October 27th at 8:15am in our Multi-Purpose Room. We will once again be joined by Ms. Nicole, who will be sharing ways that families can support students with our monthly theme.



## **Copy Paper**

We are currently accepting copy paper donations in our front office, so that classes can use it to make copies of instructional materials. Copy paper donations can be dropped off in our front office. Thank you to the families that donated paper, it is greatly appreciated.



## **Volunteers**

Anyone interested in volunteering during any school events, such as PTA events, field trips, classroom or office volunteering, etc, needs to complete a volunteer form. Volunteer forms can be found in our front office. All parts of the form must be completed and have a current (within the last 4 years) TB test attached. Completed forms may be turned into Mrs. Broker in the front office.



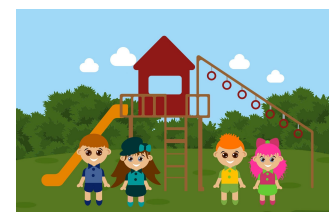
## **Program Reading Tutor**

The Berryessa Union School District is currently hiring Reading Tutors for our Elementary Schools, including Northwood. If you are interested in applying, you may use the [following link](#) to read over the job description and apply.



## **Noon Duty Substitutes**

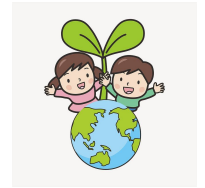
We are currently looking for anyone that can be a Noon Duty Substitute to help supervise students when our Noon Duties are out. If you would like to be a Noon Duty Substitute, please contact our front office.



The Berryessa Union School District is also hiring for a variety of positions. Please see our attachments or look for us on EdJoin to find out more about the various positions our district is hiring for.

## 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.



## 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.

## 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.*



# Help Support

## Northwood Elementary

Our Apex Fun Run fundraiser starts on Tuesday, October 24<sup>th</sup>!

### WE WOULD LOVE YOUR HELP RAISING FUNDS FOR:

Classroom material/ Supplies, Field trips, PE equipment, School safety supplies.



### IMPORTANT DATES:

Pledging Opens: Tuesday, October 24<sup>th</sup>  
Event Day: Thursday, November 2<sup>nd</sup>

### GETTING STARTED:

When pledging opens go to [www.myapexevent.com](http://www.myapexevent.com) and login using your child's unique ACCESS CODE.

### MAKE A DONATION:

Make a flat donation OR pledge a dollar amount per lap that your child completes at the event. Reported laps are capped at 36 max. If a student is absent or unable to participate, their laps completed will default to 30.

### SHARE:

Use the "Share Wizard" tool to send a donation link via email, text, and social media to 10 family members and friends asking that they donate online to help our school.

### ABOUT OUR FUNDRAISER

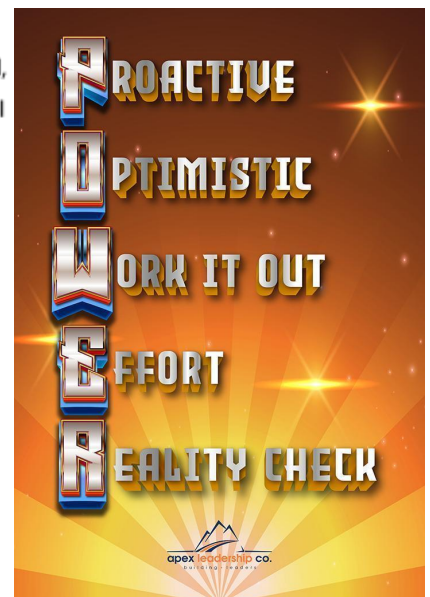
Our goal is to provide all of our students with the best education and school experience possible and to ensure they have the tools they need to learn and grow. All students are included in the leadership program and fitness event regardless of financial participation in the fundraiser. If you can help, please know that no donation is too small.

### ABOUT APEX LEADERSHIP CO.

Apex is a two-week interactive leadership and character-building program combined with a fitness focused event fundraiser to help schools raise much needed funds.

### 2023-2024 LEADERSHIP THEME: POWER

The leadership program focuses on developing student self-control, decision making and interpersonal skills vital for school and life success. The quick, engaging lessons tie in with our school's vision and mission, encourage students to create a positive environment, and inspire them to lead by example.



WITH APEX WE WILL CHARGE OUR POWERS AND MASTER FIVE HABITS THAT WILL UNLEASH THE POWER OF LEADERSHIP!

## What is Bullying?

*Bullying* is unwanted, aggressive behavior that involves real or perceived power imbalance. The behavior is repeated over time.

*Bullying behavior* is often saying or do something intentionally hurtful to others and continuing to engage in behaviors without thought or concern of how the other person is feeling.



It's important to note that not all negative interactions become bullying. Some behaviors are rude or mean.

- **Rude** involves unintentionally saying or doing something that hurts someone else. For children this is usually social error. Skills they may still be developing an understanding about. Rudeness is often spontaneous, unplanned, or thoughtlessness.
- **Mean** involves intentionally saying or doing something to hurt someone. Mean behavior in children might be motivated by negative feelings or a misguided goal to make themselves feel better in a situation or amongst peers.

## What parents can do

*Talk about it!*

By talking to your child about the differences, you can better identify the offending behavior and take appropriate action. There are many books on bullying, childhood resiliency, and coping skills that can be helpful in talking with your children. Here are some discussion points:

- What do you think the word bullying means?
- Why is it important to stand up to bullying?
- Have you ever had to stand up for yourself or others? Tell me about it.
- Would you feel comfortable telling me if you thought you were being bullied? Why or Why not?

*Teach them!*

By teaching children compassion, acceptance, respect, and kindness they can learn and exhibit those behaviors in their interactions with others. Children do not have to like everyone or be friends with everyone. However, they should show others kindness and empathy.

*Practice it!*

Together with your child, come up with 5-10 things that they can do to stand up for themselves and others. Practice together, draw pictures about it, create a story together.

*Be Aware!*

Awareness of changes in your child's behavior can open up conversations about their experiences. Let them know if they're being bullied or see it happening to someone else its important to talk to someone about it, whether it's you, another adult (teacher, counselor, family friend) or sibling.

Additional Resources

<https://www.pacer.org/bullying/>

<https://www.stopbullying.gov/>

# October

## Bullying Prevention

10/12 – "Go Noodle Day" Relax and recharge with a calming Go Noodle - "From Mindless to Mindful."

10/19 – SPIRIT DAY – Red Ribbon Week  
Our School chooses to be drug free! Wear your school shirt or the color red.

10/26 – BEAR DAY- Train Your Brain Day- you can do a puzzle, word search, crossword, word game, or a number puzzle.  
Have fun and train your brain to something new!

Mrs. Bobias will be sharing one of these books during library this month.

Books of the month: The Recess Queen by Alexis O'Neill and Laura Huliska-Beith

The Juice Box Bully by Bob Sornson and Maria Dismundy

### Anti-Bullying Poster Activity (Try at Home)

Do you have an idea for an anti-bullying poster? You can create a poster that shows you standing up to bullying. You can use a 8x11 inch piece of paper and any marker, crayon, colored pencil, chalk, paint, or water color. Share with family or share it in class.





# Elementary October 2023 Menu BUSD



\* = No Meat Item Lunch Price -FREE Milk \$0.50 (if purchased separately) Adult Lunch \$3.75 Lunch includes choice of entrée, salad bar 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](http://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 Second Harvest Food Bank: 1-800-984-3663

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="font-size: 4em; color: black; text-shadow: 2px 2px 4px #f4a460;">Fall Break</h2>				
<b>9</b> <b>SLICED PEPPERONI PIZZA</b> Personal Cheese Pizza*  <i>Juice Cup</i>	<b>10</b> <b>CHICKEN CHIMICHANGA</b> Pull-Apart Cheese Bread*  <i>Applesauce Cup</i>	<b>11</b> <b>MOZZARELLA STICKS W/ MARINARA</b> Bean and Cheese Burrito*  <i>Raisins</i>	<b>12</b> <b>100% BEEF HOT DOG</b> Toasted Cheese Sandwich*  <i>Apple Slices</i>	<b>13</b> <b>BEEFY MACARONI</b> Mozzarella Bites*  <i>Craisins</i>
<b>16</b> <b>FRENCH BREAD CHEESE PIZZA*</b> Turkey Pizza Pocket  <i>Juice Cup</i>	<b>17</b> <b>POPCORN CHICKEN W/ OVER FRIES</b> Pull-Apart Cheese Bread*  <i>Applesauce Cup</i>	<b>18</b> <b>BEEF TACO WRAP</b> Bean & Cheese Burrito*  <i>Raisins</i>	<b>19</b> <b>BBQ BEEF SANDWICH</b> Asian Chicken Salad & Toasted Cheese Sandwich  <i>Apple Slices</i>	<b>20</b> <b>CHICKEN ALFREDO PASTA W/ PEAS</b> Mozzarella Bites*  <i>Craisins</i>
<b>23</b> <b>PERSONAL PEPPERONI PIZZA</b> Personal Cheese Pizza  <i>Juice Cup</i>	<b>24</b> <b>CHICKEN &amp; WAFFLE W/ SYRUP</b> Pull-Apart Cheese Bread*  <i>Applesauce Cup</i>	<b>25</b> <b>CHICKEN CORN DOG</b> Bean & Cheese Burrito  <i>Raisins</i>	<b>26</b> <b>TURKEY HAM &amp; CHEESE CROISSANT SANDWICH</b> Toasted Cheese Sandwich*  <i>Apple Slices</i>	<b>27</b> <b>CHICKEN CURRY OR CHANA MASALA W/ RICE</b> Mozzarella Bites*  <i>Craisins</i>
<b>30</b> <b>CINNAMON PANCAKE W/ STRING CHEESE</b> Chicken Corn Dog  <i>Juice Cup</i>	<b>31</b> <b>CHICKEN NUGGETS W/ OVEN FRIES</b> Pull-Apart Cheese Bread*  <i>Apple Sauce Cup</i>			

**SALAD BAR OFFERINGS (daily choices vary):** Romaine, Coleslaw, Asian Cabbage Salad, Celery Sticks, Jicama, Cucumber Slices, Cherry Tomatoes, Beans, Potato Salad, Canned Corn, Apples, Orange Wedges, Bananas, Seasonal Fresh Fruit, Canned Fruit (in Juice or Light Syrup), Raisins, and Frozen 100% Juice Cup

**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.

**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

# Now Hiring

## CURRENT CLASSIFIED OPENINGS:

AVID College Tutors  
Coaches - Various Sports  
Health Clerks  
HVAC Technician  
Instructional Associates  
Lead Groundsworker  
Noon Duty Supervisors (Apply at School)  
Paraeducator I & II  
Program Reading Tutor  
School Community Liaisons (Internal Only)  
School Clerk  
Speech Language Pathology Assistants  
Various Substitutes Positions

**Join our Team. Apply today!**

Questions, please call 408-923-1850

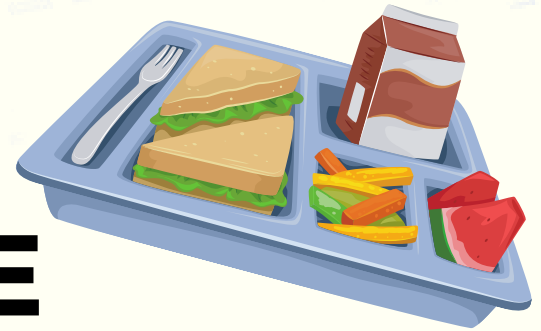


<https://bit.ly/JoinBUSDTeam>



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**HIRING**

**FOOD SERVICE  
SUBSTITUTES**



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Pathway to the Future  
Since 1855