

The Bear Essentials

April 10, 2023

Principal's Message

Following a frenetic February and March madness indeed, it is good to be back with a new issue of our newsletter! Looking back, some major highlights include our super successful Read-A-Thon, our winning basketball team, and reaching the end of the Second Trimester. Much thanks to everyone who supports our students and the programs that make our school an enriching place for all.

We are now in the third and final phase of the 2022-2023 school year, and it's still busy as ever as we have planning for upcoming events and laying the groundwork for next year too. First up, Spring Pictures are this Wednesday, April 12th, with a Dine Out fundraiser on Thursday the 13th. After that, the CAASPP (state) testing window opens on April 17th and runs through May. In two weeks we will mark Earth Day at school on Friday, April 21st, and our PTA Gala follows the next day, April 22nd with a very timely Peace.Love.Earth Day theme. It will be a groovy time for all and I hope to see you there!

Best regards,
Ms. Koehler

Important Information, Announcements & Resources



TJE 2023-2024 School Year Attendance Survey*

Please complete this survey to let us know if you intend to return to Theodore Judah for the 2023-2024 school year. Completing this survey will help us to plan our classes and also help us to plan for interest in aftercare (ASES) as well. *Please complete the survey as soon as possible. The survey will close end of day on Friday, April 14th. Thank you for your help!*

[Click here to complete the survey.](#)

*Please note that this survey is for informational purposes only and does not affect enrollment in school and/or aftercare (ASES).



Calendar of Upcoming Events

- TJE Kindness Characteristic:**
April - Inclusiveness
- April 2023**
Arab American Heritage Month
- April 12th**
Spring Picture Day
- April 12th**
School Site Council Meeting
- April 13th**
Dine Out 5-10pm
@ Federalist Pizza
- April 17th- May 26th**
CAASPP Testing Window
- April 21st**
Earth Day Fair 8am-12pm
- April 22nd**
Earth Day
- April 22nd**
PTA Gala 6pm
@ Clunie Community Center

Looking ahead...

- May 12th & 13th**
Willy Wonka Jr. School Play
- May 25th**
Open House 5-6pm
- May 29th**
Memorial Day
No School

Please adhere to these guidelines, along with our Student/Parent Handbook Snack/Recess Procedures (page 20) that prohibit candy, soda, etc. Below is information from SCUSD’s brochure regarding the Wellness Policy, including classroom celebrations. Cupcakes, et al. are not permissible under the District Wellness Policy.

Implementing the SCUSD School Wellness Policy

“SCUSD passed the Wellness Board Policy 5030, which is an important tool for promoting student wellness, preventing and reducing childhood obesity, and assuring that school meal nutrition guidelines meet the minimum federal school meals standards. The policy contains goals specifically for nutrition promotion and education, physical activity, and other school based activities that promote student wellness.”

What is a Wellness Policy?
"A Wellness Policy is an important tool for parents, educational agencies and school districts in promoting student wellness, preventing and reducing childhood obesity, and assuring that school meal nutrition guidelines meet the minimum federal school meals standards. It contains goals specifically for nutrition promotion and education, physical activity, and other school based activities that promote student wellness." -USDA

Food on Campus
What may be served & sold on campus?
 Foods and beverages served and sold in schools must meet strict federal and state regulations for calories, saturated fat, sodium, sugar, and trans fat. For an easy-to-use list, visit www.scusd.edu/wellnesspolicy.
When are these regulations in effect?
PreK-8th grade:
 Regulations are effective from midnight to a half hour after the school day or expanded learning (whichever is later).
High schools:
 Regulations are effective from midnight to a half hour after the school day.
How can you tell which foods are compliant?
 Other than fresh fruits and vegetables, which are always compliant, food compliance varies widely. Use the California Project Lean calculator to determine compliance of items: www.californiaprojectlean.org
To whom do these regulations apply?
 These federal and state regulations apply to Non-Charter Public Schools participating in the National School Lunch Program.

Fundraising Regulations
 School student-organizations must comply with all food and beverage standards. This includes how many items they can sell, pre-approval of the items, when they can sell, how many sales can be done per year, and more.
 Regulations differ between elementary schools and middle/high schools. For more information visit our webpage at www.scusd.edu/wellnesspolicy

Classroom Celebrations
 SCUSD employees, parent organizations, and outside organizations will not use any food or beverage as a reward, incentive, or punishment for academic performance or good behavior.
 Schools can promote a positive learning environment by shifting the focus from food during classroom celebrations, and striving to have non-food celebrations or healthy non-allergenic food. Food must be compliant with Competitive Foods regulations.

Who Created SCUSD's Wellness Policy?
 A group of caring and concerned parents/guardians, students, nutrition service employees, physical education teachers, school health professionals, board members, administrators, and members of the public joined together to form the SCUSD Wellness Committee, and write the policy. The committee meets monthly and welcomes new members!

Awesome Celebration Ideas:

- Games, such as relays
- Hold class outdoors
- "Free choice" time
- Stickers/pencils
- Balloons/bubbles
- Art supplies/projects
- Read a story
- Movie day

Healthy snack options:

- Fresh fruit
- Smoothies
- Frozen bananas with shredded coconut
- Vegetables with a variety of healthy dips (hummus, guacamole, salad dressing)

Additional information is available here: [Brochure](#) & [FAQ](#)

SCUSD’s Wellness Policy Committee is meeting on the following dates and times and welcomes new members!

April 12 @ the Serna Center from 4-5pm, May 3rd @ the Serna Center from 4-5pm

As everyone returns from Spring Break, we may see an increase in Covid-19 circulating throughout our community. If your student has symptoms of illness, please contact our office. Testing is available onsite and we can also provide take home testing kits from InteliSwab.

Testing Kit Information:

Please note this test takes 30 minutes to complete.

- Keep the test stand for all tests in the box. You will need to use it for the second test.
- Use the easy to follow pictures and instructions inside the box on how to do the test.
- When used for children, the test should be performed by an adult.
- For those 14 years and below: slowly circle the swab in EACH nostril at least 4 times while gently pressing against the inside of the nostril. This should take about 15 seconds.
- For those above the age of 15: Swab each nostril, circling at least 15 times.



Important Links!

Primary Health Testing Results Flyer

https://www.scusd.edu/sites/main/files/file-attachments/b2s_testing_flyer_8.5x11_8.5_081822.pdf?1660836193

InteliSwab Instructions & YouTube Instructional Video

<https://www.scusd.edu/sites/main/files/file-attachments/intelismwabinstructions1.pdf>

https://www.youtube.com/watch?v=B16-_Vvbkdk

COVID-19 Test Kit Report Links and Additional Information

Here is the link to report your test results:

<https://my.primary.health/finder>



Theodore Judah PTA Gala 2023

PEACE. LOVE. EARTH DAY

April 22nd ~ 6:00 pm @ Clunie Community Center



Purchase TJE Gala Tickets Today!

Each ticket includes a sit down dinner, open bar, dancing and 1 raffle ticket. Enjoy these features as well as silent and live auctions, classroom basket raffles, cake raffles and more when at the event!

We do have an event capacity at the venue, being able to sell ~ 150 tickets. This event brings a packed house so be sure to buy your tickets early! Pricing will increase on April 10 and tickets will be for sale up until the event, or until we reach capacity.

[Purchase Tickets Here!](#)

What: PTA Dine Out Fundraiser

Where: The Federalist Public House

When: Thursday, April 13 from 5 PM - 10 PM.

Why? Eat great pizza and at the same time a portion of the proceeds are donated to our school's PTA to support our Alive! Programs: Art, Science/Garden, Music, and Kindness.

Check out the menu here:

<https://www.federalistpublichouse.com/menu>





TJE Talent Show



School Community Events and Activities



School Community Events and Activities



Once Upon a Read-A-Thon





St. Patrick's Day



Basketball Team Remaining Schedule

Date	Time	Location	Home Team	Away Team
April 12	5:00 pm	Sutter Middle	New Joseph Bonheim	Theodore Judah
April 19	5:00 pm	Sutter Middle	Theodore Judah	Tahoe

Playoffs begin in May!

