

# The Bear Essentials

January 17, 2023

## Principal's Message

It's another short week ahead! On Monday we honored the life and legacy of Dr. Martin Luther King Jr. His message of peace, equality and love is one we can all connect to and be inspired to do our part to make the world better for all.

Also happening this week is our 6<sup>th</sup> Grade trip to Sly Park. Thank you to everyone who has worked to ensure our students can attend. This especially includes Ms. Rosenheim, Mr. Bruce, Room Parent Jessica Shevlin, who have all put in tremendous time and energy above and beyond their own day to day responsibilities. In addition, a SUPER HUGE THANK YOU to Mrs. Bealer-Wynton for filling in at the last minute. I would like to also note that the weather forecast for their trip looks great and I can't wait to hear how it went when they return.

Looking ahead, the Family Dance Night has been rescheduled to Friday, January 27<sup>th</sup>. It was scheduled for this Friday, but with the Sly Park trip rescheduled, we want all folks to be able to attend and have a great time.

Wishing you a joyous January!  
Ms. Koehler

## Important Information, Announcements & Resources

### Kindergarten Registration Ongoing & Open Enrollment Coming Soon!

#### Kindergarten Registration Information

Parents/guardians can register their student for kindergarten by one of the following methods:

- **online**
- **at the Enrollment Center**
- **at neighborhood schools (January 10-24, 2023 only)**

Link: <https://www.scusd.edu/kindergarten-registration>

**Open Enrollment is February 1-15, 2023 for the 2023-2024 School Year.**

Check out the district web page for me information here:

Link: <https://www.scusd.edu/open-enrollment-k-8>



## Calendar of Upcoming Events

- 🐾 *TJE Kindness Characteristic: January – Self-Discipline*
- 🐾 **January, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**  
Every Tuesday Bike Bus  
*Weather Permitting*
- 🐾 **January 17<sup>th</sup>-20<sup>th</sup>**  
Rescheduled 6<sup>th</sup> Grade  
Sly Park Trip
- 🐾 **January 18<sup>th</sup>**  
Rescheduled SSC Meeting  
@ 4:30 pm via Zoom
- 🐾 **January 18<sup>th</sup>**  
PTA Meeting @ 6pm  
via Zoom
- 🐾 **January 27<sup>th</sup>**  
Rescheduled Family Dance  
Night 6-8pm  
TJ Auditorium

## Looking ahead...

- 🐾 **February 2<sup>nd</sup> & 3<sup>rd</sup>**  
School Musical Auditions
- 🐾 **February 13<sup>th</sup>**  
Dine Out @ Chipotle
- 🐾 **February 13<sup>th</sup>**  
Lincoln's Birthday Obs.  
**SCHOOL CLOSED**
- 🐾 **February 17<sup>th</sup>**  
Talent Show 6pm  
TJ Auditorium
- 🐾 **February 20<sup>th</sup>**  
Presidents Day  
**SCHOOL CLOSED**

## New COVID-19 Take Home Testing Kits: IntelliSwab

**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.

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

#### IntelliSwab 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>

Also this is the link to register if you have not yet done so, in order to report your results:

<https://my.primary.health/l/scusd-edu>

One more general testing link for the district here:

<https://www.scusd.edu/covid-19-testing>

Lastly, more information here can be found here: <https://returntogether.scusd.edu/isolation-quarantine-guidance>



## January Kindness Characteristic: Self- Discipline

Self-Discipline: *the ability to control yourself and to make yourself behave in a particular way without needing anyone else to tell you what to do.*

“  
**DISCIPLINE**  
is the **BRIDGE**  
**BETWEEN**  
**GOALS** and  
**ACCOMPLISHMENT**  
”

“Self-discipline means you have the determination, inner strength, and fortitude to do what’s right — even if it’s difficult. That may require you to speak up when others are silent, search for the truth when others jump to conclusions, question the status quo when things are set in stone, hold firm when others cave in, find common ground when others won’t compromise, or sacrifice something today so that you can benefit tomorrow. It’s not always easy to do what’s right.

Self-discipline is a sign of inner strength. You demonstrate it by your willingness to accept personal responsibility, your ability to make hard choices, and your determination to live your life with honor. The fact is that you begin life with a blank canvas. Your choice is to set the bar high and live with integrity or take the easy route because it’s convenient to do so. I hope you choose the path that makes you proud.”

Excerpt from “<https://www.franksonnenbergonline.com/blog/why-self-discipline-should-matter-to-you/>”

## GotSneakers Drive Continuing Into 2023!

Our GotSneakers Drive has been very successful and we will continue into 2023. If you have more sneakers to donate, or have not had a chance to participate yet, you've still got time!

Please drop off donated sneakers in the bin next to the library door or at the TK/Kinder entrance door, rather than bringing them into the office, please.



It's always a great day to show your school spirit...

## TJE's new spirit wear site is up and running!

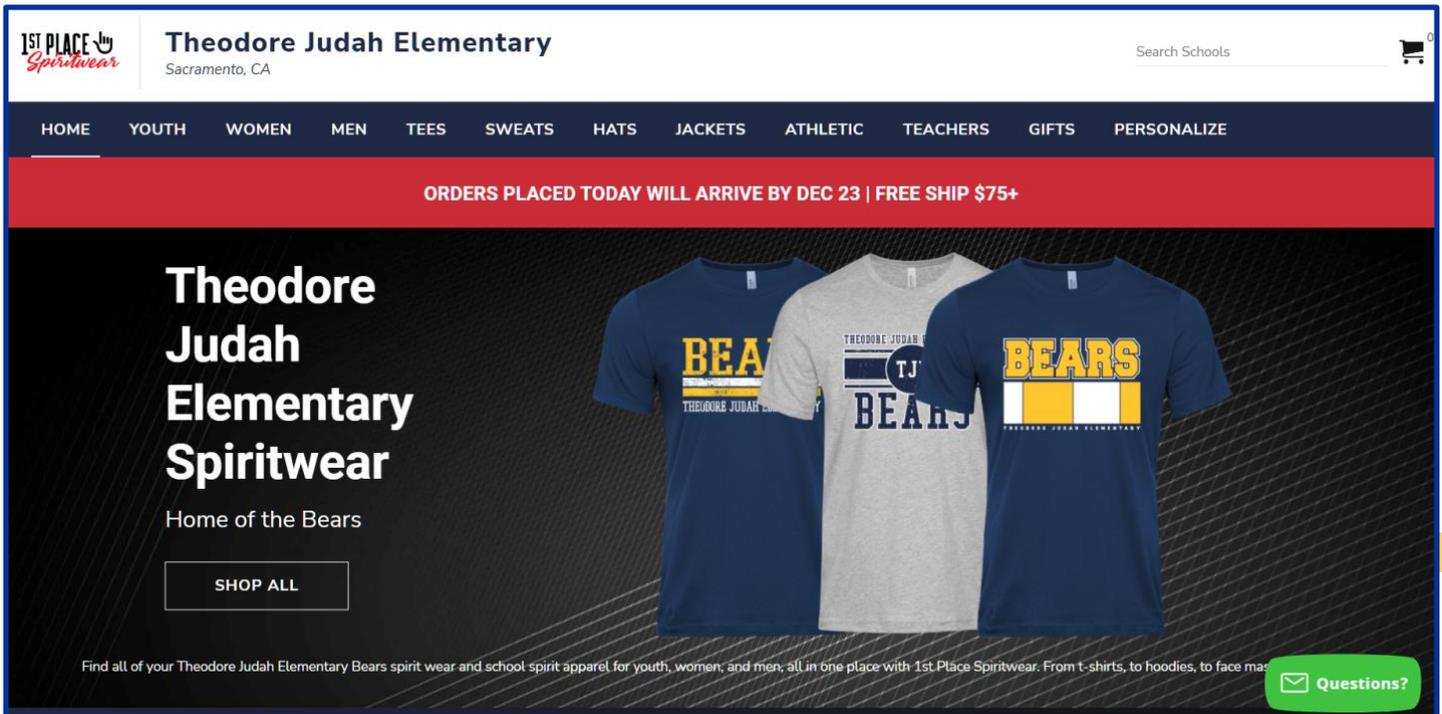
Our new vendor is **First Place Spirit Wear**.



You can place orders at anytime during the school year using the link below. Items are shipped directly to you. The wide variety of merchandise selections includes t-shirts, hats, hoodies and bags to name a few. There are also options to customize orders.

Happy shopping!

<https://1stplacespiritwear.com/schools/CA/Sacramento/Theodore%20Judah%20Elementary%20School>



**1st PLACE Spiritwear** Theodore Judah Elementary  
Sacramento, CA

Search Schools

HOME YOUTH WOMEN MEN TEES SWEATS HATS JACKETS ATHLETIC TEACHERS GIFTS PERSONALIZE

ORDERS PLACED TODAY WILL ARRIVE BY DEC 23 | FREE SHIP \$75+

# Theodore Judah Elementary Spiritwear

Home of the Bears

SHOP ALL

Find all of your Theodore Judah Elementary Bears spirit wear and school spirit apparel for youth, women, and men, all in one place with 1st Place Spiritwear. From t-shirts, to hoodies, to face masks.

Questions?



Theodore Judah students and staff wrapped up 2022 with holiday spirit, caroling and comfy pajamas!

