

The Bear Essentials

November 7, 2022

Principal's Message

Fall is in full swing at Theodore Judah Elementary! We had a great return to the annual Halloween Parade last Monday. Highlights included some seriously cute costumes and our super supportive community as we made our promenade around the school. 😊

This week we have some typical November weather (cloudy, cold, wet) to contend with. Please be sure to have your student(s) layer up as the temperatures vary between being inside and outside throughout the day. Our 2nd Bike Bus is scheduled for Tuesday. Please stay tuned for any weather-related updates.

This coming Wednesday is our second School Site Council Meeting. This is a public event we are holding on Zoom. Please join us to learn more about what we do and provide input on our decision-making for our School Plan for Student Achievement.

We will end our week on Thursday. School is closed on Friday in honor of Veterans Day and the service that our veterans provide to ensure our democracy endures.



Speaking of democracy, this Tuesday is Election Day. It is important that we exercise our right to choose our leadership and weigh in on ballot initiatives. Please vote!

Wishing you great week ahead!
Ms. Koehler

Important Information, Announcements & Resources

COVID-19: SCUSD updated their basic isolation and quarantine guidance on November 1st.

“Students and staff with symptoms of illness must stay home and test for COVID-19 (regardless of vaccination status).”



More information here: <https://returntogether.scusd.edu/isolation-quarantine-guidance>

Please let the office know if your student is experiencing symptoms of illness. We can provide onsite testing and test kits to take home.



Calendar of Upcoming Events

- TJE Kindness Characteristic: November - Gratitude*
- November 8th**
Bike Bus
- November 8th**
ELECTION DAY!
- November 9th**
School Site Council Meeting
- November 11th**
Veteran's Day
School Closed
- November 13th**
PTA Fundraiser
6 pm @ Memorial Auditorium
- November 16th**
PTA Meeting
- November 30th**
Last day for LCFF Applications

Looking Ahead...

- November 19th-27th**
Thanksgiving Break
School Closed
- December 1st-9th**
Parent-Teacher Conferences
Shortened-Day Schedule
- December 10th**
Winter Faire
- December 24th-January 8th**
Winter Break

November Kindness Characteristic: Gratitude

Gratitude: *the quality of being thankful; readiness to show appreciation for and to return kindness.*

“HAPPINESS IS NOT WHAT
MAKES US GRATEFUL.
It is gratefulness that
makes us Happy.”

David Steindl-Rast

BENEFITS OF GRATITUDE

Physical

- stronger immune system
- less bothered by aches & pains
- lower blood pressure
- more exercising
- more sleep & feeling more refreshed upon waking up
- takes better care of own's health

Emotional

- higher levels of positive emotions
- more alert & awake
- less stressed
- more joy & pleasure
- more optimism & happiness
- reduced feelings of depression
- higher sense of self worth

Social

- more helpful & generous
- more forgiving
- more compassionate
- less lonely & isolated

Theodore Judah School Spirit!

Show your school spirit every **Friday** by wearing the following:

Your favorite TJ shirt (“Bear Wear”)

Blue or Gold (our school colors)

Orange for Project Kindness

TJE School Rules

-  BE SAFE
-  BE RESPONSIBLE
-  BE RESPECTFUL
-  BE KIND

School Community Events and Activities



Halloween Parade - October 31st 2022
Special thanks to our photographers Linda Smolek and Chris Conover!



