



# Cumberland Connection

824 Cumberland Dr. Main Line: 408-522-8255

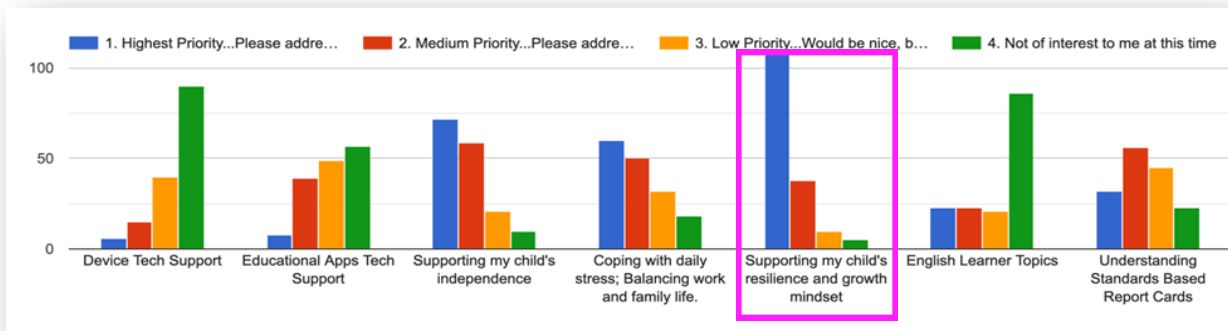


Dear Cumberland Families,

October's traditional fall feeling – have you noticed it? Seems to me that just in this last week, I've felt a different chill in the air, the kind that indicates fall weather is here. For me, it's a nice kind of change in the midst of all of us handling so much change. I hope you are able to enjoy it too.

With this newsletter, I'd like to take the opportunity to thank all of you who took my "[Parent/Family Input for Ongoing Information Sessions](#)" survey and share some of the results and next steps.

- I've had 167 responses.
- The most frequently identified times for availability to attend virtual parent education and/or principal coffee type events were...
  - Anytime between 3:00pm-5:00pm (selected by 63 respondents)
  - Anytime between 5:00pm-8:00pm (selected by 110 respondents)
- Regarding the sample topics provided...
  - **"Supporting my child's resilience and growth mindset"** is by far the most popular and of highest priority.



- 39 respondents added ideas in the open-ended section. Topics that were repeated by several families included:
  - **Information on the transition to in-person instruction**
  - **How to better support our children's social interaction/engagement in these times**

The **three topics in bold** above I have been able to take immediate action on. I invited our Superintendent, Dr. Gallagher, to speak to families about our District's Gradual Reopening Plan. We held this virtual "Coffee With The Superintendent" on October 8, 2020 and had 146 attendees.

I have been working with Rachel Bacosa, our district's Social Emotional Learning (SEL) Instructional Coach, and I am happy to announce the following virtual Parent Education Event:

**How to Build Family Resilience During Virtual Learning**  
 Date: October 21<sup>st</sup> Time: 4:00pm – 5:30pm  
 Presenters: Rachel Bacosa (SEL Instructional Coach)+ Laurie Carlson (Principal)  
 More info to come!

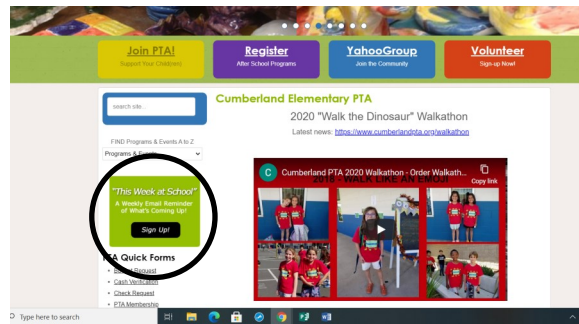
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FROM THE DESK OF MS. CARLSON...

**FROM THE DESK OF MS. CARLSON CONTINUED.....**

I will continue to use this survey input to inform future parent education events and coffees with the principal, and I am thankful for the partnership with our Cumberland PTA which is also working to be responsive to parent/family needs in offering parent education events.

Make sure you visit the PTA website (<https://www.cumberlandpta.org/>) and subscribe to the weekly newsletter "TW@S" to get updates on PTAs offerings and to get all the information you need to participate in this year's Walkathon: "Walk the Dinosaur" Virtual Walk October 30<sup>th</sup> to November 8<sup>th</sup>!



Finally, one way that we are working as a school to support opportunities for all of our students (IS and virtual programs) to have social interaction/engagement in these times...Cumberland Virtual LUNCH CLUBS! Please keep reading **BELOW** to learn more about when each grade level's optional Lunch Club is starting up and how your child can access.

I wish everyone continued health and safety!

Sincerely,

*Ms. Carlson*

## Cumberland Lunch Clubs:

**WHAT IS A LUNCH CLUB:** Come join our optional virtual "lunch clubs" via Zoom to hangout with school friends where there will be a safe space for social interaction with guidance from our very own noon aides.



**START DATES:**

Kinder	Already started
1st and 5th	Tues, Oct 13th
3rd	Wed, Oct 14th
2nd and 4th	Thurs, Oct 15th



<https://tinyurl.com/CESlunchclubs>

**WHEN:** M-F (except for TLD days: 11/10, 1/19, 2/9, 3/9, 4/6, 5/11)

**TIME:** 12:15pm - 12:45pm

**KINDER ZOOM LINK:** <https://sesd-org.zoom.us/j/97798784921?pwd=WkIIN1I4R3I6ZEo0cFFRQUFhWHkrQT09>

**1ST GRADE ZOOM LINK:** <https://sesd-org.zoom.us/j/91688471314>

**2ND GRADE ZOOM LINK:** <https://sesd-org.zoom.us/j/97233967955>

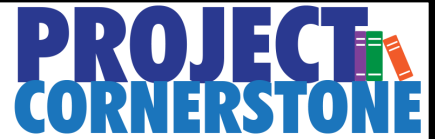
**3RD GRADE ZOOM LINK:** <https://zoom.us/j/91535136591?pwd=bHhpVTVrNVhjRVQyL2RPWm1zMGNOZz09>

**4TH GRADE ZOOM LINK:** [4thhttps://sesd-org.zoom.us/j/91828941655](https://sesd-org.zoom.us/j/91828941655)

**5TH GRADE ZOOM LINK:** <https://sesd-org.zoom.us/j/97784271050>

# COOL COUGARS

**WHAT IS A COOL COUGAR:** A Cool Cougar is a student who has been chosen either by their teacher or by their peers. They exemplify the Cougar Code and have served as a role model for character traits we are nurturing. Highlighted traits are aligned with our Project Cornerstone texts and themes.



**WHAT IS PROJECT CORNERSTONE:** Project Cornerstone gives our children tools to handle difficult, but often common social and growing-up challenges. Project Cornerstone was created in Silicon Valley in 2004 to help children develop critical developmental characteristics that will help them thrive. It has grown from one school to 130 schools in the Bay Area, and reaches over 50,000 children each month. As part of the program, parent volunteers read a short picture book in every classroom at Cumberland each month, then lead various activities, crafts, and discussions. The books and accompanying activities help give students the tools to handle common issues such as bullying, fitting in, and low self esteem. The tools include peaceful conflict resolution, decision-making skills, healthy lifestyle choices, culture confidence and much more.

**WHEN DO WE CELEBRATE OUR COOL COUGARS:** We celebrate our cool cougars once a month. Our first virtual cool Cougar assemblies took place on Friday, Sept 25th. The next cool cougar will take place on Friday, Oct 30th.

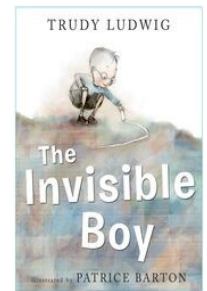
**HOW DO I LEARN MORE?:** Look out for more information from your child's teacher very soon.

**SEPTEMBER COOL COUGAR:** On Sept 25th, Cumberland recognized the following students at our Cool Cougar Assembly.

The Children below were selected for exemplifying the Cougar Code. These children have served as a role models for character traits we are nurturing. Highlighted traits are aligned with our Project Cornerstone texts and themes.

This month's text is:

*The Invisible Boy which highlights the character trait Respect.*



KINDERGARTEN	1ST GRADE	2ND GRADE
Evan W., Vera G., Noelle C., Prisha S., Oscar S., Amritha A., Amelie S., Shota O., Zoé L., Nathan P., Owen L., Yashika S.	Dominic N., Sohan P., Nathan Z., Dhruv P., Kimberly C., Abigail W., Zeynep E., Saatvik U., Prisha A., Kian C., Sharvari K., Ray F., Aashrith A., Kimly L., Esther K., Nayan F., Conor R., Chloe T.	Emily C., Harrison Y., Luca M., Akshaj P., Kota H., Valeria K., Cady M., Audrey N., Maya Q., Prasanna A., Avika K., Alyssa L., Abigail L., Heeya P., Wyatt C.
3RD GRADE	4TH GRADE	5TH GRADE
Ayden R., Aanya S., Annabelle C., Brynn F., Arjun B., Kennedy M., Tom L., Andrew P., Kieran R., Alisa F., Shreya S., Wyatt Z., Elizabeth R-G., Roland W., Harish K., David S., Liam L., Adela L.	Sushan M., Victoria M., Nathalia V., Cesar H., Hadar K., Griffin P., Sarah P., Om K., Nia J., Yael B., Noam R., Annabell Z., Esther DP., Ethan X., Ryland S.	Liliana T., Allyson C., David K., Ido L., Anshul C., Sanvi B., Colton G., Kylee M., Sean R., Guy M., Michelle K., Alicia D., Noah C., Mika I., Alan L., Christian T., Kayo T.

# LIBRARY NEWS WITH MRS. ATKINS:



Laughter Is The Best Medicine! What do you call a sleeping dinosaur?  
Dino-snore!

Do you have a reluctant or struggling reader? By adding a bit of humor into your child's reading can be beneficial and also important for all kids by adding humor during these trying times

On a very basic level, kids who listen to or read a funny/humorous book will enjoy them and associate reading as being fun. This is important when you have a struggling or reluctant reader but I feel it is also important in these trying times to help our children find humor in their lives.



Every year the Mo Willems book shelf, in the library, is empty, week after week. Why? HUMOR! When I think about There Is a Bird on Your Head, in which two characters go back and forth about birds nesting on top of Gerald's head, it warms my heart to see the smiles and hear the laughter when the book is read in the library. It is comical and entertaining for the kids and a great way to capture your beginner reader, reluctant reader, or struggling reader.

Kids who already enjoy reading books become more motivated to read when given a choice of what type of book to read. Reluctant and struggling readers need to find books that hook them in and can keep their interest. Even though adults may not find Captain Underpants, by Dav Pilkey, particularly humorous, his books can easily entice a child to want to read the entire series.

In these difficult times, humor can brighten your child's day with a little laughter. It can help break the tension and create dialogue to help understand a problem. Laughter is a bonding activity that helps develop trust so that open communication can take place in a difficult situation. Sit down with your kids and do a little Knock Knock or better yet, start creating your own jokes as a family!



Knock Knock!  
Who's There?  
Thank  
Thank Who?  
You're Welcome!

Why did the teddy bear say no to dessert?  
A: Because it was already stuffed!

**Millionaires Wanted:** Did you know you can become a millionaire by getting lost in a book? Yes, the more you read will earn you a millionaire certificate along with a \$1,000,000 bill!

A student can be recognized two times each school year. A new school year resets the program. In other words, if your student was a one time millionaire last school year, 2019-2020; the program resets and your student can become a one time millionaire this school year again, 2020-2021, once you turn in the new spreadsheet.

RENAISSANCE  
**Accelerated Reader Bookfinder**

Easy as 1, 2, 3, 4;

1. Student reads a book (independently, with another person, book club, etc)
2. Finish book and look up word count
  - <https://www.arbookfind.com/advanced.aspx>
  - ARbookfind.com
  - Advanced Search
  - Enter Title, find the correct book
  - Click on title
  - Word Count equals number for spreadsheet
3. Enter title and word count on spreadsheet
4. Once spreadsheet equals 1,000,000 words:
  - email the spreadsheet to Mrs. Atkins [lisa.atkins@sesd.org](mailto:lisa.atkins@sesd.org):
  - Student's name
  - Teacher's name
  - Student's address
5. Mrs. Atkins will hand deliver the certificate to your front porch and notify the teacher to congratulate the new millionaire in class.

September	Millionaires
Kinder	N/A
1st Grade	N/A
2nd Grade	Nico C.
3rd Grade	Cole A.
4th Grade	Kayden L.
5th Grade	Preet A.

# ELPAC ASSESSMENTS AND INFO

## ELPAC ASSESSMENTS AND INFO MEETINGS

We are beginning our Initial ELPAC assessment for students who are new to school in California and have been initially identified as an English Learner based on the Home Language Survey.



Most of these students are in TK/K, although there are some students in 1st-8th grade. A letter from the district office was sent via mail at the beginning of the school year informing you of this status and the upcoming ELPAC assessment. We are also assessing current 3rd and 6th graders who did not complete the Summative ELPAC in the 2019-2020 school year and are eligible for reclassification.

Due to the impact of the COVID-19 closure, your student will be able to complete the Summative or Initial ELPAC remotely. In order to administer the ELPAC assessment remotely, you must agree to the terms and conditions of the remote testing procedure, including consenting to video monitoring of your child, and his or her surroundings, during the remote test administration.

You can **complete the consent via google form at [ELPAC Parent/Guardian Consent for Remote Testing for SSD | Consentimiento de Padre/Tutor para Evaluación a Distancia de 2019-2020 ELPAC](#)** or fill out the paper form that will be mailed to your house early next week.

If you have further questions, Sunnyvale School District is offering Question and Answer Sessions related to ELPAC. The dates, times, and zoom links are below.

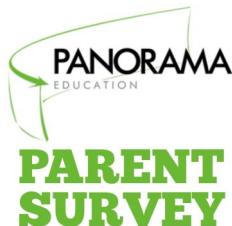
### Parent Q and A sessions for ELPAC

10/13, 9:00am - English  
10/15, 9:00am - Spanish  
10/19, 5:00pm - English  
10/20, 5:00pm - Spanish

<https://sesd-org.zoom.us/j/92229110309?pwd=aU9DcXlHRXpEdW42c1BQRjB1emtyZz09>

Meeting ID: 922 2911 0309  
Passcode: 549128

# FEEDBACK NEEDED



**NEED YOUR FEEDBACK:** We need your feedback on *school reopening, virtual learning, family situations, and cultural awareness and action on how we are doing as a district at serving our families.*

Your participation in the survey is very important. *Please click on the link below, and use the access code to complete the survey. We appreciate your support!*

**LINK:** <https://surveys.panoramaed.com/sunnyvale>

**ACCESS CODE:** 9180619607

**QUESTIONS:** If you have any questions or need assistance please contact Sharmila Velmurugan at [sharmila.velmurugan@sesd.org](mailto:sharmila.velmurugan@sesd.org)



Cumberland will practice how to Drop, Cover, and Hold On on October 15th at 10:25am during the Great ShakeOut Earthquake Drills.

<https://www.shakeout.org/california/>

Participating is a great way for your family or organization to be prepared to survive and recover quickly from big earthquakes— wherever you live, work, or travel. ShakeOut is also a major activity of America's PrepareAthon!

<http://www.earthquakecountry.org/sevensteps/>



**DROP!**

**DROP** - where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.



**COVER!**

**COVER** - your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees; bend over to protect vital organs.



**HOLD ON!**

**HOLD ON** - until shaking stops. Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. No shelter: hold on to your head and neck with both arms and hands.



## **CUMBERLAND 2020 WALKATHON**

Gearing Up, Going Virtual:

Cumberland's 44th Annual Walkathon - **Walk the Dinosaur**

**DATES:** Virtual Walk Oct. 30<sup>th</sup> - Nov. 8<sup>th</sup>

**FOR MORE INFO:** [cumberlandPTA.org/walkathon](http://cumberlandPTA.org/walkathon)

**WHY DO WE HAVE A WALKATHON:** The Walkathon is special for many reasons, and one of the most important is helping to support the education and experience of every Cumberland student. Your Cumberland PTA spends **~\$300 per student each year** on:

- Enrichment and after school programs, Teacher and classroom grants, Technology purchases, PE programs, Art, Music, Field trips, Assemblies, Special evening events, And much, much more!

While Virtual School will look different this year (some things will cost less and some things will cost more), your Cumberland PTA depends on the financial support of the community to help our teachers and students do their very best. We're lucky to have such a dedicated community of parents and students -- and together, we're going to make this year's Walkathon a special one!

### **WHAT'S COMING UP NEXT:**

- **Pledges for Walking:** Ask family and friends and enter pledges through [https://www.flipcause.com/secure/cause\\_pdetails/OTMwODI=](https://www.flipcause.com/secure/cause_pdetails/OTMwODI=)
- **DJ and Dance Party (Zoom-Zoom Style):** On **Friday, October 30th** we will have a BIG ZOOM Celebration with a DJ and Dance Party!
- **Track your distance!** Students will be encouraged to track their distance walking October 30th to November 8th, using anything that works for them -- and you -- whether it's our special maps, Fitbit, fitness and health apps, or tracking their routes on Google Maps.
- **Goals and Prizes:** All students participating will get a participation award.
- **Social Media/Selfies:** Join in the community fun! Post pictures of yourself on your Facebook page or your class Shutterfly.

# ATTENTION KINDER AND 1ST GRADE FAMILIES:

- **LOOK FOR AN EMAIL:** Please be on the lookout for an email from our health assistant Frances Li, frances.li@sesd.org, about forms that still need to be turned in.
- **WHAT ARE THE FORMS:**
  - The forms are the CHDP ("Report of Health Examination for School Entry") which is to be filled out and signed by your child's doctor and
  - the Oral Health Assessment form which is to be filled out by your child's dentist.
  - These professionals are very familiar with these forms and will be happy to fill them out for you.
- **ALREADY TURNED THEM IN?:** If you have already turned the forms in, THANK YOU and you may disregard the email (or you may not even receive it)
- **QUESTIONS:** If you have any questions regarding these forms, please email Frances Li at frances.li@sesd.org

**REPORT OF HEALTH EXAMINATION FOR SCHOOL ENTRY**

Child Health and Disability Prevention (CHDP) Program

To protect the health of children, California law requires a health examination on school entry. Please have this report filled out by a health examiner and return it to the school. The school will keep and maintain it as confidential information.

**PART I TO BE FILLED OUT BY A PARENT OR GUARDIAN**

CHILD'S NAME—Last First Middle BIRTH DATE—Month/Day/Year

ADDRESS—Number, Street City ZIP code SCHOOL

**PART II TO BE FILLED OUT BY HEALTH EXAMINER**

**HEALTH EXAMINATION**  
NOTE: All tests and evaluations except the blood lead test must be done after the child is 4 years and 3 months of age.

REQUIRED TESTS/EVALUATIONS	DATE (mm/dd/yy)
Health History	/ /
Physical Examination	/ /
Dental Assessment	/ /
Nutritional Assessment	/ /
Developmental Assessment	/ /
Screening	/ /
Automatic (hearing) Screening	/ /
TB Risk Assessment and Test, if indicated	/ /
Blood Test (for anemia)	/ /
Urine Test	/ /
Blood Lead Test	/ /
Other	/ /

**IMMUNIZATION RECORD**  
Note to Examiner: Please give the family a completed or updated yellow California Immunization Record (PM 286). Note to School: Please record immunization dates on the blue California School Immunization Record (PM 286).

VACCINE	DATE EACH DOSE WAS GIVEN				
	First	Second	Third	Fourth	Fifth
POLIO (OPV or IPV)					
DtaP/dT/dT/dT/d (diphtheria, tetanus, and acellular pertussis) OR (tetanus and diphtheria only)					
MMR (measles, mumps, and rubella)					
HIB MENINGITIS (Haemophilus influenzae B) (Required for child care/preschool only)					
HEPATITIS B					
VARICELLA (Chickenpox)					
OTHER (e.g., TB Test, if indicated)					
OTHER					

**PART III ADDITIONAL INFORMATION FROM HEALTH EXAMINER (optional) and RELEASE OF HEALTH INFORMATION BY PARENT OR GUARDIAN**

RESULTS AND RECOMMENDATIONS  
Fill out if patient or guardian has signed the release of health information.

Examination shows no condition of concern to school program activities.  
 Conditions found in the examination or after further evaluation that are of importance to schooling or physical activity are: (please explain)

I give permission for the health examiner to share the additional information about the health check-up with the school as explained in Part III.  
 Please check this box if you do NOT want the health examiner to fill out Part III.

Signature of parent or guardian Date

Oral Health Assessment Form  
California Department of Education  
TOP-003, English, Arial Font  
Page 1 of 1

**Oral Health Assessment Form**

California law (Education Code Section 49452.8) states your child must have a dental check-up by May 31 of his/her first year in public school. A California licensed dental professional operating within his scope of practice must perform the check-up and fill out Section 2 of this form. If your child had a dental check-up in the 12 months before he/she started school, ask your dentist to fill out Section 2. If you are unable to get a dental check-up for your child, fill out Section 3.

**Section 1: Child's Information (Filled out by parent or guardian)**

Child's First Name: Last Name: Middle Initial: Child's birth date:

Address: Apt.:

City: ZIP code:

School Name: Teacher: Grade: Child's Sex: Male Female

Parent/Guardian Name: Child's race/ethnicity: White Black/African American Hispanic/Latino Asian Native American Multi-racial Unknown  
Native Hawaiian/Pacific Islander Unknown

**Section 2: Oral Health Data Collection (Filled out by a California licensed dental professional)**

**IMPORTANT NOTE:** Consider each box separately. Mark each box.

Assessment Date:	Caries Experience (Visible decay and/or fillings present)	Visible Decay Present	Treatment Urgency: (No obvious problems found)
	Yes No	Yes No	Early dental care recommended (caries without pain or infection, or child would benefit from sealants or further evaluation) Urgent care needed (pain, infection, swelling or soft tissue lesions)

Licensed Dental Professional Signature CA License Number Date

**Section 3: Waiver of Oral Health Assessment Requirement**  
To be filled out by parent or guardian asking to be excused from this requirement

Please excuse my child from the dental check-up because: (Check the box that best describes the reason)

I am unable to find a dental office that will take my child's dental insurance plan.  
My child's dental insurance plan is: Medi-Cal/Denti-Cal Healthy Families Healthy Kids Other None

I cannot afford a dental check-up for my child.  
 I do not want my child to receive a dental check-up.  
Optional: other reasons my child could not get a dental check-up:

If asking to be excused from this requirement: Signature of parent or guardian Date

The law states schools must keep student health information private. Your child's name will not be part of any report as a result of this law. This information may only be used for purposes related to your child's health. If you have questions, please call your school.

Return this form to the school no later than May 31 of your child's first school year.  
Original to be kept in child's school record.

## Padres de Kinder y Primer grado!

- **BUSQUE UN CORREO ELECTRÓNICO:** Esté atento a un correo electrónico de nuestra asistente de salud Frances Li, frances.li@sesd.org, sobre los formularios que aún deben entregarse.
- **CUÁLES SON LAS FORMAS:**
  - Los formularios son el CHDP ("Informe de examen de salud para el ingreso a la escuela") que debe completar y firmar el médico de su hijo y
  - el formulario de Evaluación de la salud bucal que debe completar el dentista de su hijo.
  - Estos profesionales están muy familiarizados con estos formularios y estarán encantados de rellenarlos por usted.
- **¿YA LOS ENTREGASTE ?:** Si ya entregó los formularios, GRACIAS y puede ignorar el correo electrónico (o es posible que ni siquiera lo reciba)
- **PREGUNTAS:** Si tiene alguna pregunta sobre estos formularios, envíe un correo electrónico a Frances Li a frances.li@sesd.org

**DEVICE CHECKOUT:** Device check out is still available. If you need a device or need to swap one out for another, please email Mary Malcolm at [mary.malcolm@sesd.org](mailto:mary.malcolm@sesd.org) to make an appointment to pick one up.

**IPADS AND CLEVER:** Clever is the app that allows students to have a single sign on for most of our apps.

- It is important on an iPad that the other apps are also installed, as Clever will launch those apps and log the students in.
- For example, to access SeeSaw students, will need to log into Clever with their badge or school email and then choose Seesaw within Clever. This will then open the app for students and not require any other login information.
- Google Apps is the exception and students will need to log in with their school email account and password.

## WHAT TO DO IF YOU LOSE CONNECTION DURING SYNCHRONOUS TIME:

**What to do if you lose connection during synchronous time...**

**Step 1: The Teacher Will Try to Message You or Your Student On Email or Other Platforms**  
 If you do not receive a message, it is likely because the teacher is unable to send one.

**Step 2: Keep Trying to Reconnect. Have Your Student Transition to Asynchronous Work**  
 Try reconnecting every 15 minutes.  
 If you are ABLE to connect...YAY!  
 • Wait for the teacher to let your child in if there's a waiting room  
 If not...continue asynchronous activities.

**Step 3: Student Finished Everything and Still Can't Connect...Now What?**

- Read a book
- Write a story
- Get outside and exercise
- Etc.

If you still cannot get connected by 2:10 you will reconnect the next day.

## WAYS TO RECEIVE SCHOOL AND PTA COMMUNICATION

- SCHOOL DISTRICT SITE: [www.sesd.org](http://www.sesd.org)
- SCHOOL WEBSITE: [www.sesd.org/cumberland](http://www.sesd.org/cumberland)
- PTA WEBSITE: [www.cumberlandpta.org](http://www.cumberlandpta.org)
- PTA E-FLYER: Receive weekly emails from the PTA: Visit [TinyURL.com/cumberlandPTAnews](http://TinyURL.com/cumberlandPTAnews)
- KINDER GOOGLE GROUP: to join the Kinder Google Group, please send an email to [newfamily@cumberlandpta.org](mailto:newfamily@cumberlandpta.org)

10/30-11/7:	WALKATHON
11/10	TLD, early dismissal
11/11	Veteran's Day, NO SCHOOL
11/13	End of Trimester 1
11/25-11/27	THANKSGIVING BREAK