



Cumberland Connection

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

September/October 2024

PRINCIPAL CORNER



Dear Cumberland Families,

We're over five weeks into the school year, and it's been a wonderful start! Students are settling into routines, building relationships, and working hard on their grade-level standards. Teachers are focusing on the whole child, using state-adopted curriculum and assessments to monitor progress and adjust instruction to meet every student's needs. You can view grade-level topics on our [K-5 Academic Content Maps](#), available on our website.



Safety is our top priority. We use a Multi-Tiered System of Supports (MTSS), including Positive Behavioral Interventions and Supports (PBIS), to address academic, social, emotional, and behavioral needs. Our [Comprehensive School Safety Plan](#), available online, outlines our MTSS framework and emergency protocols. We collaborate with Sunnyvale's

Department of Public Safety and rely on family feedback through the Panorama Survey, School Site Council, ELAC, and PTA meetings.

Throughout the year, we practice safety drills, including monthly fire drills, four earthquake drills, and a lockdown drill at the start of the school year. More details about our annual lockdown drill will be sent to families a week before the drill. [The Great CA Shakeout](#) is scheduled for October 17th at 10:17 a.m.



As we focus on safety, we encourage you to review your own family's emergency plans. Visit the city of Sunnyvale's website at [Emergency Preparedness | Sunnyvale, CA](#) for lots of information to help you with the process, including [Make A Plan | Ready.gov](#) which has a list of considerations.

Finally, please make sure you have updated all contact information with the school, including emergency contacts. Email cumberlandfrontoffice@sesd.org or call the front office to provide any and all updates.

Wishing you a fun and safe October!

Ms. Carlson



CALENDAR



Sept 23-27 - Conference Week - 11:35 dismissal
Sept 30 - TK & Kinders begin full days - 2:25 dismissal Mon-Thurs/12:45 dismissal Fridays
Oct 8 - TLD day - 12:45 dismissal for all students
Oct 8 - Lock Down Drill
Oct 14 - Staff Development - No School
Oct 25 - Walkathon
Oct 31 - Halloween Parade

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 by being respectful, being responsible, and making good choices. Their positive behavior sets a great example for our school community!

THIS MONTH'S COOL COUGARS: At the end of the month, Cumberland recognized the following students at our Cool Cougar Assembly.

COOL COUGAR NAMES:

TK: Jasper S, Samayra M, Bernadette H, Julio A, Alexandra "Alex" X, Olivia L

Kinder: Layla K, Amit H, Jasper O, Zachary A, Naomi T, Chloe K, Maya M, Max GP, Joshua C, Anais R, Ivan V, Suhani O

1st: Aadya S, Shray C, Isabel T, Gali H, Dhruv C, Lior N, Lily G, Ege A, Jackson R, Laavanya I, Scott S, Ester G

2nd: Advay D, Shriya I, Sammy A, Guy S, Mu'en L, Elodie C, Tara S, Eleanor M, Samrudh B, Evan C, Zoe T, Nico H, Natalia T

3rd: Yeonwoo R, Lily Y, Joshua F, Mariia C, Esteban T, Tamara V, Sam P, Ali K, Tory L, Mia H, Nevo M

4th: Kseniia F, Anson L, Keita S, Eric C, Nico T, Mayte B, Jacquiene J, Peleg O, Yuval H, Logan R, Aditya K, Viaan R, Zoe L

5th: Ruby N, Tanish S, Carabelle C, Nico T, Eric C, Avni A, Fabian S, Kajsa J, Mason RS, Veda R, Ellie L, Bar H, Kurtis C

**NEW
CERTIFICATED
STAFF**



| | | |
|------------------------|---------------------|--------------|
| Dr. Kelly Mack | Assistant Principal | Front Office |
| Ms. Kathryn Cincotta | TK | Room 1 |
| Ms. Regina Hickman | 1st Grade | Room 8 |
| Ms. Lauren Rodriguez | 3rd Grade | Room 29 |
| Ms. Krislyn Conklin | SDC 3-5 | Room 30 |
| Mr. Jose Rodriguez | TLC | Room A |
| Ms. Violeta Bjorngjeld | RSP | Room 32 |
| Ms. Reshma Thompson | Speech (Part Time) | Room C |
| Ms. Viviana Ibarra | Speech (Assistant) | Library |

**OPT IN TEXT
MESSAGES**

Sign up for text messages!

If you want to receive important messages via text, you may sign up by texting **"YES" to the number 67587** from your mobile phone. Make sure your mobile phone is registered with us, otherwise messages will not be sent to it. Check by asking the front office!



**HALLOWEEN
PARADE**

DATE: OCTOBER 31
TIME: 8:25am
LOCATION: On the blacktop



Cumberland will be holding its annual Halloween Parade on campus this year! Family members are welcome to join on the blacktop to view all of the creative costuming!

For those dressing up, please arrive at school in costumes.

Costumes **may not be** overly gory or scary (please remember we have younger students participating) and no weapons or masks are permitted.

More details to come from the teachers as the date approaches!

SNACK AND CELEBRATION POLICY

Snack and Celebration Policy

(Sunnyvale School District's Student Wellness Regulation)

Sunnyvale School District's Student Wellness Administration Regulation (AR) 5030 states that celebrations during the school day:

Should be limited to once per month:

- Should occur during or after the lunch period; and,
- Food items served during the celebration must be commercially prepared (except fruits & vegetables) and meet nutritional guidelines/standards.

In accordance with California's Nutrition Standards Quick Fact Sheet for Elementary Schools ([Competitive Foods and Beverages - Healthy Eating & Nutrition Education \(CA Dept of Education\)](#)), when serving snacks other than fresh fruit and vegetables, portions must be:

- No more than **175 calories**
- No more than **35% total calories from fat**
- No more than **10% of calories from saturated fat** (up to 1 gram)
- No more than **35% total weight from sugar**
- No **trans fat**

If "surprise" snacks are brought in, please let the teacher know. Treats will be served after school for students to take home.

INDIGENOUS PEOPLES DAY

October 14, 2024



Hispanic Heritage Month

September 15 -
October 15



American Indian & Alaska Native Heritage Month

RESOURCES:

Want to celebrate and learn more at home?

Check out the following resources:

[Indigenous Peoples Day](#)

[National Congress of American Indians](#)

[NowThis News: The Origins of Native American Heritage Month National Park](#)

[National Native American Heritage Month](#)

[Hispanic Heritage Month](#)

Websites and videos for caregivers to learn more:

[Hispanic Heritage Month: 2024](#)

[U.S. Census: Facts about AIAN Heritage Month](#)

[Celebrating Native American Heritage Month](#) - video by young adults

[History of Native California](#) - video for middle school students/adults

[Smithsonian National Museum of the American Indian](#)

Books/activities are a great way to dive into a culture! Here are some book lists for kids:

November



[25 Fun Activities To Honor Hispanic Heritage Month 2023](#)
[Books for Hispanic Heritage Month | Reading Rockets](#)
[11 Picture Books Celebrating Hispanic Heritage... | PBS KIDS for Parents](#)
[Books to Celebrate Native American Heritage Month](#)
[Read Brightly: 26 Children's & YA Books That Celebrate Native American Heritage](#)
[Teaching Expertise: 25 Picture Books to Honor Native American Heritage Month](#)

LIBRARY NEWS

In honor of **National Hispanic/Latino(a) Heritage Month** we are reading *Spanish Is the Language of My Family* by Michael Genhart & John Parra. All the students are learning a few Spanish words as they listen to the story.



First Virtual Author Visit

We had our first virtual author visit with the author of the *Princess in Black* series, Shannon Hale. The students enjoyed a draw along with the illustrator LeUyen Pham.



Parent Library Volunteers Needed!

If you have 2 hours a month to spare, please consider volunteering at the Cumberland Library. Responsibilities include shelving books and tidying the arts & craft area. Please email Ms. Willard at traci.willard@sesd.org if you are available.

VOLUNTEERS

Cumberland would not be the same without all of our wonderful volunteers!

If you are new to Cumberland or have not been cleared to volunteer yet please visit the [Volunteer Page](#) on the Cumberland website to fill out the **Better Impact** volunteer form.

If you are a returning parent (filled out the Better Impact form) last year you should have received an email from Vanessa Escobar asking you to update your information. We need you to update your child's teacher and grade level for the 2024/25 school year.



JUNIOR COACHES

JUNIOR COACHES are students who applied for the position and were selected for their enthusiasm, strong work ethic, and for demonstrating responsibility in their academics. They serve by leading games at recess, acting as conflict mediators, and being all-around good role models. In order to grow the necessary leadership, oratorical, and conflict management skills, the Jr. Coaches participate in monthly one-hour trainings with a site coordinator from Playworks. Throughout the rest of the month, Jr. Coaches report on their workdays to Coach Hootie, our Cumberland Recess Coach, who helps to ensure they are comfortable with their duties, on task, working hard and having fun!



ELAC



Our first **English Language Advisory Committee (ELAC)** meeting on 9/18 was a great success! We focused on how Cumberland supports emerging multilingual students, selected our representatives for the district's DELAC team, and explored English language development at Cumberland. Parents exchanged questions, resources, and ideas in a collaborative discussion. We invite you to join us for our second meeting on **11/6 at 8:15 AM in the staff room**. This meeting will include insights from Ms. Gronovius, the teacher who directly supports our newcomer students. We'll also review the placement letters families received after the initial ELPAC tests and discuss how we identify and support English learners at Cumberland. We look forward to seeing you there!

NURSE'S CORNER

The season of fall is again approaching--which means it is time to get your flu and Covid-19 vaccines!

A new version of the Covid-19 vaccine was recently released specifically for current (2024-25) variants of the virus. Even if you have received a Covid vaccine in the past, it would be wise to get the new, updated shot.

The flu shot is also updated each year to match closely to the version of the virus that is currently circulating.

Both of these vaccines are recommended for **everyone 6 months and older to reduce your risk for severe illness and hospitalization**.

Check the website of your health plan to find out how to get your vaccinations--there may be walk-in clinics available or an appointment may be required.

You can click here for more information on these vaccines: [Covid vaccine information](#); [Flu vaccine information](#)

Best regards,
Susan Perry-Fort, RN, BSN, CSN
District Nurse

WALKATHON

CUMBERLAND 2024 WALKATHON

WHEN: Friday, October 25th, 2024

WHERE: Cumberland Blacktop/Grass 12:45-4:30 pm

WHY: Cumberland PTA's only Fundraiser of the year! All funding goes directly to our school (garden, library books, field trips, teacher and staff grants, Project Cornerstone, Clay, Cluster Classes, FAME, Band, and much more)



QUESTIONS: email walkathon@cumberlandpta.org

K-3 students:

Dismissed at their normal 12:45 pm time.

Parents need to sign them out of their classrooms at the classroom with their teacher.

4-5 students:

School is still in session for upper graders, so they will need signed permission slips to attend starting at 12:45pm.

Plan to be there for the Walkathon!

This year's theme is “How Sweet It Is,” and we want you and all of our Cougar families to be there!

There are so many cool things going on for Walkathon, and to help you prepare and get excited for the big day, check out the Walkathon packet that was distributed through your student's classroom – the packet includes lots of helpful details, including the schedule of the festivities, pledging & donations, the Walkathon auction, volunteer opportunities (it's part of the fun!), walker prizes/rewards info, and more.

The kids love it when their parents, grandparents, relatives, and neighbors all come to cheer them on! It will be quite the celebration, as we transform the field into an under the sea place of family fun-filled festivities, food, music, games, and of course, WALKING to support Cumberland and our PTA.

LOST AND FOUND

We are about a month into the school year and our lost and found rack is looking pretty full already.

Is your child missing a jacket, sweater or water bottle?

Please check the Lost and Found rack.

They are located in the breezeway by room C.



COMMUNICATION

WAYS TO RECEIVE SCHOOL AND PTA COMMUNICATION

- SCHOOL DISTRICT SITE: www.sesd.org
- SCHOOL WEBSITE: www.sesd.org/cumberland
- PTA WEBSITE: www.cumberlandpta.org
- PTA E-FLYER: Join Konstella now: <https://www.konstella.com/cd/0LKLZQ>
- TK/KINDER GOOGLE GROUP: to join the TK/Kinder Google Group, please send an email to newfamily@cumberlandpta.org