

BUSANSKY BUZZ

WHAT'S HAPPENING IN SCHOOL?

VOLUME 2 2019-2020 ISSUE April

A Word from the Principal, Mrs. DiBella

Greetings Busansky Families!

This is a difficult newsletter to publish. There is still so much uncertainty in the expectations upon the end of spring break. Please continue to visit our district and school websites for all the information that you need.

Everyone misses you! Please know that you are in our thoughts and prayers, each day. We can do this but only together!

Tele-schooling

We are in Week 3 and going strong! Everyone participating in this new adventure is working with their teachers, having discussions with friends, and sending in or showing pictures of their work. To make this tele-schooling even stronger, iPads are being distributed on Thursday, April 2nd from 12-7PM. Please make sure you have completed the online (parent portal) form and signed-up for a pick-up time. iPads will not be released unless the forms are completed.

There will be no schedule of events posted until further notice.

When we return to school, all of our events will need to be rescheduled or cancelled.

Look to the website for any new announcements.

Character Education

April is **Responsibility** month. Students can practice **Responsibility** by doing their work and sending it to their teachers. Families, please encourage all forms of Responsibility at home: making beds, doing dishes, taking out the trash, cleaning up toys, etc. Send in any pics of showing responsibility for publication!

FASTT MATH CHAMPIONS

Congratulations to Gabriela Z., Kevin C-G., Josh Shittu, and Kevin R. for keeping up with FASTT Math!

ONE BOOK, ONE SCHOOL-SAVE ME A SEAT! Please continue to read our book-I'll be posting questions about the book for (virtual) prizes!

A Message from Ms. O'Malley

APRIL is National Autism Awareness Month & Month of the Military Child!

Thursday, April 2nd is AUTISM AWARENESS DAY. To show our Busansky support and spread awareness, please wear your Autism attire and share a picture with us!

#BusanskyAutismAwareness → Busansky's Twitter, Facebook, Class Dojo

If you wish to donate: <https://www.autismspeaks.org/>

April 20-24th is Month of the Military Child Spirit Week! Activities posted on our school's website and shared by teachers.

Click the hyperlinks for more information → [Comcast Announces Comprehensive COVID-19 Response to Help Keep Americans Connected to the Internet](#) ; [What Kids Should Know](#) ; [What Parents Should Know](#) ; [CDC-Talking with Kids about COVID-19](#) ; [Child Mind-Informational Video for Parents](#) ; [CDC Covid-19](#)

Community Resources: *Click the hyperlinks* → [Youth Community Resource Guide](#) , [Food Pantries](#) , [Burlington Resource Net](#) , & [Burlington Community Action Partnership](#)

Working together,

Brittney O'Malley, MA, NCC



Our School Nurse, Ms. Gomba

Some tips to help us through our current times:

Be aware of how you talk about COVID-19. Your discussion about COVID-19 can increase or decrease your child's fear. If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance.

Explain social distancing. Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Tell your child that your family is following the guidelines of the Centers for Disease Control and Prevention (CDC), which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Showing older children the "flatten the curve" charts will help them grasp the significance of social distancing. Explain that while we don't know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.

Focus on the positive. Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.

Establish and maintain a daily routine. Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.

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Our School Security Officer, Mr. Baker

While we are all navigating ourselves through what has been deemed our “new normal”, keeping your kids safe while at home is a priority for all parents.

While it may not be possible to always keep a watchful eye over your kids as they are home learning, there are a few handy rules that you can lay down to ensure that your kids remain safe even when you are not around.

1. Know where to locate the emergency contact list:

All children regardless of age should know how to use a telephone and ask for help. Teaching children to memorize important contact information, as well as how to react in the event of a home emergency, can help them take charge of their safety. This is also a good time to ensure that your child is able to state their full name, age, and address as well as the contact details of his/her parents.

For younger children, it's a good idea for a list of emergency contacts to be easily accessible. The contact list should be placed in a central area of the house, like on the fridge door. The emergency list should include the contact details of the local police station, fire department, paramedics, the family doctor, as well as a contact number for each parent, **and** a trusted friend or family member.

2. Know how to operate the security system:

If your home happens to have a security system installed, it's important that your children understand how to operate it. Whether they need to let themselves into the home after school or deactivate a false alarm, children should know how to arm and disarm the alarm system. It's also important for kids to be able to locate the panic buttons and know how to activate them.

Be sure to stress the importance of keeping this information confidential. Kids should be reminded that arming and disarming the alarm is a family-only secret and should never be shared with any stranger.

3. Avoid opening the door for strangers:

It's crucial for parents to stress the importance not allowing strangers onto the property. Children should be encouraged to keep all doors around the house locked and secure. They should also be advised not to open the front door to anyone that they do not recognise, especially when home alone.

4. Be familiar with the family escape plan:

A family emergency escape plan should be a priority when it comes to teaching your kids about home safety. It is crucial that your kids are aware of what measures to take in the case of a burglary, natural disaster, or fire.

In creating your family's escape plan, the most important thing is to teach your kids the quickest way to get out of the house.

Draw a diagram of your property and highlight the best escape routes for your home. Remember to designate a place to gather outside, in order to account for the safety of each family member.

In your emergency escape plan be sure to also teach your kids basic life-saving techniques, like CPR and how to use the first aid kit. Make sure that the first aid kit is in a location which is easily accessible and that your kids are familiar with everything inside of the kit.

5. Be aware of food allergies:

If your child is allergic to any food group, it is crucial that you teach them the importance of understanding what it means to have a food allergy and how to stay safe.

Through clear communication, you can help your child understand the difference between "safe" and "unsafe" foods as well as the dangers of consuming foods that affect their wellbeing.

6. Steer clear of the medicine cabinet:

Parents should always ensure that all medication is stored in a lockable (or high) cabinet that is not within easy reach of children. Any type of medication, including those intended for children, can be dangerous for kids if ingested in large quantities.

Young children should always be warned never to take any medication that has not been given to them by their parent or a trusted adult. For older children who are capable of taking their own medicine, it is still advisable for parents to supervise them to ensure that the correct dosage is consumed.

7. Don't play with fire:

While most kids are wary of fire and understand the dangers of it, others are often curious and try to experiment with matches or gas lighters found around the house.

It's important for parents to warn their kids that it is never acceptable to play with fire, even if an adult is present at home.

Some of these tips may seem like "no-brainers", but many often go overlooked. If you have any questions or just may be looking for additional suggestions or support of any kind, you may reach out to me at any time.

Safety Patrol

The Safety Patrol did an amazing job talking to and teaching their peers about the affects of bullying using the Lizzie Sider Anti-Bully program. Those lessons were based around the Lizzie Sider saying ***"Nobody has the power to ruin your day"***. To learn more about Lizzie and the program they presented visit the Safety Patrol section of the Busansky website.

Congratulations to Nathan B. our February Safety of the Month!!!

If you ever have any questions or concerns please feel free to contact me at any time.

Stay healthy and stay safe!!

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