



# Cumberland Connection

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

December 2024

## PRINCIPAL CORNER

Dear Cumberland Families,

As we look toward the December break and the new year, Dr. Mack and I would like to share our theme for this year: **GRATITUDE**. We kicked off the year with time spent as a staff identifying symbols of gratitude that we could reference throughout the year as a mindfulness practice. We've been revisiting this theme in meetings, staff messages and through actions around campus.

We are incredibly grateful for the dedication and hard work of our amazing Cumberland staff. Their passion for teaching and learning shines through every day, creating a warm and engaging environment for our students.

We have witnessed their creativity in action as they've developed innovative lessons and found engaging ways to keep students motivated. Their ability to build strong relationships with students is truly inspiring, and we are so thankful for the positive impact they have on our school community.

As we prepare for the break, we encourage you to join us in expressing your gratitude to the teachers, staff, and volunteers who make Cumberland such a special place. A simple "thank you" can go a long way in showing appreciation for their hard work and dedication.

And, if you'd like to learn more about the benefits of gratitude, I encourage you to read this article published by Psychology Today: [7 Scientifically Proven Benefits of Gratitude](#).

Wishing you and your families a joyous and restful holiday season and a wonderful new year full of gratitude!!

Warmly,  
Ms. Carlson & Dr. Mack



## CALENDAR

**December 17** - Band Concert  
**December 18** - 2nd Grade Music Performance  
**December 20-January 3** - Holiday Recess - No School  
**January 6** - Return to School  
**January 14** - TLD Day

## CAMPUS CHAMPIONS

**Campus Champions** highlights the incredible teams and staff members who make a difference at our school every day. Throughout the year, we'll feature a group of dedicated

professionals who work behind the scenes and in our classrooms to support and inspire our students.

**This month, we highlight our food services and custodial staff**, who work tirelessly to keep our school running smoothly. From preparing nutritious meals to maintaining clean and safe spaces, their hard work ensures a welcoming and healthy environment for our entire school community. We have also included additional members of our Special Education team in this month's feature, as their updated photos were not available at the time of last month's publication.

Thank you for all that you do!



Daytime & Evening  
Custodial Staff



Food Services Staff



Teacher for the Visually Impaired  
/Vision Specialist



Special Day Class  
Programs Staff



Behavior Intervention  
Services Staff

## 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:** Minhkhhoa N, Fiona A, Vidya U, Eunice C, Pete E, Aayan P

**Kinder:** David H, Nihira R, Matias G, Willa P, Zakai B, Mark V, Ava B, Delta Q, Srihaan M, Helena T, Atharv A, Kaia H

**1st:** Isaac G, Nisha S, Ethan S, Enna W, Leo K, Izabella O, Daniel K, Daniela C, Reva P, DJ H, Kingston W

**2nd:** Amiya L, Geetanshi K, Liri F, Richard R, Lilly G, Amelia B, Aarav T, Michael X, Clayton T, Mila B, Audrey P, Isabella AS

**3rd:** Anea W, Maya S, Owen A, Rishabh G, Ari H, Nora G, Samantha J, Keshav B, Doris W, Daniel R, Angela K, Oliver Z, Kimmy E

**4th:** Siddh B, Wayne H, Kyla L, Johanna K, Agnes P, Keiji T, Eloise R, Noelle C, Aisa T, Dafna M, Maite M, Ian X

**5th:** Maelyn B, Fernando G.L, Maxwell H, Tassy R, Audrey H, Dev D, Sophie A, Alan T, Daphna V, Miles L, Dhruv P, Eitan K, Maple Y, Elie P

<p><b>RECESS ROCKSTARS</b></p>	<p><b>Recess Rock Stars</b> are students who show respect, responsibility and a positive attitude at recess-time. They are team players who work well with others, follow the rules, and put their best foot forward no matter the game. Recess Rock Stars are given a certificate at our Cool Cougar assemblies. They are selected by Coach Hootie and the Junior Coaches. For the month of November we are happy to announce that our Recess Rockstars are:</p> <p><b>K/1:</b>  Omi Jillela - Lee  Sheryl Yao- Gutierrez  Zachary Arcelona - Gutierrez  Nihira Ram - Bennett  Sameer Patil - Hickman  Laavanya Iyer - Wessels</p> <p><b>2/3:</b>  Prathiksha Ashok - Rodriguez  Adrian Sandoval - Bauer-Biggs  Shira Blonder - Rietdorf/Smith  Walker Rios - Lermant</p> <p><b>4/5</b>  Yotam Harif - Wai  Logan Richardson - Rodriguez  Mayte Baltazar - Kerr  Kaya Gross - Gabriel  Sarah Anish - Rodriguez  Eric Carrillo Escobar - Conklin</p>
<p><b>JUNIOR COACHES</b></p>	<p><b>JUNIOR COACHES</b> 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!</p> <p>Our Junior coaches in the month of November are being recognized for their enthusiasm for recess games and commitment to making Cumberland a great place to play!  They are:  Ruby Nunez  Anna Kim  David Shlimenzon</p>
<p><b>CUMBERLAND PTA INCLUSION COMMITTEE</b></p> 	<p>Did you know? Cumberland’s PTA has a newly formed Inclusion Committee!</p> <p>The goal of the committee is to foster a more inclusive and welcoming environment within our school community for people of all cultural backgrounds, abilities, or family structures. This committee will be advocating for inclusivity across all aspects of PTA activities and school events and will organize events and workshops to raise awareness about diversity, equity, and inclusion.</p> <p><b>The Cumberland PTA Inclusion Committee invites you to Let’s Chat: Parent Support Group</b></p>

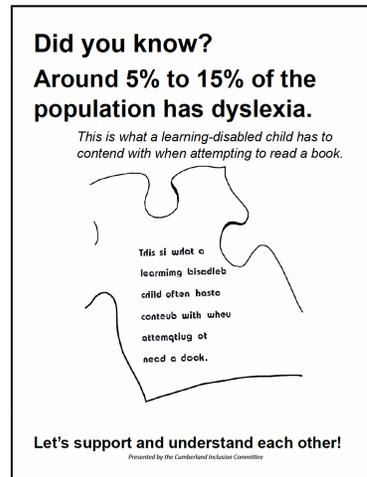
A chance to ask questions and share ideas, resources, and support with other parents of students with IEPs, 504s, learning differences, mental health challenges, etc. We are committed to confidentiality and providing a safe, welcoming space for everyone.

We meet monthly on the first Tuesday of each month at the Starbucks near Trader Joe's after school drop off, 8:15-9:45 am. Next meeting this Tuesday, 10/1. Please stop by!

For questions, suggestions or comments, contact [Gabi Dobrescu](#).

Throughout the year, the committee will be promoting awareness of differences through poster campaigns. They ask staff and families to support this effort by pointing out the posters to students and talking with them about the message on the posters.

In Trimester 1, the focus was on raising awareness about ADHD. In January, the focus will be on dyslexia.



## LIBRARY NEWS

### Library Reading Challenge Honorees

Our first two students have completed the Library Reading Challenge!

First Grade - **Samuel Diaz Conde**

Fourth Grade - **Siddh Belur**

If your student is interested in participating, please download and print one of these sheets:

[K-2 Reading Challenge 2024-2025](#)

[3-5 Reading Challenge 2024-2025](#)

### New Books and More New Books

The Cumberland Library has added 172 new books to its collection. Please encourage your student to check out a new book during their next library visit.



### AUTHOR VISIT

On November 13th the author, Crystel Patterson, visited Cumberland. She spoke to our 3rd grade classes about her book “*I Am Different*”. She read the book to the students and had a discussion with them about the character’s feelings.

Crystel is an award winning author from Sacramento and the creator of the “Inspired to Be...” book series. Her books help children learn to be kind, confident, and to follow their dreams.



### PROJECT CORNERSTONE



Our Cougars have been doing a great job demonstrating character traits focused on in previous months - **KINDNESS** and **FAIRNESS**. There have been kind words spoken, friendly smiles and waves “Hello!” as well as turn-taking and honesty shown from many of our students. Way to go, Cumberland!

Looking forward to January, grades 1-5 will be focusing on **STRENGTH** while TK/Kinder will be focusing on **PROBLEM SOLVING** and **SELF-MANAGEMENT**.

Through the Project Cornerstone program, our students are learning strong character traits, helpful relationship skills, and positive values of self and identity. We work on becoming UPstanders and “bucket-fillers” who help, respect and include **everyone** around us.

*At home connections:* Ask your student, “Who has filled your bucket recently?” or “Have you ever been or seen someone be an UPstander while on the playground?” Identifying and discussing positive behaviors is a wonderful way to promote more positive “bucket-filling” behavior! 😊

### WALK AND ROLL TO SCHOOL



Cumberland students participated in Sunnyvale’s Safe Routes to Schools Walk-N-Roll Program the week of November 18-22.

The classroom teachers asked the students on 2 days how they got to and from school. The teachers kept a tally and the classes earned points based on whether they walked, rode a bike or scooter, bus, or carpooled with another family.

The classes in each grade level with the highest percentage of participants will be rewarded with a popcorn party.

**Congratulations to the following winners:**

- TK/K** - Ms. Bennett 78.57%
- 1st** - Ms. Berry 84.88%
- 2nd** - Ms. Reitdorf/Ms. Smith 67.14%
- 3rd** - Ms. Bauer Biggs 57.5%
- 4th** - Ms. Wai 78.57%
- 5th** - Ms. Gabriel 82.07%



Ms. Berry's 1st grade class had the highest total percentage and earned the prestigious Blue Boot Award.

Overall, as a whole school Cumberland's participation rate was 58%. Great job Cumberland students and families!

**STUDENT COUNCIL**



Did you know that Cumberland has a student council? The student council kicked off the year when fifth grade candidates ran in a Primary Election then the General Election. Our student council officers are: President: Nathan Z., Vice President: Elijah H., Secretary: Kimly L., and Treasurer: Ellie L. Fourth grade representatives were elected within their classes. The student council takes part in coordinating events, Cool Cougar assemblies, Flag Salutes, and organizing fun spirit days during spirit week. Cumberland's student council plays a big role for making the school a fun and safe place to be, and have fun in.

This month our student council is sponsoring a Toy Drive to help support families in need in Santa Clara County. We are collecting NEW, UNWRAPPED toys for babies up to 18 year olds. If you can help, please bring a toy to donate anytime between now and December 19th. You can drop off your donation in your classroom or in the office. All donations will be brought to the Santa Clara Fire Department, who will then make sure that the toys get to families in need this holiday season. Please help out families in need!

Written by Kimly Le, student council secretary

**REGISTRATION FOR 2025-2026 SCHOOL YEAR**

**New Student Registration** for 2025-2026 begins in February and continues through the end of the school year. Families can find all of the necessary instructions for registering new students, including the required proof of residency documents on the SSD website [Registration webpage..](#)

**Transitional Kindergarten** - TK is the bridge between preschool and Kindergarten. TK offers a developmentally appropriate curriculum that is just right for the younger learner. For the 2025-26 school year and beyond, all children who turn four by September 1st are eligible for TK.

**TK/K & NEW FAMILY TOURS**

**Please spread the word to your friends and neighbors who live within Cumberland's boundaries...**

Cumberland will be hosting 2 TK/K/New Family Tours in January.

**CUMBERLAND ELEMENTARY SCHOOL**

## School Tour & Principal Chat

All New-to-Cumberland Families and Incoming TK/Kinder Families are invited to tour our school and chat with the Principal!

Choose from 2 dates:

**Friday, January 17th** or **Friday, January 24th**  
**1:00-2:00pm** or **1:00-2:00pm**

**In Person - Drop In**

**Please sign in at the front office.**

The event is designed for parents. Child care is not 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). Please do the following:

1. **Login to Better Impact:** [Click here to login](#) - Remember as a returning volunteer, please use the "I already have a username" login option on the bottom right side of the page. If you have forgotten your password, please reset it through the [portal](#) as well.
2. **Update Student Information:**
  - i. Go to your profile and select "Additional Info."
  - ii. Choose your school as the organization.



- iii. Update your student's current grade, school, and teacher's name.
- 3. Re-sign and date the volunteer agreement to keep our records up-to-date.

**We look forward to seeing you on campus working with our students.**

**SNACK AND CELEBRATION POLICY**

**Families - Always check first with the classroom teacher before bringing any snacks or treats to the classroom and please keep in mind the following:**

**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 (<http://www.cde.ca.gov/ls/nu/he/compfoods.asp>), 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**

**Cutting treats into bite-sized pieces is a great way to reduce the number of calories, etc.**

If "surprise" snacks are brought in, treats will be served after school for students to take home. Please let the teacher know in an email that you delivered treats to the office.

**FAMILIES NAVIGATING NEURODIVERSITY**

**EVENING SESSION WITH DR. LUSTIG**

**■ Neurodivergence in the Family Caring for Yourself and Other Siblings.pdf**

(Click to View the Flyer)

Sunnyvale School District would like to invite families of neurodiverse students to join for an informative and engaging session designed to support families navigating neurodivergence.

**WHEN:** January 15th at 6:00 PM

**WHERE:** Bishop Elementary School Auditorium (450 N. Sunnyvale Ave, Sunnyvale, CA 94085)

**WHAT** You'll Learn:

- How to identify sources and signs of stress
- Strategies for creating a personalized plan to prevent and manage stress
- Practical ways to improve the well-being of your entire family

Childcare will be provided for children ages 5 and up, and Spanish interpretation will be available!

You can register here: <https://tinyurl.com/388wxcw6>

For any questions, please contact **Vanessa Escobar** at [vanessa.escobar@sesd.org](mailto:vanessa.escobar@sesd.org).

[Neurodivergencia en la familia Cuidando de uno mismo y de otros hermanos.pdf](#)

(Haga clic para ver el folleto)

El Distrito Escolar de Sunnyvale desea invitar a las familias de estudiantes neurodiversos a unirse a una sesión informativa y atractiva diseñada para apoyar a las familias que navegan por la neurodivergencia.

**CUÁNDO:** 15 de enero a las 6:00 PM

**DÓNDE:** Auditorio de la Escuela Primaria Bishop (450 N. Sunnyvale Ave, Sunnyvale, CA 94085)

**QUÉ** aprenderá:

- Cómo identificar fuentes y signos de estrés
- Estrategias para crear un plan personalizado para prevenir y controle el estrés
- Formas prácticas de mejorar el bienestar de toda su familia

¡Se proporcionará cuidado infantil para niños de 5 años en adelante y habrá interpretación en español disponible!

Puede registrarse aquí: <https://tinyurl.com/388wxcw6>

Si tiene alguna pregunta, comuníquese con Vanessa Escobar en [vanessa.escobar@sesd.org](mailto:vanessa.escobar@sesd.org).

**VISION & HEARING SCREENINGS**

All TK, Kinder, 2nd, 5th and SDC students will be vision and hearing screened on either December 10th or 17th. Parents will be notified if their child does not pass one of the screenings. The screenings will be performed by the 3 Sunnyvale School District nurses.

**EMERGENCY PREPAREDNESS**



County of Santa Clara

As a reminder, Cumberland holds fire and earthquake drills monthly. If you are a visitor or volunteer on campus during a drill, please make sure to follow any instructions given by school staff and evacuate along with the students. Your safety is our top priority.

On behalf of the Santa Clara County Office of Emergency Management:

Consider signing up for AlertSCC!

This service will provide alerts regarding fire, earthquake, severe weather, crime, and instructions during a disaster.

Click on the link to access more information and to learn how you and your families can sign up. <https://oem.santaclaracounty.gov/prepare-4-steps/register-alerts>

Please be sure to share!

**CUMBERLAND'S INCLUSIVITY STATEMENT**

Our school's inclusivity statement exists to remind everyone that all are welcome and appreciated on our campus and in the Cumberland community:

**At Cumberland, Cougar Pride means being respectful, responsible and making good choices.**

**Being respectful means: we value diversity** in our school and community.



This is a welcoming, safe and inclusive place for everyone to have a voice, be heard, participate and learn.

**Being responsible means:**

**standing up and speaking out** if you see someone being bullied or not being treated respectfully.  
If you see something, say something.

**Making good choices means:**

**treating everyone fairly** and how you would like to be treated, regardless of race, gender or religion.

**COMMUNICATION**

**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: Join Konstella now: <https://www.konstella.com/cd/0LKLZQ>
- KINDER GOOGLE GROUP: to join the Kinder Google Group, please send an email to [newfamily@cumberlandpta.org](mailto:newfamily@cumberlandpta.org)