

# Vinci Park Explorers

Vinci Park Elementary's Official Newsletter



## Our Vinci Park October Issue is Here!

Happy Fall Season Everyone! Can you believe it's already October?! Kudos to all the parents, Vinci Staff and students for pulling together to make Distance Learning work! We miss seeing everyone in person but we will be together again soon. Keep up the positivity and awesome team work! WE'VE GOT THIS!

**Vinci Park Strong. No Matter The Distance.**



### Vinci Blue Days

Wear your Vinci Blue on the first Friday of the month!



### Spirit Wear!

Contact our PTA if you would like to purchase spirit wear.



### Become a PTA Member Today!

Click [here](#) to join

## A Message From Our Principal, Mrs Nunez

As we complete our first month of virtual school, it is wonderful to see the way students and staff have settled into new school routines and norms. I have virtually visited each classroom, and it's obvious that students are happy and learning and everyone is putting forth their best effort.

I frequently overhear teachers acknowledging their students' efforts, and also see students encouraging each other in the chat box. Appreciation of a job well done is extremely motivating for students and for adults.

With that in mind, I encourage you to let me know when a member of the Vinci Park School staff goes above and beyond for your child or for you. I know how much you appreciate our teachers, library staff, office staff, extended day teachers, instructional assistants, custodians, and kitchen staff, and it only takes a few minutes to write a quick note to let them know too!



I would also like to share my appreciation of the hard work all of you parents are doing to support your children and our school. It is evident by the number of parents who have offered to assist in many ways through these unprecedented times at Vinci Park that you are ready and willing to be partners in your children's success.

Warmest Regards,

Parisa Nunez  
Principal

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## **Important Dates & Announcements**

### **Curbside Meals Availability**

Student Nutrition Services continues to provide **FREE** curbside meals to all children 18 years and younger.

Beginning the week of September 28th, meal distribution schedule will change to **Mondays, Wednesdays, and Fridays from 11:15am to 12:45pm** so that 2 days worth of meals may be distributed at a time.

### **School Related Assistance**

If you need assistance with school related business, please make an appointment with the school. Appointments can be made with Ms. Beatrice, School Clerk or Ms. Kim, Administrative Secretary.

### **Keeping Contact Information Up to Date**

Please notify the school office immediately if you have a **change of address, phone number, or email address**. This will allow the school to communicate with you regarding your child. It is especially important while you are in Distance Learning.



### **Social and Emotional Learning Tips**

Now that we are about a month into school, with all that's going on, how do you calm down when you're feeling stressed? It's an important question to ask yourself. One recommendation from doctors and scientists is to focus on your breath.

Here is a popular yet researched-supported breathing technique to help you calm down quickly. Your breathing is a valuable tool to slow down your heart rate, lessen anxiety, regulate your moods and calm you down. To enjoy the health benefits of mindful breathing, take a moment to learn the basics.

Stand, sit, or lay down comfortably, inhale for 3 to 6 seconds through your nose and exhale 3 to 6 seconds out through your mouth. This is a cleansing breath to prepare and steady you. Place your awareness on your breath. There's no need to breathe differently than normal while at rest. When thoughts arise, simply label them, thinking or wondering to yourself, and return your awareness to your breath. It's natural for thoughts to arise, but the exercise here is to return to the mindful breathing. You can practice mindful breathing for as little as 30 seconds to 20 minutes.



## Videos from the Greater Good Magazine: Science-Based Insights for a Meaningful Life

### For Parents:

- [How to Help Your Child's Compassion Grow](#)
- [How to Nurture Stick-to-itiveness in Kids](#)

### For Children:

- [Train Your Brain to Be Kinder](#)

## Reporting Student Absences

If your child is absent, please call the school office at **(408)923-1970** on the day of the absence.

Please include the following information when reporting an absence:

- Student's Name
- Teacher
- Date of Absence
- Reason for absence
- Your name

## Care Solace

Care Solace is an online resource to help our students and families in seeking local mental health support. It is important to recognize that these are challenging times, and that we must also take care of our mental health as we guard against COVID-19. Care Solace is now available for use by Berryessa students and families at no cost. If you are interested in seeking counseling-related services at this time, please consider visiting [caresolace.com/berryessafamilies](https://caresolace.com/berryessafamilies).

## Dates To Remember

- **Nov 11** - Veterans Day (No School)
- **Nov 13-20** - Fall Conferences (Early Release)
- **Nov 23-27** - Thanksgiving Break
- **Dec 21-Jan 1** - Winter Break

## San Jose Public Library Virtual Homework Club

*A message from Joan Weagle, Librarian at the Berryessa Branch Library:*

Our Virtual Homework Club is free and online via Zoom and is available Monday through Thursday from 4 p.m. to 6 p.m. until December 14 (except for holidays/library closures).

The Homework Club is for students from Kindergarten to 8th Grade, and can help with many subjects, including reading, writing, math, social studies, and science.

Registration is required for each day that students want to attend and closes 24 hours before the next Homework Club session.

To sign up or to learn more, please visit:  
[www.sjpl.org/homeworkclub](http://www.sjpl.org/homeworkclub)

If you have any questions or comments about our Virtual Homework Club, please contact Joan Weagle or the San Jose Public Library Homework Club at [sjplhwc@sjlibrary.org](mailto:sjplhwc@sjlibrary.org).



## Fall Holiday Activities

The Health Officers across 6 Bay Area jurisdictions (including Santa Clara County) released guidance related to Halloween and Día de Los Muertos.

County of Santa Clara residents are reminded that local and State Health Officer Orders are still in effect. Halloween gatherings, Día de los Muertos celebrations, events or parties with non-household members are not permitted unless they are conducted in compliance with local and State Health Orders: <https://www.sccgov.org/sites/covid19/Pages/mandatory-directives-gatherings.aspx>

Local health officials highly recommend community members participate in lower risk activities to celebrate Halloween and Día de Los Muertos this year.

## Important Links

- IT Support, click [here](#)
- BUSD Reopening Communications, click [here](#)
- Free and Reduced Lunch Applications, click [here](#)
- Care Solace, click [here](#)

## Interpretation Assistance

Should you need assistance in interpretation of school/teacher messages, please reach out to the following staff support.

- **Chinese/Mandarin:** Tsung-Lin Chen (408) 923-1901
- **Spanish:** Lourdes Calande (408) 923-1902
- **Vietnamese:** Juliette Thai (408) 923-1903

## **PTA Announcements**

Our second **PTA Meeting** will be on **November 12, 2020 @ 6:00 PM** via Zoom.

**Meeting ID:** 970 0030 3267

**Passcode:** Vinci

### **Magic Holiday Catalog and OTIS**

**Spunkmeyer Cookie Dough Fundraiser** is going on right now until October 13. Register, share and win! <https://www.shopfund.com/>

**Join the PTA!** To become a member, head over to this easy-to-use Totem link: <https://jointotem.com/ca/san-jose/vinci-park-pta>

### **Follow, Like and Connect with Us**

- Instagram: @vinciparkpta
- Facebook: @Vinci Park PTA
- Email: [ptaboard@vinciparkpta.com](mailto:ptaboard@vinciparkpta.com)
- Website: <https://vinciparkpta.com>

## **PARENT RESOURCES**

[BUSD REOPENING WEBSITE](#)

[DIGITAL LEARNING LEARNING PORTAL](#)

[BUSD WELLNESS](#)

[MS. ALEECE'S RESOURCE CENTER](#)

[PARENT DISTANCE LEARNING RESOURCES](#)

[VINCI PARK PTA](#)

