



Your monthly guide to school news, information and tips.

**HIRSCH
ELEMENTARY
SCHOOL**



BULLDOG BULLETIN

Office Hours: 8:00 – 3:30pm

Phone: (510) 657-3537

SEPTEMBER 2022

**UPCOMING
EVENTS**



WHAT'S INSIDE



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Principal Arroyo**

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SEPTEMBER

5	No School – Labor Day	19-23	Start with Hello Week
7	Early Release Day	21	Early Release Day
13	PTA Meeting	23	In-Tent on Reading
14	Early Release Day	28	Early Release Day
16	PTA Movie Night	28	Picture Retake Day

Tips for Preventing Heat-Related Illness

When temperatures are very high, make sure to:

- Sweating removes needed salt and minerals from the body. When it is hot, drink more water, juice and sports drinks. Avoid drinks with caffeine (tea, coffee, and cola). Be sure to eat regularly.
- The best way to beat the heat is to stay in an air conditioned area. Limit outdoor exposure. Walk in the shade as much as possible.
- Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will keep the head cool.
- Try to be less active during the hottest part of the day, late afternoon. If you must be out in the heat, plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest often in a shady area. Never leave kids or pets in a parked car
- If you are needing to work or exercise outside, start slowly and pick up the pace gradually. Take frequent, regularly scheduled breaks. If activity in the heat makes your heart pound or leaves you gasping for breath, stop activity, get into a cool or shady area, and rest. Especially if you become lightheaded, confused, weak or feel faint.

A message from Principal Arroyo



Dear Hirsch Families,

It was wonderful to see so many families sign in at our Virtual Back to School Night on the 23rd. I know both our teachers and I missed those who were not able to attend as we reviewed very important class and school information. Here is the PDF of my presentation. [Link](#)

If your Grade 4/5 student is considering trying out for basketball in November and/or soccer in March, now is the time to make those appointments for a physical. Our school website has the mandatory form for your doctor to complete.

Have you joined PTA yet? I have! Our next PTA meeting is this Tuesday. More info in the newsletter. Know that when you are able to support PTA and make donations it helps secure resources for our site. We are hoping to increase our Chromebooks this year so more students can have daily access and this can only be done with your donations. Just to let you know, it costs about \$250 per Chromebook.

As safety is our number one priority, please help us keep you and our students safe by following these important guidelines:

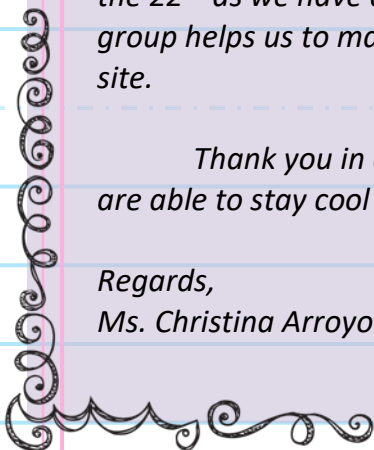
1. Walk on the dirt path or sidewalk when coming/leaving campus. It is unsafe to walk through our parking lots.
2. Kinder families are unable to use the valet loop at all times of days. We need you to park your cars on the street and walk to pick up/drop off your student.
3. Grades 4-5 are late if they arrive after 8:22. Grades 1-3 are late if they arrive after 8:25. Being on time means being in the line when these bells ring. Walking through the gate during the bell means your student is late.

Please reserve September 22nd at 6:30 p.m. for our first Parent Informational Night where we will be reviewing our expectations, schoolwide behavior plan and how we can work together to support each other. The flyer will be sent out next week for this virtual event.

Have you thought about joining our School Site Council? I will be talking more about it on the 22nd as we have a few interested parents but are always looking for more. This important group helps us to make decisions about special funding as well as receive updates on data for our site.

Thank you in advance for taking the time to read each newsletter in its entirety. I hope you are able to stay cool as this heatwave looks to be ending soon!

Regards,
Ms. Christina Arroyo



September Library Corner

With Mrs. Winmill

Welcome to the 2022-2023 school year! I am so excited to be back on campus and working with our fabulous students, staff and community. So many new things and new adventures await us this year.

Here is a list and short description of new happenings in this library:

- New [website!](#)
- New books!
- Learn the parts of a book lunch time activity.
- Book Fair! Online access begins September 19th. In-person will be October 17-21. There will be an early family event during the Fall Festival. Look for more information to come. **I will also need some parent volunteers to assist during this week.**
- New displays. Ask your students about them.

I want to take this opportunity to thank the Chang and Chen family for donating some books to the library from the Amazon wishlist. THANK YOU SO MUCH! What a wonderful surprise to find a box in the office with books for the library, not once, but twice! Thank you!

Please stay tuned for new library adventures.
Take care and keep reading!
Mrs. Kristen Winmill



Hirsch PTA Corner

Hello Hirsch Parents!

Thanks to everyone who took the time to come and chat with us at our table and took a flyer about some of the stuff going on in Hirsch PTA. Here's a quick summary if you missed it:

The National PTA Reflections Art contest and Math Olympiad will both be starting soon. The sign ups for Math Olympiad are here (<https://bit.ly/MathOlympiads2022>) and reflections sign ups coming soon.

We need more volunteers for several events and projects, right now Music for Minors needs docents to help teach short music lessons in the classroom. If you want to volunteer for anything you can reach out to us at our email, pta.hirsch@gmail.com.

Movie Night is Friday, September 16th. See flyer for more information.

In-Tent on Reading will be on September 23rd. This is a fun activity in the evening where some teachers and staff read to our students on the grass while in tents.

All parents/guardians are invited to join us at our next Virtual PTA Meeting on Tuesday, September 13th at 6:30pm
[Hirsch PTA Meeting Link](#)

HIRSCH PTA PRESENTS

MOVIE NIGHT:

COCO

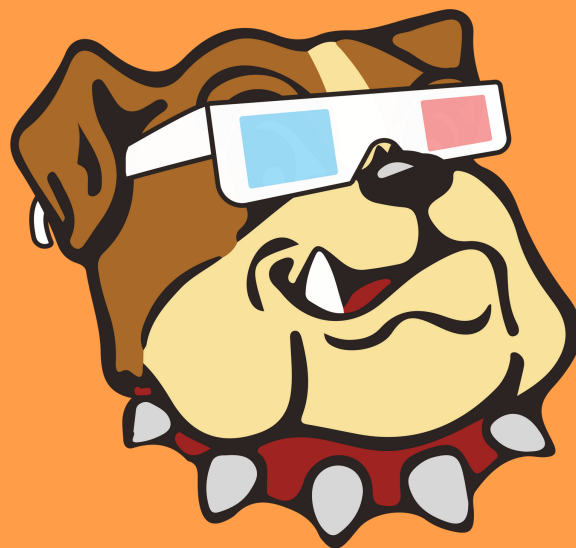
MPAA RATING: PG RUNNING TIME: 1HR 45MINS

FRIDAY, SEPTEMBER 16TH @ 7:30PM,

GATES OPEN @ 7:15PM

FREE ADMISSION - Parent supervision is required!

RESERVATION REQUIRED. Reserve a spot and pre-order food by
Wednesday, September 14th. CASH ONLY



To reserve TICKETS & PRE-ORDER FOOD:

bit.ly/COCOHIRSCH

Interested in Volunteering - sign up here:

bit.ly/HirschMovieVolunteers

QUESTIONS EMAIL: pta.hirsch@gmail.com



JOIN THE HIRSCH PTA! WE NEED YOU!!

INTERESTED/QUESTIONS: PTA.HIRSCH@GMAIL.COM

JOIN THE PTA HERE:

<https://bit.ly/HIRSCHTOTEM>



KEEP IN THE LOOP WITH THE PARENTS
WHATSAPP:

<https://bit.ly/HirschWhatsApp>

SIGN UP FOR KONSTELLA TO KEEP
UPDATED ON SCHOOL ACTIVITIES:

www.konstella.com/

HIRSCH PARENTS FACEBOOK GROUP:

<https://bit.ly/HirschFacebook>

PTA MEETS

SECOND TUESDAYS OF THE MONTH.6:30PM

<https://bit.ly/HirschPTA>





SHOW YOUR VOICE!
2022-2023
EXPLORE THE ARTS AND EXPRESS YOURSELF!

Reflections is back. Show your creative side!

2022-2023 theme:
SHOW YOUR VOICE

Submit your creations at: <https://tinyurl.com/387vcfw2>
Submissions are online via Google form. A Gmail account is required.

Due date: Oct 15, 2022

What is Reflections?

Reflections is a National PTA arts recognition program that encourages students to explore their own thoughts, feelings and ideas in response to a theme. Students create original works of art in one of these categories:



Please remember to review the Reflections Rules By Category: <https://capta.org/resource/participant-forms/>
Questions? Email: BulldogsReflect@gmail.com





2022-2023

Hirsch School Calendar



AUGUST						
S	M	T	W	Th	F	S
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7	8	9	10	11	12	13
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28	29	30	31			

SEPTEMBER						
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OCTOBER						
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30	31					

NOVEMBER						
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DECEMBER						
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JANUARY						
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FEBRUARY						
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APRIL						
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30						

MAY						
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28	29	30	31			

JUNE						
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11	12	13	14	15	16	17
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25	26	27	28	29	30	

Minimum Days
 Kindergarten will attend
 8:20am to 11:40pm
 1st- 3rd graders will attend
 8:25am to 1:26pm
 4th & 5th graders will attend
 8:22am to 1:26pm

Short Day - 6/2/22
 Kindergarten will attend
 8:20am - 11:40am
 1st - 3rd graders will attend
 8:25am - 12:30pm
 4th & 5th graders will attend
 8:22am to 12:30pm

- Minimum Days
- Short Day
- First and Last Day of School
- No School

Regular Schedule:
Kindergarten:
 8:20am - 11:40am
 1st - 3rd: 8:25am - 2:36pm
 4th & 5th: 8:22am - 2:36pm

BACK TO SCHOOL

Tips and Resources for Staff and Community



How to Help!

Warning Signs for Back-to-School Anxiety!

Feeling anxious during times of transition is perfectly normal. Many children and youth can independently work through their anxiety. However, if anxiety persists, below are some symptoms to watch out for:

- Changes in eating habits
- Sleep disturbance
- Clingy behavior
- Meltdown or tantrums
- Headaches or stomach pains
- Increased irritability
- Social isolation
- Avoiding normal daily activities
- Increased crying
- Nail biting, and/ or skin picking

If a child exhibits these symptoms for more than two weeks, or if their anxiety interferes with their daily routine, you should seek help from a doctor or qualified mental health professional.

Help Students Get Back into a Routine: Transitioning from summer to classroom activities can be challenging for children and teens. The school environment can demand students to adapt to a highly structured daily schedule, the ability to stay on task, sit for a long period of time, and be organized. Staff and parents can work together to support students by guiding them through this transition. [Pbs.org/parents](https://www.pbs.org/parents) is a helpful resource for parents.

Talk about Past Challenges or Setbacks: Staff and parents can acknowledge the child's past struggles. Give students an opportunity to talk about what's worrying them, talk about their struggles, and strategize together. For example, "last year you felt anxious when you were called on. Let's talk to Mr. Shan and let him know that you don't like being called up to the whiteboard and figure out solutions".

Take Student Worries Seriously: Issues and concerns that may seem silly to adults may be important to children and teens. Instead of brushing off their fears, take time to validate the student's feelings. Sometimes, the student wants someone to say, "I can understand it's difficult for you". Also, asking open and non-judgemental questions can be a helpful way to help students share their worries.

Model Calm and Confident Behavior: Anxious parents send anxious students to school. In other words, students who have parents that struggle with anxiety are at a higher risk of struggling with anxiety at school. It is essential for parents to model calm behavior.

Don't Jump to Conclusions: If your child is struggling in one area of developmental skills, this does not mean that your child has a disorder. For more information on mental illness, behavior, and learning disabilities, refer to Child Mind Institute's, Family Resource Center.

Local Resources

City of Fremont, Youth and Family Services,
510-574-2100

Alameda County 24/7 Crisis Support Hotline:
1-800-309-2131

Care Solace: 888-515-0595 | caresolace.com/fusd



Get help!

National Parent Helpline:

1-855-4A-PARENT

1-855-427-2736

Family Path's Parenting Stress

Helpline: 1-800-662-4357