



# COUGAR CONNECTION

## CLARA J. KING ELEMENTARY SCHOOL

October, 2018

### Mark Your Calendar!

#### Minimum Day for Staff Development

October 29

#### End of Trimester 1

November 2

#### PTA Board Meeting

November 8, 5:30 p.m.

#### Family Picnic during lunchtime

November 15

#### Report Cards sent home with students

November 16

### Have Questions?

#### Principal

✉ [Jacki Teschke](#)

(714) 220-6980 x2151

#### Administrative Assistant

✉ [Vickie Ohlman](#)

(714) 220-6980 x2153

#### Clara J. King Elementary School

8710 Moody Street

Cypress, CA 90630

[Website](#)

#### Cypress School District

9470 Moody Street

Cypress CA 90630

(714) 220-6900

[Website](#)

### Principal's Message

On October 18 at 10:18 King students and staff took part in the California Shakeout Drill along with hundreds of other schools across the state. During the drill students and staff are reminded of the likelihood of an earthquake occurring in the not-too-distant future, and what they can do to protect themselves in the event that an earthquake occurs during the school day. As scientists learn more about earthquakes, procedures are updated as to what to do during an earthquake.

Before the Shakeout Drill, King students watched videos and learned the most effective ways to protect themselves during an earthquake, which is to:

- **DROP** where you are onto your hands and knees
- **COVER** your head with your hands
- **HOLD ON** until the shaking stops

You may remember being told to stand in the doorway if a quake occurs; however, research has confirmed that this is not as effective a method to protect yourself in the event of an earthquake. In fact, standing in a doorway can lead to being injured by flying objects or glass. I encourage you to practice the drop, cover, and hold on approach of protecting yourself during an earthquake with your children. The more they practice, the more likely they will remember what to do during the event. Students will practice earthquake, fire, and lockdown drills each month throughout the school year.



King students practice what do in the event an earthquake occurs while they are outside.

## October is Bullying Prevention Month

At King School, we work hard to create an environment where students feel safe and respected. It is important to help students understand how to identify bullying, and how to respond appropriately. Sometimes, the word “bullying” is to describe all negative interactions or conflicts between students. These may or may not be actual examples of bullying. Bullying, by definition, is “an individual or a group of people with more power, who repeatedly and intentionally cause hurt or harm to another person or group of people who feel powerless to respond.

Bullying is not:

- Single episodes of social rejection or dislike
- Single episodes of spite
- Random acts of aggression or intimidation
- Mutual argument, disagreements, or fights

At home it is very important to talk with your children about what they can do if a peer ever makes them feel unsafe at school.

- Have your child practice being assertive and telling the other child to stop. Role playing is a great way to build confidence in dealing with difficult situation
- If your child does not feel safe enough to speak up, let them know to walk away and find an adult immediately
- Have your child identify a staff member who they trust and that they can go to report any bullying
- Let your child know that getting bullied is not their fault and they should always report it to an adult

When we work together, we can help create a safe school where everyone feels respected and valued for who they are.

## Coach A.J. helps all students with inclusive play!

When students feel safe and happy at school, they are more likely to achieve academically. That’s where Coach A.J. comes in! Coach A.J. is part of Playworks, a non-profit organization whose mission is to facilitate an environment where outdoor play is inclusive play for all students. Students have learned many new games this year such as blacktop bowling and four-square. Each week, Coach A.J. works with a classroom outside to teach students and teachers new games that facilitate inclusivity. Coach A.J. mentors the Junior Coach Team composed of students in grades 4-6. The Junior Coaches learn techniques that promote fair and inclusive play on the playground. Junior Coaches help with problem solving techniques and lead students in chants that help classes transition from outdoor play to indoor learning. Coach A.J. also organizes after school league play (currently girl’s basketball) where players compete with other Playworks schools in the area.



Coach A.J. teaches Mrs. Bergmann and her students a new game.

**Mark your Calendar!**

**King Family Picnic-Nov. 15**



**More information  
coming soon!**