

THE BUS STOPS HERE



Safety Newsletter

December 22, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.



SHOUT OUT: We received a call from the Transportation Supervisor at Lindenhurst School District regarding John Piazza, van driver, Jinette Cruz Malena, DA & Jael Melgares, cover DA - "They handled a special needs student with care and concern. The video was a perfect example of patience and understanding. Even when the child became aggressive, the whole team on the bus reacted in a manner that exemplified the sensitivity and support the student needed. It was the best video I ever watched." Thank you to John, Jinette and Jael for your service!

SNOW TEAMS: If you are interested in earning extra money, your Center is looking for drivers and driver assistants to join the snow team. Snow team members will clear snow off of buses and walkways. Drivers can assist in moving buses. See your Dispatcher or Center Manager to sign up.

MESSAGE FROM THE AMERICAN HEART ASSOCIATION: If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho-ho and stay happy and healthy.

1. Keep up healthy habits - make a pact with yourself during the holidays. For example, decide that you'll move more and do something active every day over the next three weeks. Take it a step further, and pledge to start the day with a healthy breakfast, limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.

2. Beware of seasonal sweets - the holidays often dish up extra helpings of less-than-healthy treats. Try preparing healthy snacks that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options.

3. Stay active - instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home, ride your bike around your neighborhood during a lunch break. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

4. But not too active - give yourself the gift of peace. If you need some down time to recharge, declare a "me-treat" and do something that relaxes you. Try yoga, meditation, or spending time in nature.

5. Make a plan for the new year - Your poinsettia's pooped and the gifts are all gone. Now what? It's a great time to reset for the new year - but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine before you set your sights on that marathon.



This week's Facebook spotlight is Xiomara Hernandez, large bus driver for North Babylon School District out of 31 Moffitt Blvd.

"Wishing everyone peace, love and joy this holiday season."