

THE BUS STOPS HERE



Safety Newsletter

March 17, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.

SCHOOL BUS REFRESHER SCHEDULE: The winter refresher class schedule has been posted on My Parking Space. Each class is 2 hours. Please be sure to register early as classes fill up quickly. Log into MPS, click on "My Classes," click on "Upcoming" to sign up for the class that fits your schedule. **Please be sure to bring your Safety Manual to the class with you.** **NOTE: classes held in the new classroom located at 1780 Smithtown Ave, Ronkonkoma will be under Pond Rd in MPS.**



RIPPED FROM THE HEADLINES: JERSEY CITY, N.J. March 10, 2023: There

was a scary scene for a New Jersey mother and her son Monday after the little boy never made it home from school. Turns out he was left on a school bus in Jersey City for more than an hour. Everything seemed normal that day until that afternoon when it wasn't. "It hit 2:45. Kyrie never got home," Mom said. Five-year-old Kyrie is in the pre-K-4 program at P.S. 30 in Jersey City. He has autism and his speech is limited. School officials told parents the bus arrived late that day, so Kyrie didn't board the afternoon bus until 3:45 p.m. but well after 4 p.m. his Mom says there was still no sign of Kyrie. School officials called the bus company "Everybody's saying, 'All the buses are back. All the bus aides and bus drivers are gone for the day.' So I said, 'Well, did you guys check the bus?'" and they said, "No. Let us go check," Mom said. Around 5 p.m., Kyrie was found in the back of a bus on a lot. "Shivering, shaking, cold. Just screaming, 'Mommy, Mommy, I want to go home, I want to go home.'" His Mom says she was relieved but angry. The school Superintendent told CBS2 it's the driver's responsibility to inspect their bus for sleeping children. The bus driver and driver's aide were both fired. Kyrie is physically OK, but he's still traumatized by the incident. Don't become a 'headline'...**Check your bus for sleeping children!**



RECHARGE WITH A GOOD NIGHT'S REST: Sleep is an important healthy habit, but many adults don't give it the attention it deserves. The CDC notes that 1 in 3 adults don't get the recommended seven or more hours of sleep each night. This poses short and long-term problems as a lack of sleep deprives your brain and body of the chance to repair and recharge. When you don't get enough sleep, you'll probably be crabby and less productive the next day. Because you're fatigued, you're also putting yourself at a higher risk of being involved in a motor vehicle crash. For the good of your health, make it a priority to get enough rest as often as possible. Try these tips:

- Embrace routine - go to bed and get up at roughly the same time each day, even on weekends.
- Don't be afraid of the dark - make sure your bedroom is relaxing, quiet and dark.
- Adjust the thermostat - keep your bedroom at a comfortable temperature.
- Eat right - don't eat a large meal shortly before going to bed. Also, avoid alcohol and caffeine before bedtime.
- Be active during the day - getting some exercise can make it easier to fall asleep at night.

FACEBOOK: This week's spotlight is Gabriel Medina, large bus Supervisor for Hauppauge UFSD out of 1849 Pond Road



May the blessings of each day be the blessings you need the most – Happy St. Patrick's Day!