

# THE BUS STOPS HERE



**SEARCH**  
FOR SLEEPING CHILDREN



*Safety Newsletter*

March 24, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.



**SPRINGTIME:** With the arrival of spring comes the arrival of landscaping trucks and trailers on our roadways. Do not follow too closely and be aware of flying debris from the spring cleanups. On side streets take caution when passing. The nicer weather brings more activity at school bus stops. Children can be running and playing while they await your arrival. Be aware of children darting into the streets. Stop the bus 10 to 15 feet before the waiting children. When discharging, remind them to stay at least 10 feet away from the bus. Keep the bus halted with red lights flashing until they have reached the opposite side of the street or 15 feet

from the bus. Remind each child on discharge I.C.U - U.C.ME

**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. Avoid alcohol and caffeine before bedtime.

**EXTRA HOURS:** We still have hours available for fueling at 1849 Pond Rd: Thursday & Friday from 11 AM - 1 PM. If you are interested, please contact Paula Almes at [palmes@suffolkbus.com](mailto:palmes@suffolkbus.com)

**MESSAGE FROM THE SHOP:** While the warmer weather has not quite arrived, it is time to check the AC unit on your bus. Follow these important safety steps: 1) Push vents down, dust has been sitting on the vents and you do not want the dust to blow into your eye. 2) Turn on the AC. 3) Let it run for 5-10 minutes and check if it is blowing cool air. Report to the Shop if you are not getting cool air.



**SPRING RECESS:** With the upcoming Easter and Passover holidays we find that some districts are closed the week before Easter while some are closed the week after and others are a combination of each week. On the reverse side of this Newsletter we have a schematic of the major districts we serve and their holiday schedules. Please note your school district calendars to understand when you are off. We also added important information pertaining to which week is a guaranteed week and when you may be eligible for unemployment. Please review this carefully. If you have any questions, please contact your supervisor.

**REFRESHER CLASSES:** We added 2 refresher classes on 4/20/23 - Saxon 10 am and Coram 10:30 am. We will be opening up more seats for the school bus refresher classes by 4/1/23. Please keep an eye on the Newsletter for more information. **Please do not just show up if you are not registered for the class.** To ensure you are registered, visit MPS and click on "Registered" under the "My Classes" icon.



**FACEBOOK:** This week's spotlight is Raina Guarisco - Call Center agent out of 1980 Pond Road

*"Nothing and nobody can stop you if you work hard and believe in yourself"*