

# THE BUS STOPS HERE



*Safety Newsletter*

March 3, 2023



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.



**AMERICAN HEART ASSOCIATION:** March 8 is International Women's Day, and the American Heart Association wants every woman to know that heart disease is their greatest health threat. Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Heart disease and stroke can

affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being. The American Heart Association not only advocates for the health of all women, funds lifesaving research and educates women across the United States and around the world, but is committed to removing the unique barriers women face to experiencing better health and well-being. For more information about women and heart disease please visit [GoRedforWomen.org](http://GoRedforWomen.org).



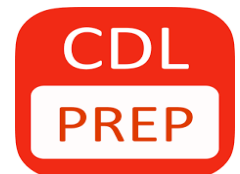
**KEEPING YOUR COOL:** During the "Keeping Your Cool" training there were volunteers who purposely tried to trigger reactions from you. Did you notice any reactions that looked similar to those of the adults in the training and those of the riders on your bus? What were they? Were the reactions what the riders said or what they did? Recognizing the signs from body language and listening to "how" children use their words are important indicators of "how" they feel. Combine what you have learned during this training with the strategies learned during the "Positive Perception:

Supporting Acceptance and Patience Within Ourselves and Others" training where we practiced praising riders for their effort in trying, not praising them for their ability. So, by remaining calm it's easier to recognize what your riders do and say, making it easier for you to use calming and communication strategies to create a positive climate on your bus.

**TRANSIT SENSITIVITY CLASSES:** The schedule for Transit Sensitivity classes will be taking place on the following dates and will be posted on MPS on Friday, March 17. **NOTE: all classes will be held in the new classroom located at 1780 Smithtown Ave, Ronkonkoma and will be under Pond Rd in MPS.**

Saturday, April 1	7:00 AM - 11:00 AM
Sunday, April 2	7:00 AM - 11:00 AM
Monday, April 10	7:00 AM - 11:00 AM
Tuesday, April 11	7:00 AM - 11:00 AM
Thursday, April 13	7:00 AM - 11:00 AM

**CDL PERMIT CLASS:** We are holding a CDL permit class on Wednesday, 3/15, from 10:00AM-1:00 PM at the Safety & Training Center, 50 Saxon Ave. This is a great opportunity for DA's and friends and family to come in and get more information on driving and obtaining a CDL permit. This class is free, and everyone is welcome. Remember, you get a \$500 bounty for every driver referral you make after they drive with us for 6 months!



**FACEBOOK:** This week's spotlight is Joseph Cestaro, van driver for Sayville School District out of 1849 Pond Road

*"Great things are done by a series of small things brought together."*