

THE BUS STOPS HERE



Safety Newsletter

March 21, 2025



SUFFOLK TRANSPORTATION SERVICE, INC

SUFFOLK BUS CORP.

BAY SHORE ST. PADDY'S DAY PARADE: Special thank you to Kelly Roan, Marvin Perez, Dania Maradiaga, Monica Villavicencio, Raysa Pintilei, Cathy Acevedo, Andres Estrada, Rosanna Arias and Marcia Gomez who proudly represented the Suffolk Transportation team at the Bay Shore St. Patrick's Day Parade last weekend! Our team showcased our festively decorated bus, spreading cheer along the parade route.



SCHOLARSHIPS: Are you a parent employed in the school transportation profession with a child who is a high school senior? *The Leonard Family Scholarship* is here to support their educational journey! This scholarship, offered through NYAPT- New York Association for Pupil Transportation, is open to students planning to pursue post-secondary education. Special consideration is given to those interested in studying diesel or automotive mechanics. The application deadline is May 1, 2025.

New York School Transportation Education Scholarship applications are being accepted for high school seniors with a parent affiliated with NYAPT- New York Association for Pupil Transportation. Applicants must have a minimum grade point average of 75 with plans to attend college in any state. The deadline for submissions is May 1, 2025. The New York School Transportation Education Scholarship is here to support your educational dreams! Please email Linda Licata [llicata@suffolkb.com] for more information on both scholarships.



PRIZE MONEY TO ROADEO! Join us to ROADEO at our Safety and Training facility in Ronkonkoma on April 26th for a day of competition, BBQ, and fun. Don't miss out on this fantastic opportunity to be part of the action and win amazing prizes!

Pre-tax prizes include:

- 1st Place: \$1,500
- 2nd Place: \$750
- 3rd Place: \$500

To register, please contact roadeo@suffolkb.com by April 4, 2025.

CDL PERMIT PREP CLASS: We are excited to offer CDL Permit Classes at our Safety and Training facility located at 1780 Smithtown Avenue, Ronkonkoma. This is a fantastic opportunity to start your journey towards obtaining your Commercial Driver's License. Class dates are Saturday, March 22 from 8am – 4pm; April 9 from 10am - 1pm; April 27 from 8am – 4pm. To register for classes, email Karen Sheehan at ksheehan@suffolkb.com.



HEALTHY LIFESTYLE: Most of our jobs involve sitting and/or driving, which can make it challenging to stay active. Some simple exercise tips to help you stay fit and healthy include starting your day with a few stretches to loosen up your muscles, focusing on your neck, shoulders, back, and legs to reduce stiffness and improve flexibility. During your break, take a short walk—even a 10-minute walk can boost your circulation and energy levels. Practice deep breathing exercises to reduce stress and improve your overall well-being by inhaling deeply through your nose, holding for a few seconds, and exhaling slowly through your mouth. Pay attention to your posture while driving by sitting up straight, keeping your shoulders relaxed, and avoiding slouching to prevent back and neck pain. Remember, even small amounts of physical activity can make a big difference in your health. Stay active and take care of yourself!



Check out our Facebook page for our latest employee spotlight, Hubert Braham, A team school bus driver!

"A little progress each day adds up to big results"

