

Collins Communique

January 7, 2010

Board Members: Anjali Kausar, Ben Liao, Josephine Lucey, Gary McCue, Phyllis Vogel

Superintendent: Phil Quon

JANUARY 2010

- 13 ~ PTA Meeting ~ 7:00 p.m.
- 18 ~ **MARTIN LUTHER KING DAY ~ NO SCHOOL!**
- 25 ~ Kindergarten Registration Packet pick up starts
- 28 ~ Vision Screening ~ Grades 1 & 3

FEBRUARY 2010

- 1-11 ~ Kindergarten Registration
- 11 ~ Bud White class photos will be taken today!
- 12 ~ Hearing Bus ~ Grades 1, 2 & 5
- 15-19 ~ **MID-YEAR RECESS ~ NO SCHOOL!**

TB TEST REMINDER

All adults volunteering in any capacity, including noontime supervisors, classroom volunteers, field trip chaperones, supporters of after-school activities or if you're just joining your child for lunch, **MUST HAVE A CURRENT TUBERCULIN TEST** on file with the school.



A voucher from the Cupertino Medical Center is available in the office.

The test costs \$15.00.

Dear Parents:

Welcome back from Winter Recess! We trust that you all had a good time with your children and family. The new year brings hope and challenges. We wish for a fruitful year for everyone. We want to meet our challenges positively.

Check out our new lunch tables! We want to take this opportunity to thank all of you who have made your yearly direct donation to our PTA. On Tuesday morning, there was a ribbon cutting ceremony to officially unveil the new lunch tables. These red and blue metal tables really brighten up our campus. Plus they should last a long time and should be easier to clean and maintain than our previous wooden tables. The PTA was able to purchase these tables from funds collected from your direct donations. Special thanks again to **Josie Zamarian** and **Jeanne Conner** and the PTA Executive

Committee for working closely with the school district to complete this task. We also want to thank **Mr. Toby Smith** and **Mr. Earl**

Just a reminder that this is Winter! Be sure your children wear something warm to school every day. It's really very chilly in the mornings and sometimes all day! Whether at physical education, recess, or lunch, students have outdoor activities unless it is unusually cold, windy, or rainy.

Parents and visitors on campus. Once school is in session, **parents are not allowed to interrupt class for any reason!** The teachers are busy with the students and interruptions are distracting and affect classroom instruction. If you need to speak to someone, please come to



the office.

All visitors on campus or entering classrooms as volunteers **MUST** sign in at the office and obtain a visitors badge when school is in session. For the safety of your children, we need to know who is on campus.

Also, please remember when picking up your children from their classrooms after school, wait **BEHIND** the blue line on the walkway. When you and younger siblings are standing right outside the classrooms

visiting with other parents, it is very distracting to the instruction still going on in the classroom.

Teacher Spotlight: Mrs. Bhagyashree R. Vadodkar ~ 1st grade ~ Art Room

Mrs. Vadodkar has been associated with Collins since 1999 when her older son started kindergarten at the "old" Collins School site. While volunteering in his classroom, she realized her passion for teaching and decided to become a teacher. Mrs. V enrolled in National University to get her teaching credential. Along with her teaching credentials, she also completed her Masters in Cross Cultural Teaching.



Before starting her full-time teaching at Collins, Mrs. V

substituted extensively for CUSD and did a number of long-term assignments at Collins and Faria.

Mrs. V has also been actively involved with the Collins PTA for the past four years and has served on School Site Council for the past three years.

Jones Wong, Principal



Gifford from the district office for their cooperation.

Speaking of Health: Best Exercise to Lose Weight

One of the best exercises to lose weight is stationary biking because it burns more calories than most casual exercises that people do to lose weight. If you rather exercise on a real bike, that's fine too.

Cycling uses the large leg muscles to pedal and this translates into burning more calories because the large leg muscles expend more energy during work. Depending on your current weight, you can burn more than 400 calories from 30 minutes of moderate cycling.

The trick for you is to keep it fun. The reason we suggest that you exercise on a stationary bike is that you can exercise and at the same time watch your favorite television or radio program. The time passes very fast and you can exercise on a stationary bike any time.

Also, stationary cycling is great if you have young kids to watch because you can monitor your kids while getting a tremendous calorie burning workout. Ride your bike for 20 or 30 minutes per session at moderate speed, 4 to 6 times per week. If you get in the habit of cycling during your favorite TV program, your exercise routine will be easy, automatic and enjoyable.

If you need to purchase a stationary bike as exercise equipment, get the bike that gives you **back support** as well as a **comfortable seat**. Comfort is the name of the game when you use this equipment often. **Most stationary bikes are very inexpensive** and can be purchased at your local sporting good store.

To lose weight, you also need to reduce your calorie intake. We recommend a 25% to 30% reduction in calories but nothing drastic in combination with your cycling routine. Eat 3 to 5 small meals per day and spread the meals throughout the day.



Birthday Book Club

Thank you to the following students for donating books to the library in honor of their birthdays:

Ria H., Room 2

"THE BERENSTAIN'S BEARS' SEASHORE TREASURE"

Apurva A., Room 8

"THE MOUSE AND THE MOTORCYCLE"

Sriram S., Room 12

"PADDINGTON BEAR" and "RATATOUILLE: I SMELL A RAT"

Saumya C., Art Room

"BEAR STAYS UP FOR CHRISTMAS"

Aniket N., Art Room

"DIARY OF A WIMPY KID DOG DAYS"

PTA Notes

Cumberland PTA is sponsoring a Parent Education Night on **January 14** at **7:00 p.m.** in their multipurpose room. **Ann Wilde** of **AnnAerobic CPR** will be giving a hands-on CPR and First Aid class. This class is just the basic and does not provide certification. This is an opportunity to learn some life saving techniques. Cumberland School is located at 824 Cumberland Drive in Sunnyvale.

Miller Middle School PTA welcomes our community, along with Blue Hills PTA, Meyerholz PTA, John Muir PTA and Dilworth HSC for a free Parent Education Seminar!!

Presented by **Common Sense Media**

"Email, Websites, Social Networking, Texting...Digital Kid: Safe, Smart and Responsible"

Thursday, February 4, 2010

7:00 to 8:30 p.m.

Miller Middle School Multi-Purpose Room



Garden Gleanings

The Garden Club had its meeting yesterday and began learning how to follow up their observations with educated guesses as to why things happen the way they do.

Dev observed that the lupine is already beginning to bloom in different spots in the garden than last year and thinks we have new plants which have sprouted from last years seeds dropping.



Jane noticed that many seedlings are sprouting on the path instead of in the garden area, and she theorized it could be due to the wind and rain we have been having.

Harshika found lots of worms on the path near room 20 and wondered if that is because the soil is moist underneath the top path layer.

Andrea thought the hummingbird sage had a lemony scent, different from what he had observed in previous months. He wondered whether the rain or season could bring on a different scent in plants.

And finally, Mr. Nutter observed that the milkweed stem is mostly black and there are no leaves any longer, however there is a little green toward the bottom of the stem. He thinks (hopes) that the plant will grow back when the weather is warmer.



2010-2011 Kindergarten Registration & Open Enrollment

Kindergarten Registration: February 1-11, 2010 at the neighborhood school. Parents may pick up a registration packet at their neighborhood school beginning **January 25, 2010**. Registration packets are numbered sequentially. The registration number on the packet is valid for packets returned between February 1-February 11, 2010. Students must be residing in the district at the time of registration and be available for any necessary testing.

Open Enrollment Registration: February 5-11, 2010 at the school of desired attendance.

Alternative Education Program Registration: (Faria and Murdock-Portal grades K-5, McAuliffe, Mandarin Immersion grades K-8) February 5-11, 2010 at the alternative program of your choice.

Registration for new students in grades 1-8 begins March 1, 2010.

Parents may only apply to one school or program other than their neighborhood school.

Detailed registration and open enrollment information is available by contacting:

•Cupertino Union School District website:

<http://www.cupertino.k12.ca.us/>

•Student Assignment Office (408) 252-3000, ext. 110

•Neighborhood school office



2009-2010 DISTRICT CALENDAR

January 18, 2010	Martin Luther King Day
February 15-19, 2010	Mid-Year Recess
March 15, 2010	Staff Learning Day
April 12-16, 2010	Spring Recess
May 28, 2010	Staff Learning Day
May 31, 2010	Memorial Day
June 10, 2010	Last Day of School

CEEF'S 2010 GALA: "DREAMS ARE MADE OF..."

Saturday, January 30, 2010, 5:30 p.m.

Fairmont Hotel, San Jose

GALA AUCTION OFFERS STELLAR VALENTINE AND GROUP PARTY PACKAGES ON BEHALF OF ARTS, AND INNOVATIVE APPLICATIONS OF TECHNOLOGY

The CEEF Gala Committee is working to raise over \$100,000 on behalf of arts and innovative technology programs at all district schools. The Gala live auction will offer an incredible array of unique packages including: week's stay for 8 during the high season in a 4 BR/4.5B Four Seasons Resort villa at Punta Mita; champagne reception and \$1,000 gift certificate at Blacy's Fine Jewelers, romantic weekend stay at the Hotel Los Gatos, spa treatment for two at Spa Elia, and dinner at Dio Deka for 2; gourmet cooking demonstration for 16 in the Cupertino Whole Foods Culinary Center; Wine Country getaway for 8; Shark's luxury box for 12; dinner for 20 with paired wines at The Red Crane; festive celebration with wines for 25 prepared by local celebrity chefs: John Gatto, John Giovanola, John Zirelli, and Phil Johnson. Proceeds will provide matching funds for arts and innovative technology programs at all district schools.

For reservations or more information, please call 408-446-2333 or email CEEF at gala@ceefcares.org.

H1N1 GUIDELINES

The Santa Clara County Public Health Department guidance recommends that, based on current flu conditions, students and staff with flu-like illness stay home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

You can help keep our schools healthy by adhering to the following guidelines:

- Continue to enforce proper hand hygiene and respiratory etiquette - The recommendations continue to emphasize the importance of the basic foundations of disease prevention: stay home when sick, wash hands frequently with soap and water when possible or alcohol based hand sanitizer, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- Leave accurate information as requested on the school's absence line if your child is sick. This will help the school identify any potential issues as soon as possible.
- Promptly pick up your child from school if they are sent home for being ill. The school will keep ill students separated from others until they can be sent home. Please make sure that the school office has your updated contact information.
- Any returning students after an illness with a fever will need

to have their temperature taken in the school office before returning to class. Teachers will be sending returning students back to the office to have their temperatures taken if they arrive directly to the classroom without being cleared.

PUBLIC HEARING - PROPOSED BUDGET REDUCTIONS

The Board of Education will hold a public hearing regarding the proposed budget reductions for 2010-2011 at 6:00 p.m. on Monday, January 11, 2010. In addition, the Board of Education could also take formal action during this meeting. The public hearing will take place during the regularly scheduled meeting of the Board of Education held in the Board Room at 10301 Vista Drive in Cupertino. Any citizen may appear before the Board of Education to provide comment about the proposed budget reductions. Budget feedback can also be submitted on the budget reduction information page on the District's website. This page will contain updates as we move through the budget process. The link to the site can be found under the "Latest District News" heading at www.cupertino.k12.ca.us.