

# Collins Communique

January 14, 2010

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

Superintendent: Phil Quon

## JANUARY 2010

- 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
- 5-11 ~ Open Enrollment/Alternative Education Reg.
- 11 ~ Bud White class photos will be taken today!
- 12 ~ Hearing Bus ~ Grades 1, 2 & 5
- 15-19 ~ MID-YEAR RECESS ~ NO SCHOOL!

## MARTIN LUTHER KING DAY



Monday, January 18, 2010

Dear Parents:

This coming Monday, January 18 is **Martin Luther King Day**. There will be no school on Monday. We hope everyone enjoys their 3-day weekend. At the same time, let us not forget what Dr. King stood for. He believed in taking the non-violent approach to solving problems. He believed that everyone should be treated equally. He believed that everyone should have the same opportunities. All of us need to do our very best to carry out his legacy.

At this past Monday's CUSD Board of Education meeting, the school board adopted a budget reduction plan that will have a major impact on our students. The biggest change will be in grades 1-3. The current class size reduction will be eliminated starting this fall. This means that class size for these three grades will increase to 30 students in each class. It will also mean a reduction in custodial services and a decrease in clerical staff at the district level. The state of California is experiencing a budget shortfall due to the

recession that affects every program it funds. At the same time, we will rely more than ever on parental support of enrichment programs for our students. We ask that all parents work cooperatively with the school to continue the programs that we offer to all students.

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.

Attendance and punctuality are a key to your child's success! Research shows that children with consistent school attendance learn more. Punctuality also promotes learning. A student who is 10 minutes late every day will miss 30 hours of instruction during the year. Children who are late can copy notes or make up an assignment, but they can never get back what is most important - the discussion, the questions, the explanation by the teacher and the thinking that makes learning come alive. Your child's success in school depends on having a solid education background - one that can only be gained through punctuality and regular school attendance.



Jones Wong, Principal

## Speaking of Health: Tips for Staying Healthy at Work

Staying healthy at work isn't always easy. With all your coworkers sneezing and sniffing around you, it may seem impossible. Find out how to stay healthy at work with these tips.

1. **Wash Your Hands Often:** This means every time you use the restroom, before you eat, after you sneeze or cough and any other time your hands feel dirty. Also, keep a bottle of hand sanitizer at your desk, for when you can't get to a sink.
2. **Keep Your Workspace Clean:** Clean your phone, computer keyboard and anything else that you use frequently. Even if you are the only user, germs can live on these objects and you can reinfect yourself.
3. **Eat Balanced Meals Every Day - Including Breakfast:** Many people are tempted to skip breakfast because it takes too long to eat in the morning or in an (misguided) effort to lose weight. It has been proven that people who eat breakfast are healthier and more likely to remain at a healthy weight.



4. **Avoid Coworkers Who are Sick:** You would hope that coworkers who are contagious would stay home from work. Unfortunately, this is usually not the case. If they do show up, try to avoid direct contact with them (without being rude, of course).



5. **Drink AT LEAST 8 Glasses of Water a Day:** Sodas and coffee may help you stay awake, but they will also contribute to dehydration. So you need to be sure to drink water also. Just keep a water bottle with you all the time, drink throughout the day and you will probably get what you need.

6. **Take Frequent Breaks throughout the Day:** When you are feeling tired or sore, get up and walk around for a few minutes. Or try some of these tips for stretching at your desk. Taking breaks and keeping your body in shape will help you feel better and make you more productive.

7. **Use Your Vacation Days:** It may feel like there is never a good time to be away from the office, but people who do not take vacations are more likely to be sick. Vacations are a good way to relieve stress, which has been proven to contribute to illness. So even if it is just a few long weekends, use your vacation days and don't take your work with you.
8. **Quit Smoking:** It is pretty common knowledge these days that smoking is bad for your health. Smokers get sick much more frequently than non-smokers. You are also getting less work done if you have to take frequent smoke breaks throughout the day. And no, smoke breaks do not promote productivity like exercise breaks do. Nicotine is a stimulant and actually increases your body's stress level.

## Emergency Preparedness

Living in an earthquake-prone region, we all know that an earthquake can occur at any time. This was illustrated very recently by the medium-sized earthquakes, centered in Milpitas.

### Please remember:

- In the event of an earthquake, no students will be released for at least **15 minutes** after the onset of the emergency. Please allow for this delay in your plans to pick up your child. This time is needed for staff to assess damage and activate the emergency procedures.
- If you are responsible for picking up children other than your own, please make sure you have been added to their emergency card information.
- Please make sure that your child's emergency information is current on the Health/Enrollment card. Students are released only to the authorized adults on the pick up list.

**Emergency tip of the month:** To stay safe during an earthquake, you should. . . .

- Drop, cover and hold.
- If indoors, stay there.
- If outdoors, find a spot away from buildings, trees, street lamps, power lines and overpasses.
- If in a vehicle, pull over at a clear location and stop.



We wish you all a very safe and successful 2010!

## 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

Another successful garden meeting, as we continue to beautify our little patch of green!

**Eden** noticed bumblebees this week on a sunny day around the garden again after a long absence. Perhaps we will see more return as Spring gets closer. **Sonali** noticed that the signs for plant names and butterfly/hummingbird attractants are all in the garden now, and thinks the Collins population will be able to identify more plants by their proper names now. **Sonika** observed that the yarrow plants with the tall white blooms are low to the ground, green, and very feathery right now...and she wonders why. **Sayesha** saw small worms in the spot discovered last week, and wondered if they were baby worms, and if we will see more of them as spring approaches. **Aaina** and **Mritthika** smelled the hummingbird sage, and thought it smelled like lemony mint. They wondered why, and then we discovered that it is actually in the mint family of plants. **Davide** noticed our first lupine of the season are blooming their beautiful purple blooms, and he saw a bumblebee on one of them. He hypothesized that the recent rain and wind have helped the lupine get started. And finally, at the end of Garden Club, we were all pleased to see that junco birds have started visiting the garden in the late afternoons and early mornings. **Mr. Nutter** also noticed a hawk in the nearby carob tree as well. These are healthy signs of a growing habitat that supports many creatures!



## Birthday Book Club

Thank you to the following student for donating a book to the library in honor of his birthday:

**Nithilan M. - Room 12**

**"HERBERT'S WORMHOLE"**



# 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



<b>2009-2010 DISTRICT CALENDAR</b>	
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

**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.

**ELIMINATION OF GRADE FOUR WRITING ASSESSMENT**

The CST for Writing (the writing component of the CST for English-Language Arts [ELA]), and the CMA for Writing (the writing component of the CMA for ELA) will not be administered to students in grade four in the 2009-2010 school year. The elimination of the writing task will have no effect on students' achievement of proficiency because the CST for ELA in grade four will be scaled and equated on the basis of the multiple-choice questions only.

Please note that the CST for Writing and the CMA for Writing will continue to be administered in grade seven. Next spring's administration of those tests in grade seven will be on Tuesday, March 2, 2010, with makeup testing on Wednesday, March 3, 2010.

**2009 STAR TESTING DATES**

STAR Multiple Choice Testing for grades 2-8 will begin the week of April 26, 2010 and continues for two weeks. The STAR Program is a state accountability measure that helps us assess how we are meeting the needs of our students. You can help prepare your child for the test by ensuring your child goes to bed on time, eats a good breakfast, and leaves for school with a positive attitude. Please do not schedule any family trips or doctor appointments during this time.