

Collins Communique

January 21, 2010

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

Superintendent: Phil Quon

JANUARY 2010

- 25 ~ Kindergarten Registration Packet pick up starts
- 28 ~ Vision Screening ~ Grades 1 & 3

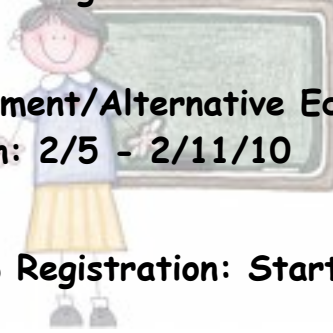
FEBRUARY 2010

- 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!
- 25 ~ PTA Family Science Night ~ Grades 2 & 3

Kindergarten Registration: 2/1 - 2/11/10

Open Enrollment/Alternative Education
Registration: 2/5 - 2/11/10

Grades 1-8 Registration: Starts 3/1/10



Dear Parents:

The school year is half over. The students have accomplished a lot. The teachers have done their usual good job working with them. The PTA has also accomplished a great deal. Besides the continued funding of the enrichment programs and educational assemblies, brand new lunch tables have been purchased. Now, a third shade structure has been ordered and there is a real possibility that by this Spring, all students will be sitting under a shaded area when the hot sun beats down on them during lunch. Credit goes, first of all, to the PTA Executive Committee. They have been very active getting things done in a timely manner. However, everything that they do to improve the environment for the students costs money. This is where **all of you** can do your part to help the PTA. If you have not made your **direct donation** to the Collins PTA, please do so now! There is no

deadline for donating your money. Although the guideline states that each family should donate \$150, any amount that you feel comfortable

contributing is welcome. If every family can help out, the PTA can do so much more for all the students.



We are experiencing a period of heavy rainfall and high winds. Be sure your child wears a coat or jacket with a hood and carries an umbrella. On rainy days, the classroom doors are open at 8:25 a.m. in the morning. Please remember...do not drop your children at school before 8:25 a.m.! There are only so many places outside on campus that the students can stand under to wait for the classrooms to open without getting wet.



Even though the holidays are behind us, we still have a number of families planning vacations during school time. It is so important to schedule your vacations so your child misses as few days as possible. If you plan to be away from school for a minimum of five days or a maximum of ten days, please contact the school office at least one week before your departure date to arrange for an Independent Study (IS) contract.

To receive credit for the days away, the contract homework must be completed while you are gone, and returned to school the first day your child is back in school. If the Independent Study work is not

completed and returned, the days missed will be recorded as unexcused absences.

Students who are absent for more than 10 consecutive school days will be dropped from the district roster. When the dropped student returns, they will be reinstated in their home school, if there is space available. If there are not spaces available, the student will be assigned to another school in the district, and put on the wait list at the home school.

With the rainy season upon us, it will take more time dropping off and picking up your children. Please use extra caution in and around the school parking lot. **Please be patient! Be considerate of other drivers! DO NOT leave your vehicle to pick up your student!**

When entering and leaving the parking lot, drivers **MUST NOT USE CELL PHONES!** Give all your attention to traffic and pedestrians in our lot. State law is in effect and requires the use of hands-free cell phones and **NO texting while driving!**



Jones Wong, Principal

Speaking of Health: Lowering Your Sodium Intake

Sodium occurs naturally in many foods and is also added in the form of salt or other sodium-containing substances. Common salt or table salt is a chemical compound of sodium and chlorine and is called sodium chloride. The sodium content of food has important implications for health. Salt contains about 40% sodium, and a teaspoon of salt, which weighs about 5 grams, contains about 2 grams of sodium.

Rock salt and sea salt are almost entirely sodium chloride, with only traces of other elements (minerals). In contrast to pepper, which loses flavor once ground, there is no advantage in freshly grinding salt prior to its use. Iodized salt contains about 0.03 milligrams of iodine per gram of salt. It is intended as a supplement for people whose diet is deficient in iodine. Recent findings in the U.S.A. indicate that the level of iodine in the diet has increased and that the widespread use of this salt is unnecessary.

Varying amounts of sodium are added to food, but not always in the form of salt. Common food additives, such as baking soda, some preservatives, and monosodium glutamate (MSG), also contribute to the total amount of sodium we consume.

Salt and High Blood Pressure

Probably one-fifth of the population, because of genetic predisposition, may be increasing their risk of high blood pressure (hypertension) by having a high intake of sodium. People who have a high intake of sodium have a high incidence of hypertension and stroke. High blood pressure is rarely seen in those who consume less than 1.2 grams (1200 milligrams) of sodium per day. In Australia, on the other hand, where the sodium intake can be in the region of 4 to 8 grams per day, about one in five adult Australians has high blood pressure. Salt is not necessarily the only important factor leading to high blood pressure, but in some cases it is. There are sound reasons why Australians should reduce their sodium intake. But sodium is an essential nutrient, and we need a certain amount for normal body function. A safe intake is considered to be between 0.9 and 2.3 grams of sodium per day, although in special circumstances, such as excessive sweating and diarrhea, higher levels may be needed.

There is usually no need to increase salt intake in hot climates to avoid cramps, fainting and other symptoms because the body's hormones will adjust over a few days and conserve body sodium. Excessive heat presents other risks and should, in any case, be avoided.

How Can We Control Our Salt Intake?

Some people find it hard to reduce their intake of sodium. We all have the ability to taste salt, but the extent to which we like our food salted can be modified by experience. The amount of salt we consume cannot be wholly controlled by the moderate use of the salt shaker at the dinner table. This use only accounts for about one-third of our daily intake. Up to half of our salt intake is from processed food, with the balance occurring naturally in food and water. The amount consumed in processed food is difficult to control, although with highly salted foods, taste is a reliable guide. Some items that do not taste highly salted can contribute significant quantities of sodium to our diet because of the amounts we consume. Examples include bread, tomato sauce, and cakes and biscuits. Many "take-away" foods, such as fish and chips, hamburgers and Chinese food, are highly salted. Bottled mineral waters can contribute a significant amount of sodium. An indication of sodium content is usually given on the label.

An increase in potassium intake seems to offset the adverse effect that sodium has on blood pressure. Foods that contain significant amounts of potassium and also low levels of sodium are fresh and frozen fruits and vegetables. But there is no justification for the unrestricted use of potassium salts as substitutes for sodium, as this would present new problems. Potassium supplements and salt substitutes can be potentially hazardous to health and should only be used under medical supervision.



Garden Gleanings

DUE TO THE EXCESSIVE RAINFALL YESTERDAY,

GARDEN CLUB WAS CANCELLED.

WE HOPE TO BE BACK IN THE GARDEN NEXT WEEK!



Birthday Book Club

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

Krishnenedu C. in Room 1

"THE LORAX," "OH THE THINGS YOU CAN THINK" AND "IF I RAN THE CIRCUS"



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

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

Dear Collins Parents,

The Collins PTA would like to wish you all a very happy and healthy New Year. As you are aware, our economy is going through difficult times. With the state budget crisis that is affecting our schools, the PTA is working very hard to make sure that our children get the best education. Our first priority is to continue funding their Art, Music, and P.E. classes. In addition, we want to support all of the wonderful and enriching assemblies that are offered to the students in each grade-level throughout the year.

The Collins PTA asks for an annual **Direct Donation** of \$150 from each family. This is one of the lowest donations in the Cupertino Union School District. Our **goal** is to reach **\$70,000**. We have so far reached **\$60,000**, so we still **need \$10,000** to reach our goal. If you did not yet get a chance to make your Direct Donation, we would like to ask you to do so at the **earliest** possible opportunity.

You may either use the form below or you can go online at www.collinselementary.com and click on the donations link. Many companies offer matching donations, so please make sure to inquire at the HR Department of your company if they are able to contribute. Also remember that your donation is Tax Deductible.

HOW PTA FUNDS ARE BEING USED:

- Art, Music, and PE **\$49,000** (Increased by \$5,000 due to increase in Art and Music teaching hours)
- Enriching Assemblies **\$7,000**
- Teachers' Classroom Supplies **\$7,400**
- Technology Upgrades (Math Skills Software, Online Books, New Printer) **\$2,000**
- Science Camp for 5th graders **\$3,500**
- Extra Library Hour each day **\$4,900**
- Enrichment Programs like Reflections, Destination Imagination, Spelling Bee, Geography Bee, Math Kangaroo, Running Club, Junior Great Books, and Red Ribbon Week
- Emergency Supplies
- Collins Garden
- Family Nights: Fall Festival, Science Night for 2nd and 3rd graders, Holiday Party, Square Dance, Ice Cream Social, and Movie Night
- Teacher Appreciation Week
- Special Projects made possible from funds saved in previous years: Lunch Tables, Additional Shade Structure for lunch tables, Additional Playground Equipment, GLC Screen Divider, and GLC Window Coverings for special events

Please consider making your donation so we can keep all these programs at Collins. Our children deserve the best and let us give it to them!

In addition, please consider becoming a **PTA member**. PTA offers parents the opportunity to make positive changes in the school and in the community. A strong membership is essential to PTA to be a force in decisions involving the welfare and education of children, and it will help create strong programs in our school. In addition, PTA members get exclusive benefits, like online parenting resources and materials, special offers and discounts at Barnes and Noble, Liberty Mutual, Southwest Airlines, and more. For more information visit: http://www.pta.org/jp_membership-benefits.html As a member you can attend the PTA meeting held on every 2nd Wednesday of each month at 7:00 pm.

Thank you for your support!

Sincerely,

Collins PTA

DIRECT DONATION and MEMBERSHIP FORM

Parent First name _____ Parent Last name _____

Parent First name _____ Parent Last name _____

Address _____ Apt/suite/unit _____ City _____

State _____ ZIP _____ Primary phone number _____

E-mail address _____

Student Name _____ Rm. # _____

Direct Donation included _____

of Memberships Enclosed _____

Amount Enclosed _____

Please make check payable to **Collins PTA**.

If you have already paid your Direct Donation and/or are already a PTA member, please accept our sincere thanks.

For any comments, email us at pta@collinselementary.com

This same letter will go home with the students in the next week's Friday Folder.

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.

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

Honoring our "Teachers Of The Year" Saturday, January 30, 2010 at 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 bedroom/4.5 bathroom 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; Wince 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.