

Collins Communique

January 28, 2010

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

Superintendent: Phil Quon

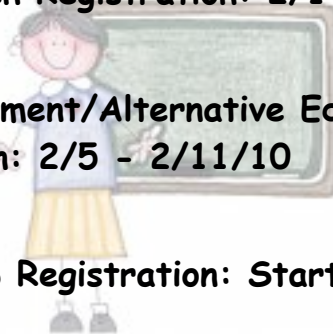
FEBRUARY 2010

- 1-11 ~ Kindergarten Registration
- 2 ~ Quilt Museum presentation ~ Rms. 11, 12, 17 & 20
- 3 ~ Ohlone Village field trip ~ Rms. 22 & 27
- 3 ~ Quilt Museum presentation - Rms. 10, 18 & 29
- 4 ~ Hearing Bus ~ Grades 1, 2 & 5
- 5-11 ~ Open Enrollment/Alternative Education Reg.
- 11 ~ Bud White class photos will be taken today!
- 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:



We ask for your cooperation!

We have a large staff and need every parking space in our school parking lot. Morning is the most critical time. That's

when everyone is coming to work. Our staff needs to be able to find a parking space as quickly as possible so they can get to the classroom to work with your students. Therefore, if at all possible, **DO NOT PARK IN THE PARKING LOT** in the morning! If you have school business, find a parking spot on one of the nearby streets. There are no time parking restrictions there.

The majority of the students who attend Collins live in the Collins attendance area. What that means is that most of you live within walking distance of school. We encourage more of you to walk to school. It's good exercise to control obesity and save our fossil fuel.

We want to welcome two student teachers to Collins School. They have been on site for a few weeks now. **Ms. Shalini Murgai** is working with Mrs. Genie Olsen in first grade and **Ms. Nicole Walker** is working with Ms. Brenda Rousseau in third grade. They are learning a lot with our veteran

teachers. At the same time, each is an asset to the classroom teacher because they serve as a second teacher in the class.

Vision problems are common childhood health problems; however, when detected early, visual problems can be corrected or minimized. Conversely, failure to identify and treat these problems can lead to significant learning impairment, developmental delays, and difficulty in school. Vision difficulties are often discovered during the school vision screening program, an essential component of the school health program.

The district school nurses conducted vision screening at Collins today. Students in grades 1 and 3 were tested. In addition, first grade boys were tested for color vision. School vision screening does not substitute for a professional eye examination by an ophthalmologist or optometrist. If a problem was found during the vision screening, a note and a referral to an eye specialist will be sent home.

I occasionally hear the question "Does my child's attendance really matter?" "Does it really matter if my child misses school?" "Yes!" say experts. Research shows that regular attendance is linked to current and future school success. When kids miss too

much school, they miss more than daily lessons. They miss the chance to build social and academic foundations that help with future learning.

To minimize attendance issues:

- Remember that excused and unexcused absences take a toll on learning. Keep track of how often your child is absent or tardy. In general, if a child is out of school 10% or more of the year, absences are considered particularly serious.

- Keep the school calendar handy when making plans. Schedule appointments and trips when school isn't in session. If your child needs to miss school, talk with the teacher.

- Tell school officials about problems that lead to absences. Many families face challenges with health, transportation, child care and other issues. Community programs may be able to help.

- Avoid unnecessary absences by establishing family routines that make life easier. Small changes, such as organizing school supplies at night and getting enough sleep, can make a big difference.

Jones Wong, Principal

Speaking of Health: Walking ~ The Numerous Benefits of Walking

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. It has so many health benefits. Walking can reduce the risk of many diseases - from heart attack and stroke to hip fracture and glaucoma. These may sound like claims on a bottle of snake oil, but they're backed by major research. Walking requires no prescription, the risk of side effects is very low, and the benefits are numerous:

Managing your weight. Combined with healthy eating, physical activity is key to any plan for long-lasting weight control. Keeping your weight within healthy limits can lower your risks of type 2 diabetes, heart disease, stroke, cancer, sleep apnea, and osteoarthritis.

Controlling your blood pressure. Physical activity strengthens the heart so it can pump more blood with less effort and with less pressure on the arteries. Staying fit is just as effective as some medications in keeping down blood pressure levels.

Decreasing your risk of heart attack. Exercise such as brisk walking for three hours a week - or just half an hour a day - is associated with a 30% to 40% lower risk of heart disease in women. (Based on the 20-year Nurses' Health Study or 72,000 female nurses.)

Boosting "good" cholesterol - the level of high-density lipoproteins (HDL). Physical activity helps reduce low-density lipoproteins (LDL or "bad" cholesterol) in the blood, which can cause plaque buildup along the artery walls - a major cause of heart attacks.

Lowering your risk of stroke. Regular, moderate exercise equivalent to brisk walking for an hour a day, five days a week, can cut the risk of stroke in half, according to a Harvard study of more than 11,000 men.

Reducing your risk of breast cancer and type 2 diabetes. The Nurses' Health Study also links regular activity to risk reductions for both these diseases. In another study, people at high risk of diabetes cut their risk in half by combining consistent exercise like walking with lower fat intake and a 5% to 7% weight loss.

Avoiding your need for gallstone surgery. Regular walking or other physical activity lowers the risk of needing gallstone surgery by 20% to 31%, found a Harvard study of more than 60,000 women ages 40 to 65.

Protecting against hip fracture. Consistent activity diminishes the risk of hip fracture, concludes a study of more than 30,000 men and women ages 20 to 93.

The list goes on and on. Many other studies indicate a daily brisk walk also can help:

- Prevent depression, colon cancer, constipation, osteoporosis, and impotence
- Lengthen lifespan
- Lower stress levels
- Relieve arthritis and back pain
- Strengthen muscles, bones, and joints
- Improve sleep
- Elevate overall mood and sense of well-being.



Garden Gleanings

This week in Garden Club, the kids are observing the changes the recent rains have brought to the garden and are also noticing how the habitat we are making is being used by animals.

Krishna noticed a Worm World under the stumps at either end of the garden and thinks it is because it is moist there. Eimear noticed that some of the logs not only had worms and millipedes under them, but also noticed white fungus there. She thinks the fungus is decomposing the log.

Dev and Mahak noticed birds in the garden. Dev saw birds at the feeder and Mahak saw them scratching around on the ground. She thinks they are looking for insects to munch on.

Sonali noticed that the hummingbird sage is spreading even though we scattered no seeds. She learned that it was because this plant spreads by underground roots that grow into new plants called rhizomes.



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

DO YOU WANT TO SEE YOUR ORIGINAL POETRY PUBLISHED?

DO YOU WANT TO SEE IT IN OUR SCHOOL LIBRARY?

Participate in the 2010 Young American Poetry Digest!

Here's what you need to do:

Poetry Submission Guidelines

Submission Deadline: March 12, 2010

Write a poem or poems - No more than 80 words in length!

Poems can be handwritten or typed.

There is NO limit on the number of submissions from each student.

Attach the information using a submission form or simply write the information on their submissions.

For more information, visit:

<http://www.youngpoets.org/>

School with the highest number of submitted poems will receive a \$100 award!

HELP COLLINS RECEIVE THIS HONOR!

A free copy of the 2010 Young American Poetry Digest goes to your school library.

Just be sure to turn your submissions in to your teacher before March 12, 2010.



POETRY SUBMISSION GUIDELINES

- ★ Although all poetry forms are encouraged, **haiku** is the featured poetry form for the 2010 edition.
- ★ All poems submitted must be no more than 80 words in length – if a poem is more than 80 words, it will **not** be reviewed for publication.
- ★ Poems can be written by one or several authors.
- ★ Submissions can be handwritten or typed.
- ★ There is no limit on the number of submissions from each teacher.
- ★ Please let us know of any special circumstances concerning students and/or their submissions.
- ★ Attach the following information to a student's submission - if a student submits more than one poem, please staple all the student's poems together and make sure that all the submission information is included on the first sheet and that his/her name and poetry word count are on each subsequent sheet as well.

DEADLINE – March 15, 2010 (*Postmarked*)

Send to: National Schools Project,
ERC-PMB101
582 E. Boise Avenue
Boise, ID 83706 (208-363-9173)

Email – info@youngpoets.org
Website – <http://www.youngpoets.org>

PLEASE PRINT
Student's poem must be under 80 words

Student Name:	Age:	Grade:
Student Street Address:		
City:	State:	Zip Code:
Teacher and/or Librarian Name:		
School Name:		
School Contact Info (phone or email):	Number of words in poem:	

(no more than 80 words)

Student Security and Privacy Issues

Student security and privacy are our greatest concerns and ones that we have successfully addressed over the thirteen years of the project. Student information is not disclosed to any outside party nor is the student's name published with any information that may connect him/her to a specific school, address or locality. Individual student information is not retained, but is destroyed upon publication of the book.

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.

CEEFS 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 Dekka 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.

PARENT SPEAKER SERIES

SELPA II (Special Education Local Plan Area II) is proud to host the following guest speaker presentation to parents of students with special needs.

Wednesday, February 3, 2010

"Summer Camps"

Speaker: Donna Hepp

The Therapeutic Services section of the City of San Jose's Department of Parks, Recreation and Neighborhood Services provides a variety of programs and services for individuals with disabilities. Donna will present information on services, as well as how to enroll.

The event takes place at Bishop Elementary School, 450 N. Sunnyvale Avenue in Sunnyvale in the auditorium from 6:30 to 8:30 p.m. There is no registration required to attend the event. Onsite childcare is available, but registration is required for childcare and closes one week prior to the event, with no exceptions. For childcare, contact Linda Toda at 408-522-2474.