

Collins Communique

March 4, 2010

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

Superintendent: Phil Quon

MARCH 2010

- 14 ~ Daylight Saving Time Begins
- 15 ~ **STAFF LEARNING DAY ~ NO SCHOOL!**
- 16 ~ Hidden Villa Overnight ~ Rm. 27 ~ 9:00 a.m.
- 16 ~ Jump Rope for Heart ~ 1:10 p.m.
- 17 ~ Rm. 27 returns from Hidden Villa ~ 10:00 a.m.
- 17 ~ Cupertino Fire Station ~ Rm. 5 ~ 8:50-10:20 a.m.
- 17 ~ Cupertino Fire Station ~ Rm. 5 ~ 12:55-2:20 p.m.

APRIL 2010

- 26-May 7 ~ STAR Testing

The Collins School 2009-2010 yearbooks, in full color, are on sale now!

Yearbooks are just \$15 if ordered before March 26.

After March 26, the price goes up to \$20.00!

So hurry and order yours now!

Order envelopes are available in the school office.

Dear Parents:

We want to take this opportunity to thank all the volunteers from the Cupertino Rotary Club who came to read to our kindergarten and first grade students on **Dr. Seuss Reading Day**. Students and

educators across America honored the great author/illustrator, Dr. Seuss on Tuesday, March 2. We'd like to thank **Mr. Harvey Barnett** who coordinates this activity annually. After the students listened to the silly rhyming words about green eggs and ham and hopping on pop, the class was presented



with the book that had just been read to them! Thank you again Rotary Club!

We want to congratulate **Mrs. June Shiles**. She has been chosen as the Cupertino Union School District **Classified Employee of the Month** for March 2010.

Mrs. Shiles does a great job keeping track of attendance. She also serves as an unofficial counselor to our students, especially those that need a "hug" every once in a while. Mrs. Shiles will be



recognized by the CUSD Board of Education on Tuesday, March 9 at 6:00 p.m. in the Board Room of the district office. Everyone is invited to attend this event.

We want to remind parents **NOT** to park in the **RESERVED** parking spaces in our parking lot. We need these spaces for staff members who might have to leave campus during the day and then come back or staff members from the district office coming to Collins for official business.

Kids can't grow up responsibly if parents don't show them how! You probably know some people who've never quite grown up. They may have jobs, but never seem to be able to live on their own.

One reason may be that they didn't learn how to take on the responsibilities of adult life. Their parents may not have taught them the skills they need -- to balance a budget or to take care of basic life skills like cooking or doing laundry.

If you want your child to grow up and live as an independent adult, you need to start teaching him those skills today. Here are some ways you can help your child develop the habits that will get him ready for adult life:

•Expect him to get himself up in the

morning. Even a first grader can learn to wake up to an alarm.

•Teach him to care for his own clothes. Young children can put clothes in the laundry basket. They can fold their own clothes and put them away. Older kids can learn how to do laundry.

•Help him manage money. Whether it's an allowance or payment for extra chores, teach your child the value of saving.

•Enlist his help. Every family member should do something that helps out the family. Young children can set the table. Older kids can learn how to prepare a simple meal. When they do these things, thank them for making your home run more smoothly.



•Volunteer. Make time for your family to volunteer together. Doing something for others builds responsibility.

(Reprinted with permission from the January 2010 issue of Parents make the difference! Elementary School Edition newsletter.)

Jones Wong, Principal

Speaking of Health: The Health Benefits of Water

The human body, which is made up of between 55 and 75 percent water (lean people have more water in their bodies because muscle holds more water than fat), is in need of constant water replenishment.

Your lungs expel between two and four cups of water each day through normal breathing - even more on a cold day. If your feet sweat, there goes another cup of water. If you make half a dozen trips to the bathroom during the day, that's six cups of water. If you perspire, you expel about two cups of water (which doesn't include exercise-induced perspiration).

A person would have to lose 10 percent of her body weight in fluids to be considered dehydrated, but as little as two percent can affect athletic performance, cause tiredness and dull critical thinking abilities. Adequate water consumption can help lessen the chance of kidney stones, keep joints lubricated, prevent and lessen the severity of colds and flu and help prevent constipation.

Health benefits of water

Water is crucial to your health. It makes up, on average, 60 percent of your body weight. Every system in your body depends on water.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry on normal functions. Even mild dehydration - as little as a 1 percent to 2 percent loss of your body weight - can sap your energy and make you tired. Dehydration poses a particular health risk for the very young and the very old. Signs and symptoms of dehydration include:

- Excessive thirst
- Fatigue
- Headache
- Dry mouth
- Little or no urination
- Muscle weakness
- Dizziness
- Lightheadedness

How much water do you need?

Every day you lose water through sweating - noticeable and unnoticeable - exhaling, urinating and bowel movements. For your body to function properly, you need to replace this water by consuming beverages and foods that contain water. So how much water, or more precisely fluid, do you need?

This isn't an easy question to answer. A healthy adult's daily fluid intake can vary widely. Most people drink fluid to quench thirst, to supply perceived water needs and "out of habit." At least three approaches estimate total fluid (water) needs for healthy, sedentary adults living in a temperate climate.

• **Replacement approach.** The average urine output for adults is 1.5 liters a day. You lose close to an additional liter of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups), along with your normal diet, you can replace the lost fluids.

• **Eight 8-ounce glasses of water a day.** Another approach to water intake is the "8 x 8 rule" - drink eight 8-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, "drink eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total. Though this approach isn't supported by scientific evidence, many people use this basic rule as a guideline for how much water and other fluids to drink.

• **Dietary recommendations.** The Institute of Medicine recommends that men consume 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day. These guidelines are based on national food surveys that assessed people's average fluid intakes.

You can choose any of these fluid intake approaches to gauge your fluid needs. But your current total fluid intake is probably OK if you drink enough water to quench your thirst, produce a colorless or slightly yellow normal amount of urine, and feel well.



Parent Information Night @ Lawson Middle School

Lawson Middle School counselors will be on our campus on March 16 talking to fifth grade students who will be attending Lawson Middle School for the 2010-2011 school year. Conversations will center on the transitions they will be making to middle school. Look for papers they will be bringing home from that meeting.

In addition, parents are invited to attend an Incoming 6th grade Parent Night on Thursday, March 25 at 7:00 p.m. in the Lawson Event Center. This meeting is for parents only.

Birthday Book Club

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

Tanvi D. in Room 6

"MY LIFE AS A CHICKEN," "FREAKY MONDAY" and "MR. MESSY"

Sanika M. in Room 24

"THE LEMONADE WAR"

Saloni M. in Room 3

"THE SNOW DAY"

Karsten C. in Room 12

"ONLY A WITCH CAN FLY"

Ramya K. in Room 1

"CELEBRATE!"

For more info on the Birthday Book Club, visit: http://www.collinselementary.com/book_donations.php

Garden Gleanings



WE DON'T KNOW IF WE'LL EVER BE ABLE TO GET BACK IN THE GARDEN!

AS MUCH AS THE GARDEN IS ENJOYING THE RAIN, WE WOULD LIKE A LITTLE SUNSHINE!

UNFORTUNATELY, THERE WAS NO GARDEN CLUB AGAIN ON WEDNESDAY, MARCH 3.

HOPEFULLY, GARDEN GLEANINGS WILL RETURN NEXT WEEK!



FAMILY SCIENCE NIGHT

On the evening of Thursday, February 25, the Collins GLC was buzzing with young scientists from 2nd and 3rd grades exploring scientific concepts in amusement parks along with some of the teachers. More than 100 students attended the evening event accompanied by their parents. This evening would not have happened without the help of the wonderful parent volunteers and teachers. Thanks to Miss Thompson, Miss Li, Miss Tapeç, Mrs. Eckland and all the parents for volunteering your time and effort for our students.

Thank you to all parents who have made the annual direct donation which helps the PTA organize these enrichment programs/events for our students.



COLLINS SPELLING BEE WINNER

Congratulations to Rionna Flynn, a 5th grader in room 25!

Rionna was one of the 50 winners at the Written Chronicle Bee conducted by the San Francisco Chronicle Newspaper on February 20, 2010. She will advance to the Oral Chronicle Bee to be held on March 20, 2010 in San Francisco. The winner in this contest will be invited to Washington to participate in the National Spelling Bee. We are proud to celebrate Rionna's accomplishment and wish her good luck toward becoming the Champion at the Oral Chronicle Bee. Good luck Rionna!



NOMINATING COMMITTEE

Collins PTA Nominating Committee will soon be working at putting together a slate of nominees for the incoming 2010-2011 PTA board. If you think you, or someone you know, would be a perfect fit for one of our board positions, please contact our parliamentarian, Mrs. Vadodkar at annojsmom@yahoo.com. Please give us your input at your earliest convenience. Thank you!



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.

Questions? Please contact your classroom teacher or the librarian at

auprem_nagalakshmi@cusdk8.org.

Parent contact: Priya Krishnakumar email: priyakk@hotmail.com



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.

"STAND UP FOR SCHOOLS FORUM"**March 4, 2010****6:00 to 7:00 p.m.****Lawson Middle School Event Center****10401 Vista Drive, Cupertino**

On March 4, 2010, teachers, support staff, administrators, and parents will be attending events across California to call attention to the massive State budget cuts to education.

Please join the Cupertino Educators Association, Cupertino Elementary School Administrator Association, California School Employees Association, Service Employees International Union and the Cupertino Union School District for the "Stand Up for Schools Forum." Topics will include State budget details, district funding information, and proactive action that you can take to help protect CUSD students from further State cuts.

MATHEMATICS SPEAKER SERIES**"Beyond the Book: Learning More Mathematics"****Thursday, March 18, 2010****7:00 to 8:30 p.m.****Collins Elementary School, GLC****10300 N. Blaney Avenue, Cupertino, CA 95014****No RSVP needed**

District students and their parents are invited to participate in the Mathematics Speaker Series. The next speaker, who will address interested middle school students and their parents will be Joshua Zucker. This presentation is offered free of charge.

Joshua Zucker, whose talk last year was very well received, is a talented and knowledgeable teacher whose accomplishments in the field of mathematics have been recognized both in his tenure as a writer for the national MATHCOUNTS competition and as the Director of the Julia Robinson Mathematics Festival. Joshua discovered his love for number theory at Dr. Arnold Ross's summer program at Ohio State University many years ago. As a student, he was invited to the US Math Olympiad Summer Program and was a member of the first US Physics Olympiad team as well as a top-10 scorer on the Putnam. Once again, Joshua will challenge students with insightful, intriguing problems and offer parents words of wisdom about math education that will help them work with their sons and daughters in productive ways.

The Speaker Series is part of the district's Math Initiative Plan and is sponsored by the Cupertino Educational Endowment Foundation (CEEF) and a grant from Microsoft Corporation. All featured speakers will encourage students to think deeply, to challenge themselves in mathematics both beyond and within the traditional curriculum, and not to rush through courses.

2010 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 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.

2010 SUMMER SCHOOL UPDATE

The Cupertino Union School District continues to face major budget cuts from the state. As a result, there will be no available funds to implement the district's summer school program. Starting this year (2009-2010), there will be no regular education, CLIP, or ELD summer school.

Special Education summer school is not affected and will be available for students currently identified and enrolled in Cupertino Union School District Special Day Classes (SDC) whose IEP include summer school. Registration forms for the SDC summer school will be available from the SDC teachers beginning April 2010.

DE ANZA COLLEGE SUMMER EXTENDED YEAR PROGRAM 2010

De Anza College in partnership with the Cupertino Union School District will offer the Extended Year Program this summer, mornings only, from June 21 to July 16, 2010.

Students entering grades 6 through 10

Classes will be held at Kennedy and Miller Middle Schools, and will include: Java Programming, Geometry, Intro to Algebra, LEGO Robotics, Speech and Debate, Fashion Design and many others.

Students entering grades 1 through 5

Classes will be held at Eaton Elementary School, and will include: Pre-Algebra Prep, Writing: Paragraphs to Essays, Reading Intensive, Mandarin Chinese, Math & Art, Mandarin, Journalism/Writing, and more!

Program brochures will be sent home in early March and will also be available at your school office. More information is available at www.extendedyear.deanza.edu.

Early registration is by mail only and will begin on March 8, 2010 and ends on May 21, 2010. There will also be walk-in registration available from June 1 to June 8, 2010.