

Collins Communique

April 1, 2010

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

Superintendent: Phil Quon

APRIL 2010

- 2 ~ Campbell Historical Museum ~ Rms. 16 & 17 ~ 8:40 am
- 2 ~ Cupertino Fire Station ~ Rm. 31 ~ 8:50 a.m.
- 2 ~ Rm. 24 returns from Angel Island ~ 12:30 p.m.
- 2 ~ Cupertino Fire Station ~ Rm. 31 ~ 12:55 p.m.
- 5-9 ~ Scholastic Book Fair
- 8 ~ Open House ~ 6:30 to 7:30 p.m.
- 8 ~ Book Fair open from 5:30 to 7:30 p.m.
- 9 ~ Happy Hollow ~ All kinders attend 8:40 to 12:10!!
- 12-16 ~ **SPRING RECESS ~ NO SCHOOL!**

PARKING LOT REMINDER!!!

PLEASE remember that the 6 **RESERVED** parking spaces in the parking lot are for **STAFF ONLY!**

The first 3 parking spaces are **RESERVED** for **OFFICE STAFF ONLY!** If we have to leave campus any time during the day, we need to have a place to park upon our return! Also, **DO NOT PARK** in the loading zone! Do not leave your car for any reason!

Dear Parents:

Open House is next **Thursday, April 8, 2010** from **6:30 to 7:30 p.m.** You will

have an opportunity to visit all the classrooms to see what is going on and see your child's work.



Remember that this is not the time to have a conference with the teacher. Because we have so many students at Collins, we urge all parents to walk to school, if at all possible, to attend this event rather than drive since there will be a limited number of parking spaces. Come earlier if you can to visit our annual **Scholastic Book Fair** in the **GLC** before visiting classrooms. The Book Fair will be open from **5:30 to 7:30 p.m.**

The annual **Scholastic Book Fair** will be the week of **April 5 through 9**. Located in the **GLC**, students will have an opportunity to attend with their teacher and classmates during the day. The Book Fair is open until 3:30 p.m. on **Monday, Wednesday, Thursday** and **Friday**. On **Tuesday**, it will be open to students and parents after school from 2:10 to 3:00 p.m. However, on **Thursday** evening, the

Book Fair will be open from 5:30 to 7:30 p.m. This is the same evening as Open House, so you can go to the Book Fair before and after Open House. Hope to see all of you there!

Unique to Collins, the **5th grade students** are making their **annual trek** to **Angel Island**. The first group left yesterday and returned today. The second group is there right now. The last group will leave next Wednesday. The students have the opportunity to experience what **Civil War** soldiers did in the mid-19th century on Angel Island. They have an opportunity to do a number of activities including night guard duty, learning how to send messages using flags, making bread, and marching, carrying a "rifle."



Thanks to the 5th grade teachers, as well as the parent chaperones and the PTA for making this trip possible.

STAR testing is coming up. Our annual **STAR testing** will take place from April 26 through May 7. We are telling parents of students in 2nd through 5th grade so that you won't make medical or dental appointments or take vacations during these two weeks. There is no studying for this

test because it is a test of a student's accumulative knowledge of everything he/she has learned since kindergarten. However, you can help your child do his/her best by making sure the student gets enough sleep, has a good breakfast and most important of all, gets to school on time. If your child is late during testing, they will not be allowed to enter the classroom and will have to do make-ups.



TFIN ("Their Future Is Now!") campaign - An informational meeting was held for parents on Tuesday, March 30 at 7:00 p.m. in our **GLC**. We hope you had an opportunity to attend and find out how you can help. The goal of the campaign is to raise at least \$3,000,000 to restore class size reduction in grades 1-3. Visit their website to see how you can contribute to this campaign.

www.ceefcares.org

The annual **Collins Parent Survey** is ready! Please go to the Collins website at www.collinselementary.com to take the survey. It only takes about 10 minutes to complete this survey. Your comments help us serve your children better.

Jones Wong, Principal



Speaking of Health: Sun Exposure and UV Rays



The human body benefits from sun exposure. And a little bit of tan protects you from the sun. Right? Wrong!

The body does indeed benefit from sun exposure. But a little bit of tan does not necessarily protect you from the sun. Let's see why.

The sun's rays are a major source of vitamin D and help the body's systems acquire much needed calcium for building healthy bones. However, most people don't need to spend large amounts of time exposed to the sun in order to get their required amount of vitamin D.

In fact, the body's health can actually suffer negative effects when it's exposed too long to the sun's rays, especially if it's unprotected. Results can vary from skin and eye damage to immune system suppression and ultimately cancer, even for the young.

So let's look at the basic facts about sun exposure.

There are three kinds of invisible ultraviolet (UV) rays in the sun that reaches earth: UVA, UVB, and UVC. When these rays come in contact with our skin, effects of UVA and UVB can be tans, burns and other reactions (e.g. like acne and cancer).

It's also notable that the effects of all UV rays are not the same. Depending upon the season, time of day and place on the planet in relation to the sun - (i.e. your altitude and latitude), the rays' intensities vary. For example, during summertime, UV rays are at their strongest. Between 10 a.m. and 4 p.m., the rays are strongest. And close to the equator and at high altitudes (where air and cloud cover are less, resulting in increased harmful penetration of UV rays into the environment), the rays are also strongest.

In order to protect ourselves from the harmful UV rays, let's look at the skin's first defense - melanin.

Melanin is a chemical present in a variety of colors and concentrations in most people's skin that helps with defense from the sun. Melanin reacts with UV rays and absorbs them. Or rather, to be more specific, the rays act upon melanin, causing the melanin to spread out or grow, increasing its presence in response to the sun's exposure. The result? A "sun tan." The darker the skin color, the more melanin the skin has for protection. And "tanning" for darker color is included here; "color" does not have to refer to just the original skin color.

A word of caution.

Tanning may look great on the surface, but the amount and length of time a person is exposed to the sun, determines the amount of possible damage. It also determines the future risk of damage that's likely.

For example, people who are exposed to the sun in huge doses like ship crews, field workers and beach surfers, are at higher risks for skin damage than indoor workers. What happens is that when the amount of UV exposure is greater than what the skin's melanin can handle, sunburn can result. And those with lighter, fairer skin, who have less melanin, absorb less UV, suffering less protection.

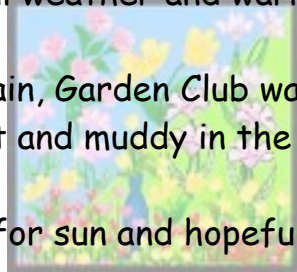
Since research has shown that UV damage from the sun is the main cause of skin cancer, (with as high as 20% of some populations developing skin cancer during their lifetime), we need to take a proactive approach in relation to sun exposure to avoid harmful skin damage.



As we say colloquially here in Australia - "Slip, Slop, Slap". (i.e. "Slip" on a shirt, "Slop" on a hat, "Slap" on a sunscreen). Look after the skin you've got, because you're the one who will be living with it!

Garden Gleanings

After all the beautiful weather and warm sun, the rain is back!



While the garden appreciates the rain, Garden Club was unable to meet because it was just too wet and muddy in the garden!

Keep your fingers crossed for sun and hopefully we will return next week!

Parent Survey - Please complete before Friday, April 9, 2010

Every year the teachers and staff reflect on the school year and look for ways we can make Collins an even better place to learn. We welcome suggestions and comments from parents. The best way to let us know what we are doing right and how we can improve is to take the Parent Survey. Starting Wednesday, March 31, the Collins School 2009-2010 Parent Survey is available online. We encourage all parents to fill it out. The link to get to the survey is <http://www.surveymonkey.com/s/collinsparent2010>.

There are 3 ways to respond to the survey. One is to go online at home and fill it out. We will also have paper copies available in the school office. If parents would like to take the survey online, but do not have other access, there are computers available in our school library for your use. The library is open from 9:00 a.m. to 1:00 p.m., Monday through Friday for this purpose.

One survey per child please! Remember! Please complete the survey by Friday, April 9, 2010.

Thank you very much for your input.



Birthday Book Club

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

Aditi T. in Room 20

"LEPRECHAUN IN LATE WINTER"

Sruthi M. in Room 7

"THE RED BOOK"

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

Scholastic Book Fair

MONDAY, APRIL 5 to FRIDAY, APRIL 9, 2010

Our annual book fair will open next week for recess, lunch and afternoon pick-up time.

Teachers will have a preview of the fair and make a list of the books they would like for their classroom. Make sure you check the "Teacher's Wish List" display board if you wish to purchase a book for your classroom.

Every student will visit the book fair and come home with a list of books they would like.

We are once again participating in the "One for Books" program. Your \$1.00 donation goes directly into buying books for the library and Scholastic will match this donation with a donation of books to three non-profit organizations dedicated to helping kids and families in need.

Thursday evening (April 8) from 5:30 to 7:30 p.m., the Book Fair will be open during Open House.

Plan to visit and purchase books for your child.

FOR ALL PARENTS VOLUNTEERING, THE VOLUNTEER SCHEDULE IS POSTED ON THE TECH LAB DOOR.

Allergy Season Has Started

Spring is here and students are reacting with swollen eyes and other allergy symptoms. Red, irritated eyes are often the sign of "pink eye" which is a contagious disease. When students come to the office complaining of sore eyes, there is nothing we can do to alleviate the pain other than provide a cold compress. We cannot diagnose the problem as either an allergy or "pink eye" - a doctor must do this. If a prescribed or over-the-counter medicine is needed and is to be administered at school, the office must have a parent and doctor complete our blue medical form on field before any medication can be given. These forms are available in the school office. Students may not bring any medicine to school in their backpacks. All medications need to be in the original packaging with the pharmaceutical label. All medicine is kept in the school office.



Honorary Service Awards

It is time to recognize the service and dedication of PTA members who have helped Collins students on a regular basis during this year and/or have made a contribution to our school. If you want to make a nomination, please fill out the following form for The Honorary Service Awards Program and return it to the school office (PTA box) no later than **Friday, April 9, 2010**. The HSA Committee will select the recipient. Thank you so much!

Specify award category: Mark with an "x"

_____ Very Special Person (VSP) - For someone who works very hard

_____ Honorary Service Award (HSA) - For outstanding service

_____ Continuing Service Award (CSA) - For continued outstanding service

_____ Golden Oak Service Award (GO) - Most prestigious PTA award for significant contribution



Name of person to be considered for this award:

Please tell us how this person has contributed to our children and school:

Name and email address of person submitting this nomination:

"THEIR FUTURE IS NOW!" FUNDRAISING CAMPAIGN

"Their Future Is Now!" has raised \$500,000 in our second week! Thanks to the over 750 district families who have donated to keep our schools great.

Shop at Whole Foods on Tuesday, April 6 - Whole Foods in Cupertino will donate 5% of net sales at their store on 20955 Stevens Creek Blvd. to "Their Future Is Now!" Please tell your fiends, family members and neighbors to shop at Whole Foods on April 6 and stock up on pantry items!!

Go to an Info Session -- Attend an upcoming "Their Future Is Now!" information session at your school. If you cannot attend the session at your school, check www.CEEFcares.org for a listing of info sessions available throughout the district.

Together, we will keep our schools great! Join the solution today at www.CEEFcares.org.

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.