

# Collins Communique

September 10, 2009

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

Superintendent: Phil Quon

## SEPTEMBER 2009

18 ~ STAFF LEARNING DAY ~ NO SCHOOL!

25 ~ Cupertino Library field trip ~ Rms. 11 & 12

## OCTOBER 2009

1 ~ McClellan Ranch field trip ~ Rms. 16, 17 & 28

2 ~ Cupertino Library field trip ~ Rms. 10 & 29

5-13 ~ Conference Schedule (All grades except kinder!)

All students (not K) released at 1:10!

26 ~ STAFF LEARNING DAY ~ NO SCHOOL!

30 ~ All kinders attend school 8:40 to 12:10



Dear Parents:

We want to thank all the parents for coming to **Back to School Night**. We had a very good turnout. We want to thank all the teachers for being patient and staying as long as possible to answer all questions.

We also want to thank the parents who were able to come early last Thursday to attend the **Welcome Back Parent Night** meeting. This is always an important meeting, especially for parents new to Collins School. We went over do's and don'ts as it relates to parents that will ensure student safety.

Our first **Volunteer Information/Training** session took place last night, Wednesday, September 9 at 6:00 p.m in the GLC. The purpose for the training is to give those parents and interested adults the

necessary information to become more effective volunteers. The session talked about legal requirements, expectations of

volunteers, school rules that students have to follow, zero tolerance, and how best volunteers can work with teachers and other staff members. If you missed this session, there will be another training on **Friday, September 18 at 1:00 p.m.** in the GLC. We will also make a copy of the **Volunteer Guidelines** available in the office after September 18.

Next Friday, September 18 is the first district wide **Staff Learning Day**. There will be no school for students. Teachers will be attending workshops on how to use the new math curriculum more effectively.

We welcome more new staff to Collins School. **Ms. Krissy Weston** is the new primary music teacher teaching three classes on Tuesday morning. We also have two new part-time speech pathologists. One is **Ms. Ellen Basco** and the other is **Ms. Edie Kuhlmann**. Welcome to Collins School!

Plan to join the kindergarten students on **Saturday, September 19 at 11:40 a.m.** when they will be performing the famous

**Chicken Dance at the Cupertino Fall Festival** at the Cupertino Civic Center Field on Torre Avenue between the library and Pacifica Drive. The festival is being organized by the Cupertino Rotary and will incorporate the Health and Safety Fair in addition to an Environmental Fair hosted by the City of Cupertino. The key elements of the Fall Festival 2009 are: Fun Zone; Health and Safety Fair; Keep It Green Environmental Fair; along with great food, beverages, and entertainment. Cupertino

Rotary contributes significantly to non-profit organizations including the Cupertino Union School District. Thank you to Mrs. Bodnaruk and Mrs. Camilleri for supervising the



students at this event. We look forward to seeing everyone join in the fun!



Jones Wong, Principal

## We Have A New E-Mail Address!

Please make a note of our new e-mail address. Teachers and staff can now be reached at: [lastname\\_firstname@cusdk8.org](mailto:lastname_firstname@cusdk8.org)

## From The Parent Link ~ Ways to Make Our Children More Responsible For Themselves

### HOME RESPONSIBILITIES FOR 8-9 YEAR OLDS:

- Fold napkins properly and set silverware properly.
  - Mop the floor.
- Help rearrange furniture. Help plan the layout.
  - Run own bath water.
- Help others with their work when asked.
  - Straighten own closet and drawers.
- Shop for and select own clothing and shoes with parents.
  - Fold blankets.
  - Sew buttons.
  - Sew rips in seams.
- Clean up animal "messes" in the yard and house.
  - Begin to read recipes and cook for the family.
- Baby sit for short periods of time with adults present.
- Get items ready for a barbeque (charcoal, hamburgers).
  - Painting fence or shelves.
  - Help write simple letters.
- Help with defrosting and cleaning of the refrigerator.



## Volunteer Training

### Friday, September 18, 2009 at 1:00 p.m.

We are offering a one-hour volunteer training session for all interested parents. This training will cover volunteer "etiquette." We will review the rules of volunteering (i.e. siblings are not allowed in the classrooms or on field trips, expected responsibilities when chaperoning on field trips, etc.)

There will be no child care provided at this training, so please make arrangements for your children.

Before volunteering at Collins School, you **MUST** have a current TB test on file in the school office. No one is allowed in the classrooms, on the play yard or on a field trip without a TB test on file.

**If you are interested in volunteering at Collins School this year, you NEED to attend this very important meeting!**



## Speaking of Health: What are the top 10 reasons to walk?

- **Walking prevents type 2 diabetes.** The Diabetes Prevention Program showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
- **Walking strengthens your heart if you're male.** In one study, mortality rates among retired men who walked less than one mile per day were nearly twice that among those who walked more than two miles per day.
- **Walking strengthens your heart if you're female.** Women in the Nurse's Health Study (72,488 female nurses) who walked three hours or more per week reduced their risk of a heart attack or other coronary event by 35% compared with women who did not walk.
- **Walking is good for your brain.** In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week. Think about that!
- **Walking is good for your bones.** Research shows that postmenopausal women who walk approximately one mile each day have higher whole-body density than women who walk shorter distances, and walking is also effective in slowing the rate of bone loss from the legs.
- **Walking helps alleviate symptoms of depression.** Walking for 30 minutes, three to five times per week for 12 weeks reduced symptoms of depression as measured with a standard depression questionnaire by 47%.
- **Walking reduces the risk of breast and colon cancer.** Women who performed the equivalent of one hour and 15 minutes to two and a half hours per week of brisk walking had an 18% decreased risk of breast cancer compared with inactive women. Many studies have shown that exercise can prevent colon cancer, and even if an individual person develops colon cancer, the benefits of exercise appear to continue both by increasing quality of life and reducing mortality.
- **Walking improves fitness.** Walking just three times a week for 30 minutes can significantly increase cardiorespiratory fitness.
- **Walking in short bouts improves fitness, too!** A study of sedentary women showed that short bouts of brisk walking (three 10-minute walks per day) resulted in similar improvements in fitness and were at least as effective in decreasing body fatness as long bouts (one 30-minute walk per day).
- **Walking improves physical function.** Research shows that walking improves fitness and physical function and prevents physical disability in older persons.



The list goes on, but if I continued, there'd be no time for you to start walking! Suffice to say that walking is certainly good for you!

## Math Kangaroo is back at Collins!

Math Kangaroo, an international competition in Mathematics, will be held on

**Thursday, March 18, 2010** in the Collins GLC after school at 4:30 p.m.

If your child is interested in taking this math test, please register at the website [www.mathkangaroo.org](http://www.mathkangaroo.org). Registration starts mid September. Students in 2nd through 5th grade can participate in Math Kangaroo.

For further information, please check the Math Kangaroo website or send an email to

Sandhya at [cjsandhya@hotmail.com](mailto:cjsandhya@hotmail.com) or Komita at [komitap@hotmail.com](mailto:komitap@hotmail.com)



## Attention all you gardeners out there!



The Collins Garden Club will begin again on September 30!!

We would like to invite all interested parents to come to a meeting on Tuesday, September 22 at 3:30 in room 18 to begin the brainstorming for projects, plans, and activities to help the garden continue to flourish as we approach its first birthday!

## Birthday Book Club

Thank you to **Ariel Li** in room 2 for donating the following book to our library in honor of her birthday which was August 31.

"A TREASURY OF CURIOUS GEORGE"



## Eyes of Hope ~ Looking Out for Eyes Around the World

More than one billion people around the world need eyeglasses but can't afford them. A gift of donated eyeglasses changes lives. Seeing clearly for the first time allows those in need the opportunity to succeed at school or work and care for their families. Eyes of Hope (VSP Vision Care's eye wear donation program) is an easy way you can help. VSP has provided an eye wear donation box for you to drop off your gently used glasses. The glasses will be collected, cleaned, gauged for prescription, and distributed throughout the world to people in need. We need complete sets of eye wear, including prescription glasses, readers, and sunglasses - both plastic and metal frames are accepted. Cases can also be used if they are donated with the glasses inside. Please drop off any donated glasses in the school office. Help others see well and stay healthy. Donate your glasses today! For more about Eyes of Hope, visit [vsp.com/community](http://vsp.com/community). <<https://www.vsp.com/community/html/eyewear-donation.jsp>>



**GATE Referral Process Testing Schedule**

**FALL TESTING ONLY FOR: "New-to-District" students (Grades 4-8)**

**Referrals will be accepted beginning: August 24, 2009**

**Deadline for Fall GATE referrals: September 25, 2009**

**(Referrals received after September 25, 2009 will be returned to the school site.)**

The focus of Cupertino's Gifted and Talented Education Program is to identify and serve those students who have demonstrated exceptional intellectual ability and outstanding academic achievement. Referrals for Gifted and Talented Education (GATE) testing may be initiated by teachers, parents, or the student. If you have a current "new-to-district" student you would like to have tested this fall for the Gifted and Talented Education Program, please contact your child's teacher or school office for a referral form.

If you have questions about the screening process, please call the GATE office at 408-252-3000, extension 199, between 9:00 a.m. and 12:00 p.m. or visit the GATE website at: <http://www.cusdk8.org>.

NOTE: Fall testing for new-to-district students will take place late October 2009.

**CUPERTINO FALL FESTIVAL**

**Saturday and Sunday, September 19-20, 2009**

**10:00 a.m. to 5:00 p.m.**

**Cupertino Civic Center Library Field**

**Free Admission**

The Cupertino Fall Festival is an evolution of the very successful Cupertino Jubilee and Fall Festival that has been held for the past three years. The event is organized by the Rotary Club of Cupertino and will incorporate the Health and Safety zone which will be offering flu shots in addition to an Environmental Earth Zone hosted by the City of Cupertino.

The key elements of FallFest 2009 are: Kids Fun Zone; Health and Safety Zone; Environmental Earth Zone; along with great food, beverages and wonderful entertainment. Additional information is available at [www.cupertinofallfest.com](http://www.cupertinofallfest.com).

**INITIAL AND ANNUAL CELDT TESTING**

The Cupertino Union School District will administer the California English Language Development Test (CELDT) to all students eligible for English Language Development services. This test will be administered from the beginning of September through the end of October. Based on your child's last years CELDT scores if their proficiency level is limited, withdrawn or transitional, your child will be included in the annual CELDT test at their school. The initial CELDT will be given to kindergarten students whose primary language on the home language survey is a language other than English. A letter will be sent home with your child prior to the initial and annual testing date at your school. The test consists of four skills: listening, speaking, reading and writing. Grades K-8 are tested in all four areas. This year only reading and writing for kindergarten and first grade students will not affect their overall proficiency level. You will receive the official results after January 2010. If you have any questions, please contact your school office.

**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. 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.

**Thursday, September 17, 2009**

**"Emotional Intelligence"**

**Dr. Anabel Jensen**

Dr. Jensen is a world-leading expert on emotional intelligence. She has worked as an educator, principal, and professor of education. Her talk will cover the importance of emotional intelligence and show how emotional intelligence skills are a core need for life, school, and work.