

# Collins Communique

October 1, 2009

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

Superintendent: Phil Quon

## OCTOBER 2009

- 2 ~ McClellan Ranch field trip ~ Rms. 8, 13 & 15
- 2 ~ Cupertino Library field trip ~ Rms. 10 & 29
- 5-13 ~ Conference Schedule (All grades except kinder!)  
All students (not K) released at 1:10!
- 21 ~ Planetarium field trip ~ All 3rd grade
- 22 ~ "Brainiacs" assembly ~ Grades 3, 4 & 5 (PTA)
- 23 ~ Cupertino Library field trip ~ Rms. 78, 18 & 20
- 26 ~ **STAFF LEARNING DAY ~ NO SCHOOL!**
- 30 ~ All kinders attend school 8:40 to 12:10

## REMINDER!

### CONFERENCE SCHEDULE

October 5 - 13, 2009

All students in grades 1 - 5 will be released at 1:10.

Please make arrangements to have your child picked up promptly!

Kinders stay on regular schedule!

Dear Parents:

**REMINDER!** Parent-teacher conferences are scheduled from Monday, October 5 through Tuesday, October 13, 2009. This is an opportunity for all parents to meet with their child's teacher to discuss his/her progress in school and address any educational issues that need to be dealt with so the student can have a successful year. **School will end at 1:10 p.m. during conference days for students in grades 1 through 5.**

**Kindergarten students will have a regular schedule.** Lunch will be served from 12:10 to

12:40 p.m. Appointments for these conferences will be sent home with all students. **It is very important that you pick up your children on time and alert carpools and daycare providers of the schedule change. Your children will not be allowed to sit in the office during your conference!** Please make arrangements to have your students picked up on time! We thank you in advance for your help in this matter.

**Mrs. Courtney Cheadle**, our first grade teacher in room 6 starts her maternity leave tomorrow, Friday, October 2, 2009.

We are happy for her and her husband **John** as they prepare to welcome their new baby. We wish them the best. She is planning to return to work early next year. We want to welcome **Ms. Erin Gatley** who will be taking Mrs. Cheadle's place until she returns. **Ms. Gatley** is a graduate of Cupertino schools. She is currently a substitute teacher in our district.



We had another good turnout for our third **Volunteer Training** session held in the GLC yesterday morning. Thanks to **Ms. Debbie Calcany** and **Mrs. Beth Wichmann** for conducting these training sessions. We should have many knowledgeable volunteers this school year.

We need to remind all parents to adhere to the following rules: Please do not sit at the lunch tables after picking up your children in the primary grades at 2:45 p.m. Remember that the upper grade students are still in their classrooms until 3:15 p.m. In addition, on certain days the upper grade classes are having P.E. in the school yard. We also need to ask parents not to sit in front of the primary classrooms to talk and let your non-school age children run around

before 2:45 p.m. Teachers are telling me that by doing so, the students are still in class are distracted. Parents should also not let their children play in the kindergarten yard after the 2:45 p.m. dismissal. This is not a public playground. Remember that our school grounds are connected to Portal Park which is just a short walk across our back field.

We want to thank the families who have made a direct donation to the Collins School PTA so far. Your generous contributions enable us to provide enrichment programs for your children that are not a part of the general funding provided by the state to CUSD. The money is used for K-5 art, K-3 music, and K-3 P.E. In addition, the money is used to pay for excellent assemblies, defraying transportation costs for certain upper grade field trips, supporting classroom teachers, funding school projects

such as the Collins Garden, and paying for school wide socials. Your children's lives are enriched because of all these offerings, in addition to the excellent academic program at



Collins. If all families did their part and made a direct donation, we could do so much more.

Jones Wong, Principal

## Speaking of Health: Healthy Beverage Choices

In school today, your child learned about healthy beverage choices. Milk is an excellent beverage for meals and snacks because it helps meet the requirements for calcium. Water or 100% fruit or vegetable juices are other healthy options. Children need plenty of water especially after physical activity. Pop and high-sugar juice drinks provide "empty calories" and few nutrients. Parents can set a good example for children by drinking healthy beverages themselves and by buying healthy beverages that children request.

### Soft Drinks and Health:



Pop accounts for more than 27 percent of Americans' beverage consumption. Children start drinking pop at a remarkably young age, and consumption increases through young adulthood. Almost half of all children between 6 and 11 drink pop, with an average intake of 15 ounces per day.

One reason for increased consumption is that pop container sizes have steadily increased. In the 1950s, Coca-Cola's 6-1/2 ounce bottle was the standard serving. That grew into the 12 ounce can, and now 20 ounce bottles are replacing those. The larger the container, the more people are likely to drink.

Sugar in pop combines with bacteria in the mouth to form acid. Acid attacks teeth. The acid attack starts over with every sip and ongoing acid attacks weaken tooth enamel. When tooth enamel is damaged, bacteria in the mouth cause cavities. Regular pop promotes decay when consumed often during the day because the teeth are bathed in sugar water for long periods of time. To prevent tooth decay, limit between-meal snacking of sugary drinks like pop.

### Sugar Intake:

Pop is the single biggest source of refined sugars in the American diet. According to dietary surveys, pop provides the average American with seven teaspoons of sugar per day, out of a total of 20 teaspoons. Teenage boys get 44% of 34 teaspoons of sugar a day from pop. Teenage girls get 40% of 24 teaspoons of sugar from pop:

### Number of Teaspoons of Sugar

	12 oz can	20 oz bottle
Mountain Dew	11	18
Pepsi	10	16
Dr. Pepper	10	16
7-Up	9	16



Too many calories from pop may cause weight gain if children are not physically active. Instead of drinking pop at meals or snacks, have your child drink milk, water, or 100% fruit juices.

## Birthday Book Club

Thank you to **Yuval Tankel** in room 8 for donating the following book to our library in honor of her birthday which is October 1, 2001..

"DK FIRST SPACE ENCYCLOPEDIA"

We published an incorrect name last week. Please accept our apologies.

**Keoni Porter** in room 1 donated "The Big Book of Dinosaurs" for his birthday on March 2, 2004.

## Running Club

There will be NO Running Club on the following dates due to conferences:

Tuesday, October 6, Friday, October 9 and Tuesday, October 13

## Collins Garden Gleanings

The Collins Garden Club had its first meeting this week and is looking forward to a great year working together in the great outdoors.

We practiced our observation skills, made feeder socks for finches, learned proper watering techniques, began making new, better plant signs, and started preparations for our plant sale during the Fall Festival.

That's right...the Garden Club is having another plant sale this fall at the Fall Festival. We will be selling wildflower seeds just in time for the fall rains as well as other plants in pots. The kids worked hard to collect seeds last spring and this fall. Please come to support the Garden!

Please keep your eyes trained to the Communique for future editions of *Garden Gleanings*. We will provide updates of nature news and other garden happenings.



## PTA News

PTA would like to thank all the children and parents who attended the Back to School Celebration at The Jungle on Thursday, September 24. We had 200 children and 228 adults participating. We hope everyone had fun.

**Collins Fall Festival** is coming, Friday, October 23, 2009. It's the year's great opportunity for the children and parents to socialize, have some food and play some games. Please find more information in this week's Friday folder.



## Math Kangaroo is back at Collins!

Math Kangaroo, an international competition in Mathematics, will be held on **Thursday, March 18, 2010** at 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 is open for students from grade 1 through grade 5. Registration fees are \$20.00.



For further information, please check the Math Kangaroo website or send an email to Sandhya at [cjsandhya@hotmail.com](mailto:cjsandhya@hotmail.com).

**Please do not contact the school office or teachers regarding Math Kangaroo. This is being organized by parent volunteers.**

## Reflections

This is the last week to create your entry for the Reflections competition. The theme is "**Beauty is . . .**" and application forms are in the office or available online. Just go to the Collins webpage, click on PTA and then go to Reflections. Be sure to follow the rules and turn in your entry as early as possible. Any entries that don't meet the requirements will be disqualified, so by turning your entry in early, you may have time to correct any problems with your entry form or with your creative piece. The last date to submit your entry is October 9 at 3:30 p.m.

**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.

**CUSD BUDGET UPDATE MEETINGS**

Given the unprecedented magnitude of the state budget crisis and the uncertainty surrounding Cupertino Union School District's funding, Superintendent Phil Quon will be holding a number of budget update meetings throughout the District during October 2009. The Superintendent would like to invite all interested parents and community members to attend and hear what steps the district is taking to try and weather the state budget crisis. Please attend any meeting that is convenient for you. Here is a list of schedule and location of the meetings:

**•Tuesday, October 6, 2009 - 6:00 to 7:30 p.m.**

Hyde Middle School, MP Room  
19325 Bollinger Road in Cupertino

**•Monday, October 12, 2009 - 6:00 to 7:30 p.m.**

Kennedy Middle School, MP Room  
821 Bubb Road in Cupertino

**•Wednesday, October 14, 2009 - 6:00 to 7:30 p.m.**

Miller Middle School, Gymnasium  
6151 Rainbow Drive in San Jose

**•Thursday, October 29, 2009 - 6:00 to 7:30 p.m.**

Lawson Middle School, Event Center  
10401 Vista Drive in Cupertino

**•Monday, November 2, 2009 - 6:00 to 7:30 p.m.**

Cupertino Middle School, Gymnasium  
1650 Bernardo Avenue in Sunnyvale

If you have any questions, please contact Jeremy Nishihara at 408-252-3000, extension 323.