

Collins Communique

October 8, 2009

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

Superintendent: Phil Quon

OCTOBER 2009

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

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

21 ~ Planetarium field trip ~ All 3rd grade

21 ~ Last day to purchase ice cream sundae tickets!

22 ~ "Brainiacs" assembly ~ Grades 3, 4 & 5 (PTA)

23 ~ Cupertino Library field trip ~ Rms. 78, 18 & 20

23 ~ FALL FESTIVAL ~ 2:45 to 7:00 p.m.

26 ~ **STAFF LEARNING DAY ~ NO SCHOOL!**

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

REMINDER!

CONFERENCE SCHEDULE

We continue to be on a shortened day conference schedule through **October 13**. Please be sure your students are picked up promptly at **1:10**.

Kinders stay on same schedule.

Dear Parents:

We want to thank those parents and childcare providers who have been picking up the students on time during **Conference Week!** Remember that students in grades 1-5 are dismissed every day at **1:10 p.m.** Since there is no supervision after school, students need to be picked up on time. Conferences will continue through Tuesday, October 13. Please continue to come early until that day to pick up students.

We want to thank the PTA parents who have been doing dismissal duty this week while the teachers are conducting conferences with parents. Student dismissal time can be very hectic and confusing, especially for some of our primary students. We need adults to help with traffic control and getting the students into their cars safely.

The following ladies have done a great job: **Yoshiko Barthell, Jeanne Conner, Susan Magnuson and Josie Zamarian.** Thank you so much!

All students and parents are welcome to attend our **Fall Festival**. It will take place on **Friday, October 23** starting about **2:45 p.m.** on the playground. There will be

games, art activities and food booths. This is a good time to socialize and have some fun. Hope to see all of you there.

We are planning to hold our annual **Disaster Preparedness Drill** on **Wednesday, October 28** from **10:40 to 11:50 a.m.** More details will be coming in future issues of the Collins Communique.

In case of an earthquake or other emergency, we know you would like your child and the school to be as prepared as possible. Collins School has an Emergency Plan in place in accordance with the District guidelines:

- Each classroom has been equipped with first aid supplies, flashlights, etc.
- The students are trained to "duck, cover and hold" and then evacuate to the field area.
- The staff has been divided into several teams to care for the students and adults on campus during an earthquake (Safety Assessment, Command Center, First Aid, Search and Rescue, Safety Utility, Traffic Control, Supervision, Student Release, Support and Sanitation).
- The PTA Emergency Team helps the principal prepare the yearly earthquake

drill, buys and inventories the equipment needed, and organizes training for the staff.

Tip of the Month: Please make sure you have the updated emergency contact list in the school files and on your child's emergency card. Students are released only to the adults authorized for pick up on this list.

For safety reasons, we ask that all parents, including grandparents, check into the office, sign in and take a name tag before walking on campus. We are still seeing various adults on campus during the school day and we have no idea who these people are. Many of these older adults are not familiar with school safety rules. We have tried to talk to these adults, but are not always successful in communicating with them. We ask, that as parents, you talk to **your** parents and let them know what our rules are.

Our second district wide **Staff Learning Day** is **Monday, October 26**. There is no school for students on this day. Teachers and staff will be meeting to discuss strategies on how to best use the new math curriculum effectively.

Jones Wong, Principal



Speaking of Health: The Benefits of Drinking Tea

There are lots of reasons why I enjoy a hot cup of tea: I love the aroma of various flavors of tea; holding onto a hot tea mug warms my hands on a cold winter morning; sipping tea in front of the fireplace is a great way to relax. And those are just the feel-good reasons. If you're not drinking tea yet, read up on these ways tea does your body good and then see if you're ready to change your Starbucks order.

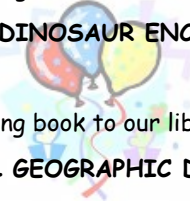
1. **Tea contains antioxidants.** Like the Rust-Oleum paint that keeps your outdoor furniture from rusting, tea's antioxidants protect your body from the ravages of aging and the effects of pollution.
2. **Tea has less caffeine than coffee.** Coffee usually has two to three times the caffeine of tea (unless you're a fan of Morning Thunder, which combines caffeine with mate, an herb that acts like caffeine in our body). An eight-ounce cup of coffee contains around 135 mg caffeine; tea contains only 30 to 40 mg per cup. If drinking coffee give you the jitters, causes indigestion or headaches or interferes with sleep - switch to tea.
3. **Tea may reduce your risk of heart attack and stroke.** Unwanted blood clots formed from cholesterol and blood platelets cause heart attack and stroke. Drinking tea may help keep your arteries smooth and clog-free, the same way a drain keeps your bathroom pipes clear. A 5.6-year study from the Netherlands found a 70 percent lower risk of fatal heart attack in people who drank at least two to three cups of black tea daily compared to non-tea drinkers.
4. **Tea protects your bones.** It's not just the milk added to tea that builds strong bones. One study that compared tea drinkers with non-drinkers, found that people who drank tea for 10 or more years had the strongest bones, even after adjusting for age, body weight, exercise, smoking and other risk factors. The authors suggest that this may be the work of tea's many beneficial phytochemicals.
5. **Tea gives you a sweet smile.** One look at the grimy grin of Austin Powers and you may not think drinking tea is a good for your teeth, but think again. It's the sugar added to it that's likely to blame for England's bad dental record. Tea itself actually contains flouride and tannins that may keep plaque at bay. So add unsweetened tea drinking to your daily dental routine of brushing and flossing for healthier teeth and gums.



Birthday Book Club

Thank you to **Hadas** in room 29 for donating the following book to our library in honor of her birthday which is October 7, 2002.

"DK FIRST DINOSAUR ENCYCLOPEDIA"



Thank you to **Udayin** in room 5 for donating the following book to our library in honor of his birthday which is October 9, 2004.

"NATIONAL GEOGRAPHIC DINOSAURS"

Ice Cream Sundae Pre-Sale



5th GRADE FUNDRAISER FOR SCIENCE CAMP!

Pre-order your ice cream sundae tickets for Fall Festival!

Every day between now and Wednesday, October 21, 5th graders will be selling tickets in front of the GLC.

Tickets are \$4.00 each.

No ticket? No ice cream sundae! You don't want to miss out!

Collins Garden Gleanings

Last week we had our first Garden Club meeting. Students watered plants, pulled weeds and last spring's wildflowers, made seed packets, made finch socks to attract these golden birds, and prepared for the upcoming plant and seed sale. The garden also now features some stumps for students to sit on while they appreciate the garden.



Fall is here in the Collins Garden and fall means planting wildflowers! Many wildflowers and seeds which set seed in the spring are starting to sprout. Students have been working hard to collect seeds for the Fall Festival Plant Sale. We will be selling packets of wildflower seeds. Now is the perfect time to plant them! With fall and winter rains, these seeds will grow into beautiful flowers which will be sure to attract wildlife. We will also be selling plants in containers. These are selections growing in our garden which students have divided from parent plants.

PTA News

BIG NEWS!!!!!! After a few years of planning and saving money from your Direct Donations, we are very excited to announce that the District has approved our requests! We are going to have new LUNCH TABLES and another SHADE STRUCTURE which will cover all the lunch tables! These projects should be complete by early 2010!



Don't forget to put the Fall Festival on your calendar! October 23 from 2:45 to 7:00 p.m. You don't want to miss out on the fun! Be sure to turn in your ticket order form (located on page 5 in the Communique). We also need volunteers to work in the Food Court. Please remember that if you are working in the Food Court, you are required to have a TB test on file in the school office. (Sign-ups are also located on page 5 in the Communique.) We need your help to make this a great event! We hope to see you all there!

BOX TOPS: Please remember to collect Box Tops from your favorite products. Clip them and send them to your classroom. We are going to have a first collection in December before the winter break and one final collection in February. As always, the class that will collect the most will get a prize in March.

In addition, Box Tops is giving away 1,000,000 Bonus Box Tops to the schools. Log in to: <http://www.thebigclip.com/index.tbapp?method=login> Enter for a chance to win Bonus Box Tops for your school. Enter daily for more chances to win!

Promotion ends 10/31/09. Winners will be selected in early November 2009.



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. 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.

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.

COLLINS GEOGRAPHY BEE 2009-2010

We are happy to announce that L.P. Collins Elementary School will be conducting Geography Bee for the 4th and 5th graders.

There will be two rounds:

1. The written preliminary elimination round will be held on Tuesday, November 17, 2009 at 8:00 a.m. Registered students for the Bee should be in the GLC by 7:30 a.m. We will not allow any student into the GLC after 8:00 a.m.
2. The oral round will be held in December. The date will be announced later.
3. The winner of the oral round will have to take the qualifying test in January 2010. This test determines the top scoring one hundred students in each state who are invited to compete at the state level competition.

Resources for the Geography Bee are available on their website: www/nationalgeographic.com/geobee under the Study corner.

If your child is interested, please print and fill out the registration form below and return it to the respective teachers before October 16, 2009. All further communication will be done via email.

Please do not approach the school office staff or teachers for any further information on the program as this is being conducted by parent volunteers. For any further information, please contact Komita at komitap@hotmail.com or Shoba at shodev@hotmail.com.

GEOGRAPHY BEE 2009-2010 REGISTRATION FORM

Student Name: _____ Grade: _____

Teacher: _____

Parent Name: _____

Parent email address: _____

Parent contact phone number: _____

Parent signature: _____

VOLUNTEER SIGN UP SHEET AT THE FOOD COURT

OCTOBER 23rd, 2009

Please write your name, phone #, and email.

1:30 - 3:00 (Set Up) _____

3:00 - 4:00 _____

4:00 - 5:00 _____

5:00 - 6:00 _____

6:00 - 7:00 _____

7:00 - 8:00 (Clean Up) _____

Please remember that in order to volunteer at the Food Court, you are required to have a current TB test on file in the school office.

PRE-ORDER TICKETS FOR FALL FESTIVAL

Student Name: _____

Grade: _____ Room #: _____

Teacher: _____

Prices if ordered before October 16, 2009:

_____ \$10 = 12 tickets

_____ \$15 = 18 tickets

_____ \$20 = 24 tickets

Amount/Check attached: \$ _____

PLEASE MAKE CHECKS PAYABLE TO: COLLINS PTA



Blue Hills PTA presents:

Sit Up Smart!

Carrying heavy backpacks and doing repetitive tasks like typing are not a problem for billions of people – young and old – around the world.

Teach your kids to "stack their blocks" and enjoy the numerous benefits of natural posture. We are wrong to tell our kids to "Sit up straight" - this just induces tension, a swayed back and back problems down the line. Come learn healthier guidelines that are positive and that actually work!

Esther Gokhale, author of the Nautilus Gold Medal winning title *8 Steps to a Pain-Free Back* and founder of the Esther Gokhale Wellness Center in Palo Alto, brings wisdom from the Masai, the ancient Greeks and babies to help kids with the challenges of slouching, lifting and body image. A graduate of Princeton University and a licensed acupuncturist, Esther has dedicated her life to bringing people natural means to improve their lives. Zero Back Pain in America is her current mission.

Students are welcome to come with their parents.

Monday, October 12, 2009

7:00 pm (immediately following PTA meeting)

Blue Hills Elementary GLC

12300 De Sanka Ave.

Saratoga, CA 95070

For more information contact Moe Walsh at moewalsh@pacbell.net or 408-930-5603.

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.

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, October 14, 2009

"Occupational Therapy and Sensory Integration"

Speaker: Natasha Coetzee Kukuk, Associated Learning and Language Specialists

Does your child struggle with sensory issues, balance, motor planning, or other gross or fine motor skills? Natasha tells us about occupation therapy and sensory strategies that we can use at home.

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.

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.