

Collins Communique

October 15, 2009

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

Superintendent: Phil Quon

OCTOBER 2009

- 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!**
 - 29 ~ Ben Franklin assembly ~ 5th grade
 - 30 ~ All kinders attend school 8:40 to 12:10
- November 1 @ 2:00 a.m. ~ Daylight Saving Time Ends

NOVEMBER 2009

- 3 ~ Election Day ~ Get out and vote!
- 3 ~ Camp Koinonia Science Camp ~ All 5th grade students
- 5 ~ Planetarium field trip ~ Rms. 7, 9, 14 & 32
- 5 ~ "Apollo: To The Moon" field trip ~ All 3rd grade
- 6 ~ Planetarium field trip ~ Rms. 4, 6, 20 & Art
- 6 ~ 5th graders return from Science Camp
- 10 ~ Bud White picture make-up day
- 11 ~ **VETERAN'S DAY ~ NO SCHOOL!**
- 25-27 ~ **THANKSGIVING RECESS ~ NO SCHOOL!**

Dear Parents:

We hope all of you had an opportunity to meet with your child's teacher to talk about his/her progress during **parent/teacher conferences**. Thanks again to all of you who came on time to pick up your students.

We want to thank the parents who helped out with dismissal traffic duty during the 7 days of parent/teacher conferences. This was such a big help to the teachers who normally have dismissal duty.

They needed the time to hold conferences with the parents. We apologize for leaving out the names of parents who helped out, but were not mentioned in last

week's Communique. Once again, we would like to thank **Yoshiko Barthell, Jeanne Conner, Rinki Dutta, Kay Keenan, Priya Krishnakumar, Susan Magnuson, Sunita Merchia and Josie Zamarian** for all their help!

Although it is only the middle of fall, we ask that all parents cooperate with us by making sure your child dresses properly. It might be a rainy year, so make sure your

child brings a sweatshirt, jacket or coat with a hood to school. They don't have to wear it if it's warm and sunny. But, should the weather change, they will be prepared. On Tuesday, when it was raining hard all day, we saw many students dressed like it was summer. With the flu season upon us, the best cure is prevention.



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.

Tomorrow, Friday, October 16 is **Walk To School Day**. Teachers will be at certain street corners around the school to walk with students to school starting at 8:15 a.m. This is a good opportunity for you and



your child to get a little exercise and reduce auto emissions.

Wednesday, October 28 from **10:40 to 11:40 a.m.** is our annual Disaster Preparedness Day. The entire school will go through a drill on what to do in case of a disaster. Students will have an opportunity to practice duck and cover procedures this coming Tuesday, October 20. The teachers and staff will also have an opportunity to practice on October 20 during the staff meeting what needs to be done for October 28.

Thank you so much to all the parents who have sent in their Direct Donation to PTA. Remember that PTA is giving a free t-shirt to each student who sends in their Direct Donation **BEFORE** October 30.

Show your school spirit! Remember to wear your Collins shirts **EVERY FRIDAY** to show your Collins school spirit!

Jones Wong, Principal

Speaking of Health: The Benefits of Drinking Tea, Part 2, continued from last week.....

6. **Tea bolsters your immune defenses.** Drinking tea may help your body's immune system fight off infection. When 21 volunteers drank either five cups of tea or coffee each day for four weeks, researchers saw higher immune system activity in the blood of the tea drinkers.
7. **Tea protects against cancer.** Thank the polyphenols, the antioxidants found in tea, once again for their cancer-fighting effects. While the overall research is inconclusive, there are enough studies that show the potential protective effects of drinking tea to make adding tea to your list of daily beverages.
8. **Tea helps keep you hydrated.** Caffeinated beverages, including tea, used to be on the list of beverages that didn't contribute to our daily fluid needs. Since caffeine is a diuretic and makes us pee more, the thought was that caffeinated beverages couldn't contribute to our overall fluid requirement. However, recent research has shown that the caffeine really doesn't matter -- tea and other caffeinated beverages definitely contribute to our fluid needs. The only time the caffeine becomes a problem as far as fluid is concerned is when you drink more than five or six cups of a caffeinated beverage on one time.
9. **Tea is calorie-free.** Tea doesn't have any calories, unless you add sweetener or milk. Consuming even 250 fewer calories per day can result in losing one pound per week. If you're looking for a satisfying, calorie-free beverage, tea is a top choice.
10. **Tea increases your metabolism.** Lots of people complain about a slow metabolic rate and their inability to lose weight. Green tea has been shown to actually increase metabolic rate so that you can burn 70 to 80 additional calories by drinking just five cups of green tea per day. Over a year's time you could lose eight pounds just by drinking green tea. Of course, taking a 15-minute walk every day will also burn calories.



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!

Walk to School Day - Friday, October 16, 2009

We all live in this neighborhood and walking to school can be fun, especially when you team up with your school friends. This Friday, to promote this healthy thought of walking to school, some of the teachers will be ready at five intersections to walk to school with the students between **8:15 a.m. to 8:25 a.m.** From there, the students and teachers will start walking to school at **8:25 a.m.**

The intersections are:

**Wheaton & Portal Avenue • Wheaton & Merritt • Randy Lane & Forest • Merritt & Blaney Avenue
• Merritt & Portal Avenue**



Red Ribbon Week - October 26-31, 2009

Red Ribbon Week at Collins School is October 26 - 31, 2009. During this week, we will show our support towards having a drug-free environment and promoting **GOOD CHARACTER** amongst our students at Collins.

The students will come together and make a poster in the class which will be displayed on the classroom doors during this week.



Collins Garden Gleanings

Starting this week, the Garden Gleanings are going to be student observations and questions that come up during our Garden Club meetings.



William noticed winged ants in the garden flying around, and Vian wondered why they were there.

Parker noticed that petals and flowers from the California fuschia and California poppy flowers were blown off and on the ground.

Paige noticed orange butterflies drinking from flowers, and Isha B. noticed aphids on some of the milkweed plants.

Suki noticed that the large wind on Tuesday blew over some of the cosmos plants, and Palak saw that some of these plants are drying up.

Please also note that the Garden Club will be having a plant sale to benefit the Collins PTA at the Fall Festival. In addition to seed packets and plants divided from selections at our garden, we will

have hundreds of bulbs for sale for \$2.00 each to be planted at school or at home. We will have daffodils, irises, and tulips. All are easy to plant and care for, and with our recent storm, now is the perfect time to plant!

PTA News

As you might already know, Collins Fall Festival is coming on Friday, October 23. If you have not done so already, please remember to sign up to help, either at the game booths or at the food court. You can find the sign up sheets for the games at your child's classroom door. Sign up sheets for the food court can be found on the Collins website or in the office. Please consider giving an hour or more of your time so we ALL can have a successful and fun day.

If we don't get enough volunteers, we may have to CANCEL the event!

24 Hour Attendance Line

If your child is ill, you must call the 24-hour attendance line 408-252-6002, extension 6 **every day** that they are out of school. Due to the new H1N1 guidelines, you must leave a detailed message with your child's symptoms. If they are running a fever, please leave a message with their temperature (how high) along with any other symptoms. Remember that your child must stay home from school until they are fever-free for 24 hours without the aid of a pain reliever (such as Tylenol).

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

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: _____

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:

•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.

McAULIFFE MIDDLE SCHOOL INFORMATION NIGHT

Christa McAuliffe School is one of the district's four alternative programs. McAuliffe, a K-8 parent-participation school in the Cupertino Union School District with a whole-child, developmental philosophy, offers a program which advocates for children to take ownership of their learning, to work collaboratively, to express their opinions, and to explore their interests. All interested parents are invited to the following events.

Middle School Information Night

Wednesday, October 21, 2009, 7-9 p.m. in the Performing Arts Center (PAC), 12211 Titus Avenue, Saratoga

Teachers will present an overview of middle school goals and curriculum; McAuliffe alumni return to share their memories of middle school and to describe their transition to high school.

Middle School Parent Forum

Thursday, November 19, 7-9 p.m. in Room 19

Panel of middle school parents will address questions in a casual environment.

Middle School Tours

November 6, January 15 & January 28, 8:45-11 a.m.

These tours are in conjunction with McAuliffe School tours, join a specialized tour of middle school classrooms led by a parent guide. Call 253-4696 or sign-up online at www.mcauliffek8.com. CUSD students only.