

# Collins Communique

October 22, 2009

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

Superintendent: Phil Quon

## OCTOBER 2009

- 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 2009

- 1 ~ Daylight Saving Time Ends
- 3 ~ Election Day ~ Get out and vote!
- 3 ~ Camp Koinonia Science Camp ~ All 5th grade

## PLAN AHEAD FOR HALLOWEEN COSTUMES

- Remember the Zero Tolerance policy
- No toy guns, swords, knives or martial arts weapons
- Costume needs to be comfortable and easy to walk in
- Must be in good taste and not "violent" in nature
- Make-up and hair dye is not permitted
- Costume should not hamper vision in any way

Students are to bring their costumes to school in a bag on the morning of Friday, October 30.

There will be a parade starting at 10:45.

Dear Parents:

Come one! Come all! Everyone is invited to the **Collins Fall Festival** tomorrow, **Friday, October 23** from **2:45 to 7:00 p.m.** on the blacktop. There will be games and food, as well as a raffle where you can win prizes.

See you there! You will also have a chance to see the **Collins School Flag Football team** play a home game against **Faria**. The game will be played on the grass field from about

3:30 to 5:30 p.m. Come out and cheer for the home team!



Next **Monday, October 26** is a district wide **Staff Learning Day**. There will be no school for students. Enjoy a three-day weekend.

**5th grade students** are going to **Science Camp!** Every year the 5th grade students have an opportunity to spend four days and three nights at **Camp Koinonia** in the Santa Cruz Mountains. This year they will be there from Tuesday, November 3 until Friday, November 6. This is an excellent experience for the students. They participate in various outdoor science activities, learn about cooperation, stay in dormitory style accommodations and do KP

in the dining hall. We encourage every student to participate.



Congratulations to **Mrs. Courtney Cheadle** and her husband **John**. They are the proud parents of an adorable little girl **Akimi Rose Fujii Cheadle**. She was born on Thursday, October 15. Both mom and baby are doing fine! **Mrs. Cheadle** will return to work in the Spring. In the meantime, **Ms. Erin Gatley** is subbing for **Mrs. Cheadle**.



**We need your support!** The Collins PTA has ambitious plans this year. The hard working members of the Executive Committee want to buy **new lunch tables** for the students. They want to **increase the size of the play structure area** and add more equipment so that more than one grade can play during recess and lunch recess. They also want to add another **shaded structure** to the existing one so that all students can eat without the hot sun. This is in addition to the art, music and PE programs that they fund annually. Ever wonder where PTA gets all their money? Do



we have some secret benefactor? Are some of our PTA members lucky in Reno and Las Vegas? Does Governor Schwarzenegger have a soft spot for Collins? Not really. The majority of our funding comes from you, the parents through direct donations. You certainly are more reliable than the state of California! More than ever, we need all families to do their part in maintaining these quality programs at Collins as well as providing the necessary funds to provide the best environment for our students. If you haven't done so, please make your **direct donation** to the Collins PTA today.

Congratulations to our newly elected Student Council officers! Last Thursday, our 4th and 5th grade students held their Student Council elections and the results are as follows:



- President: Michelle Blair-Calcaney
- Vice-President: Shekar Ramaswamy
- Secretary: Sanika Mahajan
- Treasurer: Abby Chen
- Activities/Sports Director: Kesav Deepu

**Jones Wong, Principal**

## Speaking of Health: School Meals Need to Get Healthier!

New guidelines are needed to improve the diets of U.S. school children, finds a new government report that would set maximum calorie counts for school lunches.

School meals should have less salt; more vegetables, fruits and whole grains; skim and low-fat milk, and other dairy products, the report from the Institute of Medicine says. It called on the federally funded National School Lunch Program to update its current policies.

"The program was due for a revision," said IOM committee chairwoman Dr. Virginia A. Stallings, a professor and director of the Nutrition Center at Children's Hospital of Philadelphia.

The committee's job was to make recommendations to the U.S. Department of Agriculture, which runs the school meal program, Stallings said. "We expect that they will take this information and revise the program," she said.

"These recommendations will become regulations, and schools are required to follow them if they are going to get reimbursed for school meals," she said.

The IOM recommendations would bring school meals in line with the latest dietary guidelines and reference intakes from the U.S. Department of Agriculture. The current standards for school meals are based on the 1995 dietary guidelines and the 1989 recommended dietary allowances.

Increased funding will be needed to implement the changes because of the higher cost of vegetables and whole-grain foods, the report noted. Also, greater federal meal reimbursement, capital investment and additional training of food service personnel will be required for the recommendations to succeed.

But these changes are needed to assure parents that schools are providing healthful, satisfying meals, Stallings said.

"The school meal programs were established when we were worried about children being hungry and undernourished," she said. "Now we have to worry both about that safety net for children who may not have enough food, but also balance it with a food supply that will prevent the school meals from contributing to the obesity problem."

In the past, there had only been a minimum calorie amount, Stallings said. "What the committee is now recommending is a minimum and a maximum," she said.

The report on healthy school meals suggests lunches contain no more than 650 calories for students in grades kindergarten through five.



## Collins Garden Gleanings

Jane noticed that little green seedlings were beginning to sprout all over the place. We talked about how the recent rain probably started those seedlings, and the Garden Club is going to water carefully to encourage them to keep sprouting.

Eimear observed that the milkweed is blooming in different places in the garden and William saw their fluffy seeds floating around.

Sunidhi wondered why some of the yarrow has fresh red blooms on it, but some has already dried up, and Eden wondered why there was no sign of blue-eyed grass blooming.



We saw lots of ladybug action this week. Vian noticed a type with no spots on them, Sayesha saw some that were yellow, and Mila noticed that they were mainly on the milkweed plants. Palak made the food chain connection that with all the aphids we have been seeing on the milkweed plants, the ladybugs must be here to eat the aphids.

Don't forget to come out and support the Collins Garden tomorrow at the Fall Festival! We will have bulbs for sale (1 bulb for \$2, 3 bulbs for \$5, and 5 bulbs for \$8) as well as seed packets that the children have been collecting from the Collins Garden itself! Proceeds will be going towards the PTA's plan to acquire new lunch benches and an addition to the play structure!

## Birthday Book Club

Thank you to **Ishani** in room 30 for donating the following book to our library in honor of her birthday which is October 15, 2000.

"EXTRA CREDIT"



**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.