

# Collins Communique

November 5, 2009

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

Superintendent: Phil Quon

## NOVEMBER 2009

- 6 ~ Planetarium field trip ~ Rms. 4, 6, 20 & Art
- 6 ~ 5th graders return from Science Camp ~ 12:00
- 10 ~ Bud White Picture Make-ups ~ 11:00-11:30 a.m.
- 11 ~ **VETERAN'S DAY ~ NO SCHOOL!**
- 12 ~ "Spider & Fly" assemblies ~ 9:25, 10:50 & 11:35
- 13 ~ 4th/5th grade Sing-Along ~ 1:15
- 17 ~ Geography Bee Elimination Round
- 19 ~ School Site Council meeting ~ 3:30 p.m.
- 25-27 ~ **THANKSGIVING RECESS ~ NO SCHOOL!**

## VETERAN'S DAY

Wednesday, November 11

**NO SCHOOL!**



Dear Parents:

We encourage all of you to support the fundraiser sponsored by the Collins Garden Club by purchasing flower bulbs. The purpose is to raise money to help the PTA fund some of its projects. At the same time, flower bulbs that are sold and then donated back to the school will be planted alongside the fence opposite the portables to beautify the school. The Garden Club parents have been hard at work before and after school selling bulbs in front of the tech lab. Please help support the Garden Club and the PTA.



Our **5th grade students** are now at **Camp Koinonia** for their 4-day science camp. They were given a big send off Tuesday morning by their parents. They will return tomorrow afternoon.

This is an annual trip for our 5th grade students. We want to take this opportunity to thank the



PTA. It is through the PTA's generous donation that we were able to rent two really comfortable busses to take the students down there and back. Thanks also to **Ms. Debbie Calcany, Mrs. Beth Wichmann, Mr. Wayne Yeung** and **Miss Laura Goorvitch** for organizing this trip and making sure everything goes smoothly.

We ask the cooperation of all parents who drive their child to school. We have noticed that a few parents have gotten into the bad habit of not pulling forward as far as possible in the **drop-off lane** before letting their child out. As a result, traffic on Blaney Avenue remains congested and dangerous. Some of these parents are dropping off their child wherever they think is closest to their child's classroom. In the meantime, cars trying to get in the parking lot are typing up traffic on Blaney Avenue. Remember, please be courteous and drive forward as far as possible before letting your child out. All children need exercise. Walking a few feet further will be beneficial to their health.



Remember that next **Wednesday, November 11** is **Veteran's Day**. There is no school. Enjoy the day off in the middle

of the week!

With the holidays fast approaching, it is important to schedule your vacations so your child misses as few days as possible. If you plan to be away from school for a minimum of five days or a maximum of ten days, please contact the school office at least one week before your departure date to arrange for an Independent Study (IS) contract.



To receive credit for the days away, the contract homework must be completed while you are gone, and returned to school the first day your child is back in school. If the Independent Study work is not completed and returned, the days missed will be recorded as unexcused absences.

**Students who are absent for more than 10 consecutive school days will be dropped from the district roster.** When the dropped student returns, they will be reinstated in their home school, if there is space available. If there are no spaces available, the student will be assigned to another school in the district, and put on the waitlist at the home school.

Jones Wong, Principal

## Speaking of Health: How To Eat Less, Part II

- #6~ **Update your spreadsheet daily.** Keeping a running count will help you ration out the rest of your daily calorie allowance.
- #7 ~ **Get used to leftovers.** When you eat out, expect to take some of your meal home. If you eat standard restaurant portions, you'll almost certainly overeat.
- #8 ~ **Shop with calories in mind.** When you're at the grocery store, spend some extra time reading the labels and nutritional information. You'll probably end up changing your shopping habits along the way. You'd be surprised by how widely the calorie counts in various granola bars varies, for example.
- #9 ~ **Slow down!** When you eat fast, you end up ingesting more food before your body has a chance to figure out that it's satisfied (not full).
- #10 ~ **Drink more water during the day.** This is a fairly generic advice, but definitely seems to help.
- #11 ~ **Trick yourself with gum.** Sometimes we eat out of habit or because it just feels good to get some flavor in your mouth and chew for a while. Find yourself some sugar-free chewing gum and use it when the urge strikes.
- #12 ~ **Reduce the amount of breads, chips, crackers, and salty snacks you eat.** A lot of starchy and/or salty food makes you want to eat and drink even more. This comes straight out of Atkins diet culture.



## PTA News

Thank you to all the families who made their Direct Donation. We collected more than \$58,000 since the beginning of the school year, but we still need your support to reach our goal of \$70,000 to make sure that all the programs and special projects could be done.

The free t-shirt campaign has ended. If you would like to buy a Collins t-shirt or sweatshirt, look for the order forms in the office.

Please take note of the change in date for the November PTA meeting - Due to Veteran's Day holiday, our meeting will be November 18 at 7:00 p.m.

We will be organizing a "Collins Family Holiday Party" on Thursday, December 10. This will replace the Barnes and Noble event. Teachers will be reading their favorite books. There will be crafts and snacks for all. If any parent is interested in having a booth to sell their crafts, please leave a note in the PTA box in the school office before December 1. 20% of the profits made at this event will be donated to charity. Watch for more info to follow!



## Collins Garden Gleanings

In the Collins Garden Club this week, our habitat heroes were busy making bird feeders to put in the garden and around the school! Our plant expert team put finishing touches on signs that will mark plants that attract butterflies and hummingbirds. Watch for the new yellow signs that will be placed in the garden to identify all our plants! Our garden club also began planting bulbs this week! Keep an eye out in the spring for daffodils, irises, and tulips to spring up in planter boxes by room 9 and between the office and CDC! Thank you for your flower bulb donations to beautify our school!

Our club members noticed a lot of things during our observation time this week! Bhavani noticed that the yarrow flowers, when dried, smell like an Indian spice and Sonika thought the currant bush smelled a bit like sugar cane. Some of our currants have started to rebloom, and Suki wondered if this was

a blooming season. We learned that each plant has a specific season that it blooms, and we have a mix of Fall, Winter, Spring, and Summer bloomers in the garden.

Parker noticed the strong smell the hummingbird sage has, and wondered what that smell was, exactly, while Mritthika wondered the same thing about the sandhill sage. We learned that for many plants, that smell defends it against insects, as well as acts as a kind of sunscreen, keeping it from drying out in the heat.

Our plant sale continues next week! Come by our bulb sale booth before and after school! Order forms will go home on Friday as well, so you can send your bulb requests in with your child!



## Birthday Book Club

Thank you to **Anusha B.** in room 4 for donating the following book to our library in honor of her birthday which is November 6, 2003.

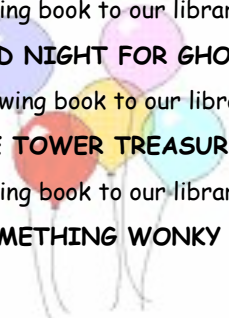
"A GOOD NIGHT FOR GHOSTS"

Thank you to **Pradhan H.** in room 30 for donating the following book to our library in honor of his birthday which is November 2, 2000.

"THE TOWER TREASURE"

Thank you to **Gawon C.** in room 32 for donating the following book to our library in honor of her birthday which is November 4, 2003.

"MERCY WATSON: SOMETHING WONKY THIS WAY COMES"



**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.

**CEEF'S 2010 GALA: "DREAMS ARE MADE OF..."****Saturday, January 30, 2010****5:30 p.m.****Fairmont Hotel, San Jose**

Save the date and plan now to join friends in celebrating our children's dreams for the future at the Cupertino Educational Endowment Foundation's (CEEf) annual Gala on Saturday, January 30, 2010 at the Fairmont Hotel in San Jose. Proceeds from our 2010 "Dreams are made of..." themed Gala will benefit arts and innovative technology programs at each of our district schools.

For more information or to add your name to the invitation list, please email CEEf at [gala@ceefcares.org](mailto:gala@ceefcares.org).