

Collins Communique

December 10, 2009

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

Superintendent: Phil Quon

DECEMBER 2009

- 10 ~ PTA Holiday Party ~ GLC ~ 4:15 to 7:00 p.m.
- 18 ~ All kinders attend 8:40 a.m. to 12:10 p.m.
- 21-1/1/10 ~ WINTER RECESS ~ NO SCHOOL!

JANUARY 2010

- 18 ~ MARTIN LUTHER KING DAY ~ NO SCHOOL!
- 28 ~ Vision Screening ~ Grades 1 & 3

FEBRUARY 2010

- 12 ~ Hearing Bus ~ Grades 1, 2 & 5
- 15-19 ~ MID-YEAR RECESS ~ NO SCHOOL!

PTA HOLIDAY PARTY!

4:00 p.m. to 7:00 p.m.

"Spirit of Giving"

Plan to join us this afternoon for arts and crafts, your teachers reading their favorite stories, holiday goodies for sale, a barbershop quartet, cookies, hot cocoa and a SPECIAL guest!

WE HOPE TO SEE YOU THERE!

Dear Parents:

We hope all of you can make it to the **Collins PTA Family Holiday Party** that is taking place this afternoon in the GLC starting at 4:00 p.m. It will be a lot of fun! Many of the teachers will be reading their favorite book to our students. There will be homemade crafts on sale. You can also bring canned foods, slightly used books, and warm coats to donate to various community organizations. Hope to see you all there

Rionna Flynn, a 5th grader in room 26 is this years winner of the Collins Spelling Bee. The competition was held last Thursday, December 3 in the GLC. This is the second year in a row that Rionna has won the spelling bee. She will now go on to the next level of competition. She will represent Collins School at the San Francisco Chronicle Spelling Bee in San Francisco on February 20, 2010.



Congratulations to **Neha Konakalla**, a 4th grader in room 30 who was our runner-up in the competition.

We want to take this opportunity to thank all the students who participated. All of them are excellent spellers! Special thanks

go to **Ramya Auoprem** for pronouncing the words, giving the origin and using each word in a sentence. Ramya was a national spelling bee finalist last year. Thanks also go to **Lakshmi Auoprem** and **Jeanne Conner** who served as judges for the competition. Finally, a big thank you to **Cicily Santosh** who organized this event.

The last several days have been very cold. Please be sure your child brings something warm to wear. If the temperature rises, the coat or jacket can be taken off. But wearing warm clothing will keep your child healthy and hopefully free of all kinds of illnesses.

We have been experiencing an excessive number of Collins students who are late or tardy to school. School starts at 8:40 a.m. Your child is expected to be in line for class by 8:40. Late arrivals are to report to the office for a late slip. Excessive tardies will result in a letter being sent home. If tardiness or excessive absences continue, a



truant officer will be notified and the parent(s) and child will be required by law to attend a School Attendance

Review Board (SARB). Failure to comply or attend the SARB will result, by law, in a required appearance and Truancy Court. Students who are consistently late miss valuable class time and disrupt the learning of other students.

With the rainy season upon us, please remember to slow down and use extra caution when driving your students to and from school. Please be patient and give yourself plenty of time to drive your students to school in the morning.

If your child is ill, you **must** call the 24-hour attendance line **every day** that they are out of school.....

408-252-6002, extension 6. Due to the increase in cases of the H1N1 virus, 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, Celsius or Fahrenheit) along with any other symptoms. You may also email this information to Mrs. Shiles at shiles_june@cusdk8.org.



Jones Wong, Principal

Speaking of Health: Why Eating Breakfast is Important

Start the Day Right - Don't Skip Breakfast

Studies show that children who eat breakfast do better in school. It doesn't take much further thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day.

When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.



Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day - - starting with breakfast.

Actually, eating breakfast is good for weight loss. In fact, people who eat breakfast are more likely to maintain a healthy weight.

Making a Healthy Breakfast



A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk.

Stay away from sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full

until lunch time.

If you really don't like to eat breakfast, you can split it up into two smaller meals. Eat a hard boiled egg at home, and an hour or two later, take a break from work and snack on an apple and a handful of healthy nuts like pecans or walnuts.



Breakfast Every Morning

Remember that eating a healthy breakfast is the best way to start off your day, and be good to yourself by eating a healthy breakfast. Notice how much better you feel through the morning and the rest of the day when you don't skip breakfast.

Birthday Book Club

Thank you to **Rionna F.** in room 26 for donating the following book to our library in honor of her birthday.

"AMELIA'S 5TH GRADE NOTEBOOK"



Collins Child Development Center (CDC)

CDC WINTER CAMP

December 21, 2009 - January 1, 2010

CDC will be open the two weeks school is closed for Winter Recess with the exception of December 24, 25 and January 1.

Our hours are 6:30 a.m. to 6:00 p.m.

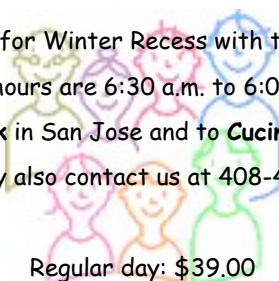
We will be going to **Christmas in the Park** in San Jose and to **Cucina Bambini** in Willow Glen to make cookies!

Please come into the center to sign up. You may also contact us at 408-446-5428 or email us at center513@cdicdc.org.

Regular day: \$39.00

Field trip day: \$59.00

Part day (4 hrs. or less): \$28.00



Move, Sing, Play, and Create
Primary Music with Mrs. Disney and Miss Weston

What a pleasure it is to teach music to your K-3rd grade children! We meet weekly for 30-minute sessions. We model our lessons on the philosophies of Carl Orff, who, along with Gunild Keetman, developed the Orff-Schulwerk, an approach to music education for children. This approach utilizes rhythmic speech, song, instruments, improvisation, and movement—a total involvement with making music.

Our goal is to fully engage each student in the joy of making and experiencing music together. Although listening and appreciating the music of professionals is enjoyable, it should not be the extent of our musical experiences. The work of children is to play, to imagine, to create. In our classes, we use these natural abilities to further explore their own musical identities. They develop their aesthetic sensitivities, expand procedural knowledge (learning *how* to do something rather than learning *about* something), collaborate with classmates and feel the satisfaction of successfully creating and performing a melody, a dance, a rhythmic pattern, or a dramatic re-enactment. They cooperate in musical ensembles through singing, playing instruments, and moving. They gain self-confidence as they sing alone and strive to match pitches, conduct the group, or improvise and lead drumming patterns that their classmates imitate.

Following is a summary of activities students have experienced this fall:

Kindergarten/First Grade

Moving	Singing	Playing	Creating
<ul style="list-style-type: none"> • Hop/skip/gallop to the drum • Highway Number 1 • Marching—Old King Glory • Skipping-Blue Bells • Seven Jumps dance • Hokey Pokey • Halloween’s Coming • Move/Freeze to drum • <i>Hop, Jump</i> story • Skip to My Lou dance • Jingle Bells—galloping, walking, skipping 	<ul style="list-style-type: none"> • This is What I Can Do • Old King Glory • Blue Bells/pitch matching/singing alone • Halloween’s Coming • Wizard’s Brew • Today is Monday • Hey Ho Fall is Here! (2-part canon) • Jingle Bells • S’vivon (Little Dreidel) 	<ul style="list-style-type: none"> • Criss-cross applesauce/body percussion/instruments • Rhythm Instruments to Old King Glory • Echo beat and rhythms with instruments • Wizard’s Brew—vocal timbres and expressive storytelling • Jingle Bells (bells and rhythm sticks) • S’vivon (tambourines) 	<ul style="list-style-type: none"> • Where to put the beat (This is What I Can Do) • Two different sounds on instruments • Act out movements and improvise sounds to stories <i>Hop, Jump</i> and <i>Today is Monday</i> • Make up new words to Hey Ho for Winter

Alignment with State Standards:

- 2.1 Use the singing voice to echo short melodic patterns
- 2.2 Sing age appropriate songs from memory
- 2.3 Play instruments and move to demonstrate awareness of Beat, tempo, dynamics, and melodic direction
- 3.2 Sing and play simple singing games from various cultures
- 3.4 Use developmentally appropriate movements in responding to music from various genres and styles (rhythm, melody)
- 4.1 Create movements that reflect focused listening
- 4.2 Describe how ideas or moods are communicated through music
- 5.1 Use music together with dance, theatre and the visual arts for storytelling



Second/Third Grade

Moving	Singing	Playing	Creating
<ul style="list-style-type: none"> • Walking/moving to the beat • Down in the Valley mixer • Jump Jim Joe mixer • The Longer the Faster dance • Head and Shoulders Baby-walking to the beat and the rhythm • Night On Bald Mountain • <i>Oxdansen</i>, Swedish folk dance • Soldiers and Creepers • Birds and Elephants 	<ul style="list-style-type: none"> • Son Macaron (former Yugoslavia) • Dr. Foster (sol-mi-la) • Jump Jim Joe • My Paddle's Clean and Bright, canon, drums (Canadian folk song) • Who Has the Penny? (sol-mi) • Let Us Chase the Squirrel • Do As I'm Doing 	<ul style="list-style-type: none"> • Clapping name game • Dr. Foster, expressive speech, instrument groups • Son Macaron, beat passing game with instruments • Beat vs. Rhythm • 4-part ensembles (melody/main rhythm, beat, color, ostinato) • Drumming Circle • Beat and rhythm passing with drums • Body percussion with patterns of 3 and 5 • Body solfege • Let Us Chase the Squirrel (Orff instruments) 	<ul style="list-style-type: none"> • Name game—new rhyming words • Exploring sounds on instruments • Dr. Foster characters and emotions • Rhythmic compositions with cups and instruments • Conducting Dr. Foster • Night On Bald Mountain-describing the music/telling a story/evoking emotions/comparing interpretations • Improvise/lead 4-beat drumming rhythms

Alignment with State Standards:

- 1.5 Identify common instruments aurally in music
- 2.1 Sing with accuracy in a developmentally appropriate range
- 2.2 Sing age appropriate songs from memory, including rounds, partner songs and ostinatos
- 2.3 Play rhythmic and melodic ostinatos on classroom instruments
- 2.4 Create short rhythmic and melodic phrases in question and answer form
- 3.2 Sing simple songs and play singing games from various cultures
- 3.3 Describe music from various cultures
- 4.2 Create developmentally appropriate movements to express pitch tempo, form and dynamics in music
- 4.3 Identify how musical elements communicate ideas or moods
- 5.1 Identify and discuss who composes and performs music.

We welcome your questions or comments. Please email anytime kathydisney@gmail.com.

Kathy Disney and Krissy Weston
Primary Music Specialists



CEEF'S 2010 GALA: "DREAMS ARE MADE OF..."

Saturday, January 30, 2010, 5:30 p.m.

Fairmont Hotel, San Jose

GALA AUCTION OFFERS STELLAR VALENTINE AND GROUP PARTY PACKAGES ON BEHALF OF ARTS, AND INNOVATIVE APPLICATIONS OF TECHNOLOGY

The CEEF Gala Committee is working to raise over \$100,000 on behalf of arts and innovative technology programs at all district schools. The Gala live auction will offer an incredible array of unique packages including: week's stay for 8 during the high season in a 4 BR/4.5B Four Seasons Resort villa at Punta Mita; champagne reception and \$1,000 gift certificate at Blacy's Fine Jewelers, romantic weekend stay at the Hotel Los Gatos, spa treatment for two at Spa Elia, and dinner at Dio Deka for 2; gourmet cooking demonstration for 16 in the Cupertino Whole Foods Culinary Center; Wine Country getaway for 8; Shark's luxury box for 12; dinner for 20 with paired wines at The Red Crane; festive celebration with wines for 25 prepared by local celebrity chefs: John Gatto, John Giovanola, John Zirelli, and Phil Johnson. Proceeds will provide matching funds for arts and innovative technology programs at all district schools.

For reservations or more information, please call 408-446-2333 or email CEEF at gala@ceefcares.org.

STEPPARENT SUPPORT GROUP

Starting January 2010

JFK University Community Counseling Center

572 Dunholme Way

Sunnyvale, CA 94087

Fee for course: \$90.00

The John F. Kennedy University Community Counseling Center invites interested parents to join a 10-week course with other stepfamily couples. You will learn the typical developmental stages that many stepfamilies go through in order to become a more harmonious and cohesive family. Couples will also have a chance to share their stories with each other in this unique, interactive learning and supportive group experience. The support group will be led by a counselor from the John F. Kennedy University Community Counseling Center with counseling experience in the Cupertino School District.

For more information or to register, please call the JFK Counseling Center at 408-524-4900.

ADULT AND COMMUNITY EDUCATION-CITIZENSHIP CLASSES

On Saturday, December 12, 2009 from 9:30 to 11:30 a.m., Sunnyvale-Cupertino Adult and Community Education will be offering a **free special one-day class, ESL/Citizenship Interview Preparation**, to help prospective citizens prepare for their interview. Volunteers from the community will act as interviewers. At this class there will also be an immigration expert who will talk about the interview process and answer questions. The class will meet in the Training Center at the Adult Education Center, 591 W. Fremont Avenue, Sunnyvale.

Students should register in class. For more information about this class, please call 408-522-2703.