

Collins Communique

December 17, 2009

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

Superintendent: Phil Quon

DECEMBER 2009

18 ~ All kinders attend 8:40 a.m. to 12:10 p.m.

21-1/1/10 ~ WINTER RECESS ~ NO SCHOOL!

JANUARY 2010

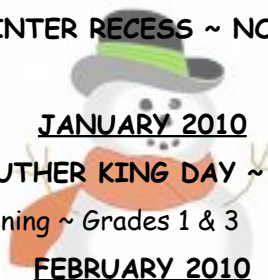
18 ~ MARTIN LUTHER KING DAY ~ NO SCHOOL!

28 ~ Vision Screening ~ Grades 1 & 3

FEBRUARY 2010

12 ~ Hearing Bus ~ Grades 1, 2 & 5

15-19 ~ MID-YEAR RECESS ~ NO SCHOOL!



HAPPY



HOLIDAYS!

Dear Parents:

We hope that you will enjoy the time with your children during the two week winter recess. 2009 is nearly over! Hopefully, the new year will bring a brighter future. Although the economy has not completely recovered and many people are still out of work, we still have many things to be thankful for. We have our health. Our children are doing great in school. And we have the support of family and friends. We also want to take this opportunity to thank those of you who have volunteered your time and energy to help out at school. We appreciate your commitment. We also want to thank the PTA, especially the Executive Committee for doing all the things to make all of our lives richer at school.

Thanks to all the teachers, staff, PTA members, parents, students and community people for making last Thursday's **Collins Holiday Party** a success. It was fun to see all of you at such a festive event. The teachers were eager to read and the students were very attentive. In addition, there were homemade crafts on sale and activities for the students to do. We appreciate the appearance of the special guest and his Mrs. Thanks again to the PTA Executive Committee for organizing this happy event.

The **Collins Geography Bee** was held on Wednesday, December 15 in the GLC. A number of student participants were ready to take on the questions to see who would come out on top. Congratulations to **Srikar Boinapally**, a 5th grade student in room 23 who was our winner! He will be advancing to the next round of the *Geography Bee* in January representing our school. Congratulations to first runner up **Anushka Parihar** from room 24 and second runner up, **Aishwarya Laddha** from room 26. We would like to thank all the contestants of the *Geography Bee*! Their knowledge on geography not only astonished the audience, but also the *Geo Bee* Team.

We would also like to take this opportunity to thank **Mrs. Maria Bednar** and **Miss Andrea Thompson** who were the Judge and Moderator respectively, for this competition. Special thanks to **Mrs. Lakshmi Auroprem** for helping us bring the *Geography Bee* to the school and coordinating the event. A big thank you to Collins PTA for supporting and sponsoring this enrichment program. We also appreciate the help of our parent volunteers **Mrs. Diana Hong**, **Mrs. Shuba Kestur** and **Mrs. Sandhya Venkatramani** for helping organize this event. Lastly, a big THANK YOU to the organizers of this event....**Mrs. Komita Parihar** and **Mrs.**

Shoba Ratnasamy. Without them, this event would not have taken place.

When students in grades 1-5 return on January 4, 2010, they will be sitting on brand new metal lunch tables! These new tables were purchased about a month ago with PTA funds (your contributions at work). They replace the wooden and wooden/metal tables that the students have been sitting on for a number of years. We want to thank **Mrs. Jeanne Conner** and **Mrs. Josie Zamarian** along with other PTA Executive Board members who were instrumental in pushing for these new tables.

Teacher Spotlight: Mrs. Stephanie Bodnaruk (kindergarten teacher in room 31) is one of our newer staff members at Collins. This is her second year as a kindergarten teacher. She was born and raised in Silicon Valley. After graduating from Homestead High School, she attended UCLA studying Design/Media Arts. She worked as a graphic designer for a year before going to SJSU to get her teaching credential. She worked as a substitute teacher in the Santa Clara Unified School District for 2 years before being hired by CUSD and coming to Collins.

Jones Wong, Principal

Speaking of Health: How To Pick a Breakfast Cereal

The most healthful breakfast is whole grain cereal. If you're trying to lost weight, control cholesterol or diabetes, or just need a lot of energy, your best bet is a hot cooked cereal of whole grains, such as oatmeal; or barley, brown rice or wheat berries cooked and severed like oatmeal. Flavor it with raisins or other dried fruits, cinnamon, and perhaps a handful of nuts such as pinenuts.

If you prefer cold cereal, you need to check the list of ingredients carefully. The FIRST ingredient should be a whole grain. Then scan through the entire list and if you see the words "partially hydrogenated," put the box back on the shelf. We recommend that you avoid foods with partially hydrogenated oils (or "trans fats"), and they still show up in many cereals.

Once you've eliminated all the brands made with refined grains or partially hydrogenated oils, check for ADDED sugars (you want little or none) and fiber (you want a lot).

Raisins or other dried fruits will add a lot of grams of sugar to the listing on the nutrition panel; they are not distinguished from added sugars, so you can only estimate the amounts.

The fiber content listed on the nutrition label can be confusing because it's based on serving size, and very light cereals (such as puffed wheat) show little fiber per serving, but an acceptable amount when you adjust for weight. Cereals made from bran (the outer covering removed from whole grains) will have higher fiber content than cereals made from whole grains (which have the germ and starchy parts of the grains as well as the fiber), but they can be hard to digest.

2008 Update: I'm delighted to report that partially hydrogenated oils (trans fats) have been taken out of most cereals. The original list included 56 brands with PHO's; last year there were 13; this year I found only seven! Most of the popular General Mills, Post and Quaker cereal brands no longer have them. Kelloggs has finally removed them from most of their "healthful" cereal brands but still uses them in some of their popular cereals that appeal to children. The disappearance of PHO's from cereal shelves shows that consumer pressure CAN make a difference.

Is it really whole grain? Manufacturers have also responded to the call for more whole grains in our diet, so you will find a lot more choices that meet my recommendation of "whole grains as the first ingredient". However, many that claim to be "whole grain" still include refined grains. You may need to do some detective work to see what you're getting. One-ingredient whole grain cereals (i.e., shredded wheat, puffed wheat, oatmeal) are sure bets. If you see milled corn, corn meal, wheat flour or rice in the list of ingredients, you're getting a mixture of whole and refined grains.



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

PTA Notes

Our first Collins Family Holiday Part was a great success, thanks to all the teachers who came and read their favorite holiday stories, and the Mrs. and Mrs. Claus' surprise visit! Thanks to each and every one of you, the students and their families for coming and for donating much needed food, used books, and warm coats. We hope you enjoyed the activities, the book readings, and the Harmony songs. We would like to express our appreciation to Max Lanfranconi, a fifth grade parent, for coming together with some of his friends to sing those wonderful songs.



PTA members worked hard to make this event possible with no expenses at all, by donating the use of their holiday decorations, baking those delicious cookies, and last but not least, their time and effort to make this event an enjoyable evening for the Collins community. We hope to keep this a Collins Holiday tradition for many more years to come!!

2009 Book Drive Update

Thanks to all the families that donated books for the Gift of Reading for RAFT/Mercury News 2009 Book Drive and making it such a huge success!

With your support, we managed to collect a little over 1,600 books this year. The Gift of Reading program distributes these books to children and teachers in need of books in our community.

The books were sorted prior to delivering them to RAFT (Resource Area for Teaching) warehouse, and ended up with 1,600 books that were in very good condition. From the remaining, a few were taken out for use in the Collins Library and the rest have been donated to Goodwill.

A big thanks to Mr. Wayne Yeung and Student Council for helping coordinate the program and to the teachers for supporting the Book Drive.



2010-2011 Kindergarten Registration & Open Enrollment

Kindergarten Registration: February 1-11, 2010 at the neighborhood school. Parents may pick up a registration packet at their neighborhood school beginning **January 25, 2010**. Registration packets are numbered sequentially. The registration number on the packet is valid for packets returned between February 1-February 11, 2010. Students must be residing in the district at the time of registration and be available for any necessary testing.

Open Enrollment Registration: February 5-11, 2010 at the school of desired attendance.

Alternative Education Program Registration: (Faria and Murdock-Portal grades K-5, McAuliffe, Mandarin Immersion grades K-8) February 5-11, 2010 at the alternative program of your choice.

Registration for new students in grades 1-8 begins March 1, 2010.

Parents may only apply to one school or program other than their neighborhood school.

Detailed registration and open enrollment information is available by contacting:

•Cupertino Union School District website:

<http://www.cupertino.k12.ca.us/>

•Student Assignment Office (408) 252-3000, ext. 110

•Neighborhood school office



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.