



# Bulldog Bulletin

Meyerholz School

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September 8, 2010



8 8:45

9 3:30

17

22 8:45

23 7:00pm

Volunteer Orientation

MCAC meeting

**Learning Day – No School for Students**

Volunteer Orientation

CLIPCO meeting



7-15

**Parent Teacher Conferences**

Grades 1-5 8:30-1:00 p.m.

All Kindergarten 8:30-11:55

### Back To School Night... Back

To School Night for all our programs were successful and well attended this year. Information presented at Back To School Night is essential for parents to support their children effectively during the school year. Parent/teacher teamwork is the key to success. Please note on your calendar that Parent Teacher Conferences are scheduled for October 7-15.

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**Blue Folders...** Please review your child's work sent home in the weekly "blue folder" on Thursdays, sign it, and return it every Friday. We have found this to be one of the best forms of communication.

### Reminders:

- On Tuesdays, all children are dismissed at 2:00 p.m. A.M. Kindergarten dismissed at 11:40
- To e-mail staff: [lastname\\_firstname@cusdk8.org](mailto:lastname_firstname@cusdk8.org)
- Attendance: If your child will be absent, please call 252-7450, ext. 6 by 8:30 a.m. to report the absence
- Homework: Homework may be requested for illness absences of three days or more. Please call the office or e-mail teacher before 8:30 a.m. to request homework for pick-up after 3:05 p.m.

**It is very important that every student has an up-to-date emergency card on file in the office.** Please fill out that card and return to school as soon as possible. Please let us know asap if there are any changes in phone numbers, change of address or a change of any adults permitted to pick your child up in an emergency.

### Staff Learning Day – Friday, September 17, 2010 –

Please note that Friday, September 17, is a Staff Learning Day. It is not a school day for students. Our staff will focus on examining STAR scores, technology, teambuilding, and long range planning for our professional development.

**Volunteer Orientation...** In order to volunteer, you need to have a negative TB test or results of chest x-ray on file, attend a volunteer orientation and sign a Volunteer Code of Conduct and Volunteer Emergency Form. This includes volunteers helping in the classroom, attending field trips, helping with classroom parties, or helping in any of our programs during the school day. TB tests and volunteer orientation attendance are only required every four years.

The second Volunteer Orientation for new volunteers will be held Wednesday, September 22nd at 8:45 a.m. in the GLC.

### MEYERHOLZ SCHOOL'S DROP-OFF AND PICK-UP

**PROCEDURES...** The safety of your child is a top priority with the staff of Meyerholz School. The morning drop-off and afternoon pick-up times are very busy in our parking lots; therefore, we must all work together to keep our children safe.



We all have busy lives, but an extra minute of patience and consideration for others will make the difference between keeping our children safe, or creating an unsafe environment. Please allow time in your morning and afternoon routines to keep our school safe by following these simple procedures:

- Please Drive Slowly – Children are not always aware of the dangers in their environment, so it is up to us to keep them safe.
- Do not park and/or leave your car unattended in the red zones or in front of parking spaces. If you do this, your car may be ticketed for a parking violation
- Please pull up as far to the front of lanes as you can to prevent traffic backups. A parent valet or school staff member will be on hand to assist you and your child.
- Encouraging your child to walk between other cars to reach the sidewalk is not a safe practice.
- Use the crosswalks – do not jaywalk.

**Lunch Delivery...** If you are bringing lunch for your child, please make sure you deliver it to the lunch bin in front of the office before 12:20 pm. Please write your child's name and room number on the lunch bag and remind your child where to pick it up. Parents are not permitted to sit at the lunch table with their child.



#### **District Wellness Policy**

Due to an increased rate of childhood obesity and diabetes, federal and state law requires school districts with a federally-funded meal program to maintain wellness policies which address nutrition and physical activity. Food served during the school day and for school activities must meet the required nutritional standards. **Classroom celebrations held during the school day involving food will be limited and must meet nutritional requirements. Birthdays are celebrated in a healthy way without sugary treats.**

Schools need to meet physical education standards for all students in all grades involving daily physical activity.

Why should children eat healthy?

- Helps kids feel and look their best
- Is linked to higher grades in school
- Helps kids grow normally

#### **Meyerholz Celebration Guidelines**

##### **Birthday Celebrations:**

- Healthy food only (examples: fruit, popcorn, cheese sticks, yogurt, 100% juice boxes, pretzels, granola bars)
- Donate a book to the classroom
- No goodie bags
- Teachers determine guidelines for their classrooms within these agreements

Classroom Parties:

- We encourage crafts, games, healthy food treats

We look forward to working together to teach our students healthy life skills.

#### **EARN FREE CASH FOR OUR SCHOOL WITH**

**BOX TOPS...** Earning cash for our school with Box Tops for Education is simple and easy! You don't have to spend any cash to be involved in this profitable project. Most food items that you purchase for home comes with a "Box Tops for Education" coupon that is located directly on the "box top" and is worth 10c. Please look for these coupons especially on products by General Mills. Some of the product brands to look for are; **Cheerios, Fruit Rollups, Betty Crocker, Pillsbury, Cottonelle, Ziploc** etc.

**Walk-a-thon Planning Meeting...** First Walk-a-thon Planning meeting will be tomorrow, Friday September 10th from 8:45 to 10:00 am in Room 20. The Walk-a-thon is a very large community event and our major fundraiser at Meyerholz and lots of help is needed. Anyone who is interested in helping or learning more about this event should plan to attend the meeting or email Theresa Ito at [itofamily6935@sbcglobal.net](mailto:itofamily6935@sbcglobal.net) or call 446-9985.

#### **Avoid over-scheduling your child with after-school activities**

Some families seem to spend most of their "together" time in the minivan. Yesterday was ballet. Today is soccer. Tomorrow is karate. Each of these activities, by itself, may be great. But when do they get to be too much of a good thing?

Look at your family's schedule. If you decide it's too crowded, don't be afraid to blow the whistle. Here are some tips:

- **Set the rules of the game.** Many families set a limit of one sport or activity per child. Tell your child that family is the top priority. School is second. Activities come third.
- **Focus on the fundamentals.** If your child can't do his math homework until 9:00 at night, you need to adjust his schedule. Athletics should never interfere with schoolwork.
- **Stay on the sidelines.** You know your child best. If he shows signs of stress, or he doesn't seem to be enjoying an activity, make an adjustment.

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#### **DISTRICT NEWS SECTION**

##### **PARENT PHOTOS AND VIDEO GUIDELINES**

The Cupertino Union School District currently allows parents to capture audio recordings, images, and/or video footage of their children in the classroom and at school events. The district believes that allowing this access is an important part of involving parents in the education of their children. While the district understands the desire for parents to share this information with others, we request that all parents be respectful of the privacy of other families and the district's policies for protecting student identity.

Therefore, any audio recordings, images, and/or video footage of students obtained during school hours or at any other school related activity should be used only for your private viewing and not be posted or published online. This guideline is consistent with the school district's policies and we would appreciate your cooperation.

As new technology continues to emerge, the district is balancing the use of innovative technology at the school site with the protection of the identity of our students.

##### **OPENING DAY PACKET BOOKLET**

In effort to consolidate information and save on duplication costs, the Cupertino Union School District has included in the Opening Day Packet one form covering the Receipt of Information on Parents Legal Rights, Student Acceptable Use of Technology Policy and the Multimedia Withhold Form. This form is located in the front of the Opening Day Packet. Please review the corresponding pages, sign each section, and return to the school site as soon as possible.