



# Bulldog Bulletin

Meyerholz School

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

October 7, 2010



7-15

20

21 7:00pm

22 1:30

25

## Parent Teacher Conferences

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

All Kindergarten 8:30-11:55

## Book Fair

Picture Day

CLIPCO meeting

Walk-a-thon

Lost and Found donated to charity

Staff Learning Day - No School for Students

## Prepare to make the most of parent-teacher conferences

To make the most of this important one-on-one time with the teacher, you need to prepare. Plan to:

- **Touch base with your child.** What does s/he like about school? Is s/he struggling in any areas? Ask her/him if there is anything s/he like you to talk about with the teacher.
- **Take notes.** Write down the most important things you would like to discuss with the teacher. Plan to mention them first, since conferences are usually brief. Be sure to include any big changes in your child's life.
- **Be positive.** Start the meeting with a compliment, such as, "Jamie loves the word games you play in class!" Then focus on sharing information, working as a team and finding solutions.
- **Wrap things up.** Make a plan and decide how to keep in touch. "So you'll explain division to Jamie one-on-one and send home detailed instructions. Then I'll supervise during homework time. We'll email in two weeks and see how things are going."
- **Talk with your child again.** Let her/him know, in upbeat terms, how the meeting went. "Your reading scores are excellent. And you've learned all your multiplication facts! To help with division, Your teacher and I are going to review with you. That will make it much easier."

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## The Book Fair Starts

**Today!** This year it is being held during Parent Teacher Conferences! Also new this year--parents may drop their school age children off at the book fair while in conferences so the children can shop and read while they are waiting for you. The book fair is a big fundraiser--60% of our sales go to buy books for the library and for the teachers, so come and support them!



**Hours:** October 7-14 1:00 to 4:30 pm and October 15 1:00 to 3:00 pm. The Chinese book fair will also be held during these times. See our [Book Fair Website](http://bookfairs.scholastic.com/homepage/meyerholz) for more information:

## Walk-a-thon



**Walk-a-thon "Walk On The Wild Side" is almost here...** Don't forget to mark Friday, October, 22 from 1:30-6:00pm. on your calendar!

This is the only school fundraiser in which students participate. Bring the entire family for a fun-filled afternoon. Students take pride in supporting their school.

Any student who walks and pledges a minimum of ten dollars may receive a prize.

We look forward to a fun-filled day where we can raise money to support opportunities for all students at Meyerholz. Thank you!

**Traffic Volunteers Needed During Conference Days, October 7-15...** Volunteers are needed this Friday at 12:50pm through next Friday, 12:50pm. Dismissal time for grades 1-3 during conference schedule is 1:00pm. If you are interested, please call the office at (408) 252-7450. Thank you again for helping keep our children safe.

**Visiting Campus...** Once school is in session, **parents are not allowed to interrupt class for any reason.** The teachers are teaching students and interruptions are distracting to classroom instruction. If you need to speak to someone, please come to the office.

**Some unwelcome visitors have been detected at our school – head lice.** While there are only a few cases and the problem can be easily controlled, we know that children and parents alike want to know more about this problem and how to control it. Lice, which are a common and age-old pest, are easily transferred from person to person. All age groups and localities are susceptible. They *may* be more frequent during cool weather. Cleanliness does not seem to be a significant factor; lice are attracted to all children.

Lice are more frequently transmitted through combs and brushes. Baseball hats are also popular places for head lice.

**Detection. How to spot lice:**

1. **Nits (eggs).** Nits look similar to very small grains of rice and are attached to the shaft of the hair. They do not dislodge easily. They feel like a small grain of sand, but will not move if flicked with the finger.
2. **Lice.** Lice are small, gray, and have six legs. They can easily crawl from head to head.
3. Unusual scratching and itching of the scalp, especially behind the ears, may indicate the presence of lice.

**Treatment**

1. Wash the child's hair with a head lice shampoo. It is essential to follow treatment directions recommended by your physician or pharmacist. In addition, consult a physician or pharmacist regarding the treatment of family members. Repeat treatment in 10 days.
2. Comb the hair with a head lice comb to remove the nits.
3. Wash all affected combs, brushes, baseball hats, clothing, and bedding in hot soap and water (sheets, blankets, towels, etc.). Dry in the sun if possible.
4. Special sprays are available at the drugstore to spray the furniture and rugs in the home, and the upholstery in the car.

Your child will be readmitted to school after an inspection reveals that no nits or lice remain in the hair.

Please inform your child that sharing hats, hairbrushes or other items that come into contact with the head is likely to spread head lice. Children may return to school after treatment and an inspection reveals no nits or lice remain in the hair. Please have your child check in the office before returning to his/her class.

Please call the school office if you have any questions. Thank you for your cooperation.

**Yearbook News...** In today's Blue Folder you will find the Yearbook 2010-11 pre-order form. We suggest you order asap in order to qualify for the discounted price and gift. You may also order your yearbook at the Walk-a-thon.

- **For room parents/page designers**, there will be meeting in the **GLC on October 13 at 8:45-10am**, to distribute your room packages and review the class page guidelines and hints on how to create your page for the yearbook.
- **Yearbook club** information sheet for 5th graders will be distributed in folders. Deadline to apply is Friday, October 22<sup>nd</sup>. Space is limited and not guaranteed. Any questions, please send to [meyerholz.yearbook@gmail.com](mailto:meyerholz.yearbook@gmail.com)

**DISTRICT NEWS SECTION**

**PUBLIC HEALTH DEPARTMENT UPDATE**

The Cupertino Union School District has received information from the Santa Clara County Public Health Department regarding the current whooping cough (pertussis) epidemic in California.

There has been a dramatic increase in the number of cases of whooping cough (pertussis) in California this year. Whooping cough symptoms usually start out like the common cold with a runny nose or congestion, sneezing and possible mild cough or fever. After 1-2 weeks, there are bursts or attacks of severe coughing. These coughing fits are very dangerous to infants and small children and make it difficult to breath. During this epidemic, anyone with cough symptoms of greater than two weeks should contacts their health care provider.

Whooping cough is a vaccine-preventable disease. The best way to stop the epidemic is to get as many people vaccinated as possible. Additional information is available at [www.sccphd.org/whoopingcough](http://www.sccphd.org/whoopingcough).

**DIWALI FESTIVAL OF LIGHTS**

**Saturday October 9, 2010**  
**10:00 a.m. to 6:00 p.m.**  
**Memorial Park in Cupertino**  
**Free Admission**

Diwali is the a time of joyous celebration. The Cupertino Chamber of Commerce is presenting its 8<sup>th</sup> Annual Diwali festival of Lights, a multicultural family fun day, which will include Multicultural music, dance performances, Kids Zone, international food court, arts and craft booths, and much more.

*In addition, there will be Coloring Contest for kids grades K-8 starting at 10:00 a.m. This contest features three different age categories (grades K-2, 3-5, and 6-8) and great prizes!!!! The artwork will be provided to each participant on the day of the contest.*

Free parking will be available at DE Anza College (lots A, B & C). Additional information is available at [www.cupertino-chamber.org](http://www.cupertino-chamber.org).

**REGISTER TO VOTE!**

Exercising your right to vote is one of the most powerful actions that you can take to help ensure that education remains a top priority. If you are not already a registered voter, please register to vote by Oct. 18<sup>th</sup> and get-out-the-vote for the November 2010 elections. Registration forms are available at school offices. It is also important to become an informed voter. There are many online voter information sources available, such as [www.sccvote.org](http://www.sccvote.org), where you can learn about candidates' positions and all of the issues appearing on the ballot.

