



# Bulldog Bulletin

Meyerholz School

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October 21, 2010

Oct



22	1:30	Walk-a-thon
25		<b>Staff Learning Day - No School for Students</b>
29	1:30	Halloween Parade/Parties
1	6:00pm	School Site Council meeting
2		Election Day
5	8:30-9:30am	Principal's Coffee in GLC
7		Daylight Savings Time Ends
11-12		Veterans' Day/School Holiday

## Now That Goal Setting Conferences Are Over...

Goal Setting Conference can be a very powerful tool for academic progress and self-esteem. Conference goals need to be reviewed on a regular basis, in a positive way. Here are some ways to keep those goals in the forefront:

- Re-read the goal setting conference form with your child(ren).
- Ask your child(ren) how they are processing on their goals.
- Ask your child(ren) where they need help.
- Take a tour of your child's backpack and/or help to reorganize, if needed.
- Visit the library and check out books. Read together.



## Red Ribbon Week October 25, 2010...

The purpose of our annual Red Ribbon celebration is to present a unified and visible commitment toward the creation of a drug-free America.

Next week students will talk about self-esteem and taking care of themselves as part of their commitment to staying drug-free. Red Ribbon Week is a nationwide effort designed to educate children about the dangers of drugs and alcohol use and to discourage such use. We encourage students to wear red on Thursday, October 28<sup>nd</sup>. This is a great opportunity for you to speak with your child about drug prevention. A strong value system can empower students to make educated decisions rather than simply be influenced by peer pressure.

For recognition of Red Ribbon Week, red ribbons and wristbands will be distributed school-wide and red ribbons will be hung around campus.

## Don't forget tomorrow is the

**Walk-a-thon...** We still need volunteers!!! Please turn in your volunteer sheets as soon as possible.



**If your child does not have a signed permission slip, they MUST be picked up at school dismissal time.**

The Drawing and Silent Auction Catalog will be posted on the school website, and tickets will go on sale Friday morning between 8:15 and 8:45. Tickets will be \$1 each or 6 for \$5 or 12 for \$10 or 25 for \$20. Tickets will also be on sale during the WAT for the same prices.

## Here is your checklist of items to bring:

✓ **Signed** Sponsor Sheet. Your child will not be able to participate without the sponsor card.

✓ Comfortable shoes.

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!

# WALK-a-THON





On Friday, November 5 from 8:30 to 9:30 in the GLC

### Halloween Activities Planned

This year the Halloween parade and class parties will be held on Friday, October 29<sup>th</sup> at 1:30pm.



In the spirit of maintaining a safe, fun and weapon-free environment, we ask for your support in several areas:

- Students' costumes are in good taste, modest, and not violent in nature.
- Students' costumes should not include fake or pretend weapons and/or explosives.
- Costumes are comfortable, safe and easy to walk in and vision is not hampered in any way.
- No hair spray and use only minimum makeup.
- Students are to bring their costumes in a bag labeled with their name and room number with them to school.
- It would be a great help if your child's costume could be worn over the clothes they wear to school that day.
- For safety reasons, skateboards, roller blades or roller skates may not be a part of a costume.

For parents helping with the classroom parties, think about healthy treats. Also, check with the teacher for any student food allergies.



### UNICEF BOXES SENT HOME TODAY...

All students who would like to participate, may collect donations from family and friends. Donations go to help improve children's programs throughout the world. All orange donation boxes are due by Friday, November 5<sup>th</sup>.

### A Message from Student Nutrition

Please remember to put your child's name and keypad number on the blue lunch order envelope **every time you turn it in**. This information is very important in processing your child's lunch order money, and making sure that those funds go into the correct account.

If you ever need to know the balance on your child's lunch account, you can call this toll-free number: 1-888-994-5100.

### Yearbook Reminders:

• Treasure your child(ren)'s memories! If you have not placed your early bird orders you may pre-order at the Walk-a-thon ticket booth for \$22. Students who turn in orders by November 18 will receive a special gift.



• 5th grade yearbook club application deadline and payment is extended to **Friday, October 22**. If you lost the form, please email [meyerholz.yearbook@gmail.com](mailto:meyerholz.yearbook@gmail.com) or pick up one in office.

## DISTRICT NEWS SECTION

### DISTRICT HEALTH GUIDELINES

It is important that our children follow good health practices at all times and be kept at home when they are ill.

A child should not be in school when he or she is ill and is experiencing one or more of the following symptoms:

- Nausea or vomiting (**must remain at home until free of symptoms for 24 hours**),
- Diarrhea (**must remain at home until free of symptoms for 24 hours**)
- Severe headache
- Continuous coughing or runny nose
- Evidence of a communicable disease such as a rash, swelling or unusual sore throat
- A temperature of 100.4 F (38 C) degrees or higher (**must remain at home until he/she has a normal 98.6 F (37 C) degree temperature for 24 hours without the use of a fever reducer such as Tylenol**)
- Conjunctivitis - pink eye
- Undiagnosed rash (**rashes must be verified by your doctor that they are non-contagious before the child may return to school; a note is needed**)

The School Nurse may clear a student with known chronic illness (asthma, allergies, migraines, etc).

If a student is sent home from school for feeling ill, the child may not return to school that day. A doctor's note for absences over (7) days is required (CSUD BP & AR 5113).

Thank you for your cooperation in helping to keep all children and staff healthy.

### PROS AND CONS BALLOT FORUM

Presented by the League of Women Voters

Wednesday, October 27, 2010

7:00 -8:30 pm

Fremont Union High School District Professional Training Center

589 W. Fremont Ave. Sunnyvale, CA 94087

Preparation is the key to being an informed voter. The League of Women Voters presents Pros and Cons, live voter education event that provide information to help you become informed on state and regional measures. The presentation will give you an unbiased look at the pros and cons of measures in the November election.