



Bulldog Bulletin

Meyerholz School

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October 28, 2010



29	1:30	Halloween Parade/Parties
1	6:00pm	School Site Council meeting
2		Election Day
4	3:30pm	MCAC meeting
5	8:30	Principal's Coffee
7		Daylight Savings Time Ends
11-12		Veterans' Day/School Holiday
18	7:00pm	CLIPCO meeting
22-26		Furlough Days/Thanksgiving Recess

Walk-a-thon... Congratulations to all students, teachers, and parents who walked so many laps at our Meyerholz Walk-a-thon last Friday. A BIG Thank You to all volunteers who helped make this event a huge success! Special thanks to Scott and Theresa Ito for their dedication in organizing this year's "Walk On The Wild Side" Walk-a-thon. We are grateful to those members of our community who participated in the auction. Everyone enjoyed themselves; students, teachers and parents all working together to benefit our school.

Well done Meyerholz! Please collect all **money due** and return envelopes and money by **Friday, October 29th**. This will bring a wonderful finale to our biggest fundraiser of the year!

Thank you to CUSD Board Members, Phyllis Vogel and Jo Lucey... We would like to thank CUSD Board Members, Phyllis Vogel and Jo Lucey, for their visit to classrooms at Meyerholz School on Wednesday, October 27, 2010. Thank you to Mrs. Vogel for donating, the book, "Tarra and Bella," to our library.

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 and safety requirements for all students.

Why should children eat healthy?

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

Halloween Parade and Parties Tomorrow...

As you and your child decide on a Halloween costume, please keep in mind that a costume needs to be comfortable and safe for walking. A child should not have his/her vision hampered in any way. In accordance with the CUSD's Zero Tolerance policy, students may not bring any toy weapons as part of their costumes. Plastics swords, toy guns, and other weapons are not allowed. Please help your child choose a costume that supports our efforts to promote a positive and enjoyable celebration. In the event of rain, we will have a shorter parade through the hallways and GLC.



Trick-or-Treat Safety Tips...

The following are some safety tips that are appropriate for different ages of children.

- Plan your Trick-or-Treat route ahead of time.
- Take a parent or older sibling with you when you go Trick-or-Treating.
- Wear a costume that makes it easy for you to walk and can be seen after dark.
- Carry a flashlight and use reflection tape on your costume so people driving can see you.
- If you wear a mask, it is a good idea to take it off before crossing the street,
- Cross only at corners using the crosswalk.
- If there is no sidewalk, walk facing the traffic to make sure you can see the cars.
- Do not eat your Trick-or-Treat treats until you get home and an adult can check them over for safety.

Here are some of the ways parents can help create a healthy classroom:

- For classroom parties, contribute fruits, vegetables, whole grain snacks, and milk or water instead of sodas and sweets.
- Use physical activity rather than food as a reward. Spend time playing catch, "hide & seek," or an action-packed game together.
- Keep your child hydrated. Give them water to drink at school.
- Help your children learn to prepare snacks and meals with fruits and vegetables. Grow your own vegetables or fruits in a container or in your garden. Visit farms where children can pick their own cherries, strawberries, or peaches.
- Encourage family time together outside: take a nature hike, go to the park, go on a family walk after dinner, or walk to school in the morning.
- Be adventurous in the supermarket. Buy a new fruit or vegetable that your child chooses. Keep bite-size pieces of fruits and vegetables in the refrigerator for easy snacking.
- Be active indoors. Limit time watching TV. On a rainy day, dance to music on the radio.
- Be a role model. Try a new vegetable. Schedule a regular time to exercise.

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

Walk-a-thon Pictures

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