



Bulldog Bulletin

Meyerholz School

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January 6, 2011



7	9:00	CLIP Tour #1
11		Class photos
	7:30pm	PTA meeting
13	3:30	MCAC meeting
17		Martin Luther King Day – No School
20	7:00pm	CLIPCO meeting
21	9:00	CLIP Tour #2
24-Feb.3		Kindergarten Registration
24	6:00pm	School Site Council meeting

As we enter the first month of the new year, it is a good time to share ideas from an article that was in Time magazine on "How To Make Your Child a Better Student, A Parent's Guide: What You Can Do To Help."

1. Be Role Models – Your children should see you reading, productively working through problems, learning from the mistakes you make, showing civility to family members, friends, and associates.

2. Don't Jump Ahead – Preschool isn't high school; an emphasis should be on creative play. Elementary school isn't college; too much time on homework or structured activities can be counterproductive. Help your child find a healthy balance between work and leisure.

3. Keep on Reading – Bring on the books when your children are small and don't stop – even when they're excellent readers themselves. Read to your children and have them read to you. Turn off that television set!

4. Be involved – Be aware of activities at school and in the classroom – support it, enrich it. Don't do your children's work for them!

5. Applaud the Effort – Parents need to praise hard work and persistence – not just outcomes. Make praise specific; avoid generic esteem boosting, which is superficial.

6. Allow mistakes – Errors are learning opportunities and can be good practice for dealing with life's setbacks. When mistakes are punished, only the punishment is remembered.

7. Respect Their Lifestyle – While many students need a quiet homework spot without distractions, some children work better with a moderate level of background noise. Let them do it their way – unless their work suffers.

UPDATING RESIDENCY INFORMATION

Please be aware that district guidelines require that any change of residence must be reported to the school office within ten (10) days. This guideline is in place to ensure that the address and contact information that the school has on file is accurate. This information is crucial and is used to send official school/district correspondence and it is also used in the case of an emergency. Failure to provide current residency information could result in the immediate withdrawal of your child. If you have any questions regarding this guideline, please contact the school office.

Class Group Photos... Tuesday, January 11th...



If you wish to order a class group photo, please be sure to return the order envelope with your child **on picture day!** Remember to put your student's name on your check.

Traffic Safety...

• Right Turn Only from both parting lots between the hours of 8:00am to 9:00am and 2:00pm to 4:00pm. Making left turn at this time is illegal as per law.



• Do not leave the car unattended at Loading Zones. You may possibly get a ticket.

• Do not stay more than 5 minutes at the loading/pick up locations to avoid the traffic congestion

• Please respect other drivers, traffic volunteers and children

• Do not make a U Turn at the Melvin Drive intersections. This causes traffic congestion

• While coming out from YMCA, NO LEFT TURN to Melvin Drive. Right Turn Only.

• No drop off at RED ZONE on Melvin Drive.

Chinese Language Art Contest begins this Thursday and submissions are due next Monday at noon... All art contestants will take home information with label ID on the top corner in Thursday's folder on January 6. **Please make sure you do not write child's name on artwork.** Also, entries should be turned in to the front office before noon on Monday, January 10. CLC will not accept any late artwork.

Due to the increase in CLC registration this year, the CLC committee would like to ask parent support by donating at least \$5 for each child. If your child is only registered in the art contest, please make your donation by check, payable to CLIPCO and attach it to the artwork (please use a paper clip so as not to damage the artwork).

Should you have any questions, please feel free to send to clipclc@googlegroups.com.

Speaking of Health: Why Eating Breakfast is Important...Start the Day Right - Don't Skip Breakfast

Studies show that children who eat breakfast do better in school. It doesn't take much further thought to realize adults will feel better and perform better at work as well. Whether you work at home, on the farm, at the office, at school, or on the road, it is not a good idea to skip breakfast. Eating a good breakfast sets the tone for the rest of the day.



When you skip breakfast, you are likely to become tired when your brain and body run low on fuel. By mid-morning, you might grab a cup of coffee or wolf down a sugary candy bar to wake up again. This might work for a few minutes, but by lunch time you are hungry, crabby, and perhaps your mood might make you a little more prone to make unhealthy choices at lunch.

Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day -- starting with breakfast. Actually, eating breakfast is good for weight loss. In fact, people who eat breakfast are more likely to maintain a healthy weight.

Making a Healthy Breakfast

A healthy breakfast should contain some protein and some fiber. Protein can come from low fat meats, eggs, beans or dairy. Fiber can be found in whole grains, vegetables and fruits. A good example of a healthy breakfast might be something simple like a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk. Stay away from the sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours. Protein and fiber satisfy your hunger and will keep you feeling full until lunch time.

If you really don't like to eat breakfast, you can split it up into two smaller meals. Eat a hard boiled egg at home, and an hour or two later, take a break from work and snack on an apple and a handful of healthy nuts like pecans or walnuts.

Notice how much better you feel through the day when you do not skip breakfast.

CUSD News

IMPORTANT REGISTRATION INFORMATION

Students must be residing in the district at the time of registration and be available for any necessary testing. Registration and Open Enrollment for the 2011-2012 school year is as follows:

Kindergarten registration for all Attendance Area Schools:

- **January 24 – February 3 at the respective attendance area school.** Only parents/guardians may pick up a registration packet at their area attendance school beginning **January 14, 2011**. Registration packets are numbered sequentially. The registration number on the packet is valid for packets returned between January 24 through February 3, 2011. Sibling priority will be given to siblings of in-district students currently attending their area attendance school who register during the registration window.
- **Kindergarten registration for Stockmeir and Eisenhower Schools: January 24 – February 3.** Only parents/guardians may pick up a registration packet at their area attendance school beginning **January 14, 2011**. As the potential for new kindergarten enrollment at Stockmeir and Eisenhower may exceed the schools capacity, parents are encouraged to ensure that the prospective kindergarten student (residing in the Stockmeir/Eisenhower attendance area during the Kindergarten Registration Window) is registered during the registration window from January 24 – February 3, 2011. A Kindergarten Lottery for Stockmeir Elementary and Eisenhower Elementary will be held on **February 7, 2011** for Kindergarteners who registered during the Kindergarten Registration window only. Sibling priority will be given to siblings of in-district students currently attending Stockmeir/Eisenhower who register during the registration window and live in the Stockmeir/Eisenhower attendance area.
- **Open Enrollment requests: February 11 - 17, 2011 at the school of desired attendance.** Parents/guardians may only apply to one school or program other than their area attendance school.
- **Alternative Education Program** requests (Faria and Murdock-Portal grades K-5, McAuliffe, Mandarin Immersion grades K-8): February 11 - 17, 2011 at the alternative program of your choice.
- **Sibling priority** will be given to siblings of in-district students currently attending the respective school who register during the registration window.
- **Registration for new students in grades 1 – 8 begins March 1, 2011**

Detailed registration and open enrollment information is available on the district website www.cupertino.k12.ca.us, by contacting the staff in your neighborhood school office or by contacting the Student Assignment Office, (408) 252-3000, extension 110.