



# Bulldog Bulletin

Meyerholz School

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## Board of Education

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Cupertino Union School District  
Phil Quon  
Superintendent

March 3, 2011



4		End 2 <sup>nd</sup> Trimester
	8:30am	Principal's Coffee in GLC
7		Begins 3 <sup>rd</sup> Trimester
10	3:30pm	MCAC Meeting
13		Daylight Savings Time begins
14		<b>Staff Learning Day – No School for Students</b>
16	11:00am	Disaster Drill
17	7:00pm	CLIPCO meeting
18		Report Cards go home



## Attendance: Call 252-7450, extension 6

Please report absences by 8:45 a.m. each morning that your child is absent. Please spell the child's name beginning with last name, first name, include grade, reason for absence, and your relation to the child.

**Homework:** Homework may be requested for absences for three days or more. Please call before 9:00 a.m. to request, and pickup the homework after 3:00 p.m.

**To email Staff:** [lastname\\_firstname@cusdk8.org](mailto:lastname_firstname@cusdk8.org)

## Illness Guidelines for Schools

The decision to keep your child home is not an easy one to make. This note is intended as a guide outlining the criteria for keeping students home when they are ill and for sending children home when they appear to be suffering from a contagious or infectious disease at school (Ed. Code section 48211, 48212). Sending ill children home from school is intended to protect the ill student, classmates and teachers.

The symptoms listed below are guidelines for keeping children at home:

- Temperature of 100 degrees or higher. If the child has had a temperature, he/she should remain home until it has been normal (98.6 degrees) for 24 hours.
- Runny nose with green discharge
- Diarrhea
- Nausea or vomiting (remain home until no symptoms for 24 hours)
- Conjunctivitis (pink eye)
- Undiagnosed rash (rashes need to be verified by your doctor that they are non-contagious; a note is needed)

**If you do not have health insurance, the Children's Health Initiative of Santa Clara County will help your family obtain free and low-cost health, dental and vision insurance.** There are three insurance programs: Medi-Cal, Healthy Families and Healthy Kids. Please call 1-888-244-5222 to speak to an intake worker (many languages are spoken) who will work with you to see which program your child qualifies for.

## Let Your Child Experience the Consequences

Elementary age children are still developing their ability to store information. So they forget their books, their homework, and even their lunches.

It is tempting to keep track of your child's things. However, this won't help your child in the long run. Success in school will depend on your child's ability to take responsibility for him/herself and his/her belongings.

Doing these things will help your child get started:

**Write down what you expect your child to do.** Post lists of morning responsibilities, weekly chores, and items needed for school.

- **Show your faith.** Let your child know you believe he/she can be responsible for what is on his/her lists.
- **Ask your child to check off tasks when they are completed.** He/she can put question marks next to any task with which he/she needs your help.
- **Establish a routine.** Have your child show you his/her completed list before he/she can play.
- **Help your child** figure out where to store his/her things when he/she is not using them.
- **Set a good example.** Know where you put your keys. Check your calendar to prepare for the next day.
- **Show your child** how to keep his/her own weekly calendar.
- **Let your child experience the consequences** of forgetting. Don't bring his/her homework to school when he/she forgets it.
- **Praise your child** when he/she remembers and does what he/she is supposed to do.

Source: *The Parent Institute*

**Mark Your Calendars...** Eileen Healy will be at Meyerholz on Monday, March 21<sup>st</sup> at 7:00pm to present, *Building Children's Emotional Intelligence*. This parent education night is sponsored by our PTA. Be sure to look for the full-page flyer in next week's blue folder. Childcare will be provided.

### Safety Tips...

- Use corners and crosswalks to get to school.
- Crossing between parked cars is very dangerous.
- Always come to a complete stop at stop signs and wait a second to make sure the intersection is clear.
- Yield right of way to the children.
- Do not block neighbors' driveways
- Please be respectful to our traffic volunteers. They are out there to keep our children safe!



**Yearbook Reminder:** To all room parents and page designers: Your class page layouts are due in the office by **Monday, March 7 (deadline)**. Please bring your electronic copy of the class page and place CD, USB drive and/or sample page copy in the envelope packages that were distributed in October 2010. If there are any questions, please email Anita Yee at [meyerholz.yearbook@gmail.com](mailto:meyerholz.yearbook@gmail.com).



**Don't forget to order your Yearbook...** Yearbook orders also may be submitted in the office with \$25 cash/check payable to Meyerholz School. This price is valid until March 15<sup>th</sup> along with your order form.

### CUSD NUTRITIONAL SERVICES WEBSITE

Please check out our web page:  
<http://district.schoolnutritionandfitness.com/cupertinoused>

There is a lot of information dedicated to nutrition, fitness and health. Monthly lunch menus as well as information on how to pay for school lunches is also posted.

Also, 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.

### FROM YOUR SCHOOL NURSE

**Why you need to take care of your teeth** ---- Healthy teeth are key to a healthy childhood: kids need them for chewing, speaking clearly, and having a bright smile. While the eyes may be the windows to the soul, your mouth is a window to the body's health (MayoClinic.com). Therefore, teaching your child proper oral care at a young age is an investment in his or her health that will pay lifelong dividends.

Our mouths are full of bacteria that can be kept under control with good oral health care. Saliva is also a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in different ways. But harmful bacteria can sometimes grown out of control and lead to periodontitis, a serious gum infection.

**ATTENTION PARENTS** - Would you consider serving on the Meyerholz PTA Executive Board for the 2011-2012 school year? A flyer was sent home in last week's blue folder detailing all available positions. If you would like more information or have any questions please return the bottom part of the flyer to the school office or contact Shivaun Patel at (408) 996-9357 ([shivaunpatel@yahoo.com](mailto:shivaunpatel@yahoo.com)) or any of the existing Board members listed on the flyer. Help us to continue the tradition of PTA helping to make Meyerholz a special place for all our children. Extra flyers are available in the office.



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## DISTRICT NEWS

### GREAT SCHOOLS GROCERY DAYS

We all buy groceries for our families What if we could turn those grocery purchases into dollars for our excellent educational programs? Now we CAN with Great Schools Grocery Days! **You do not need to bring in a flyer as ALL SALES will count towards our schools.**

- **Wednesday, March 9, 2011 Marina Foods, Cupertino – 4% of all sales**
- **Tuesday, April 5, 2011 Whole Foods, Cupertino – 5% of all sales**

Great Schools Grocery Days is an extension of Great Schools Week and is organized by the Cupertino Educational Endowment Foundation. Additional information is available at [www.ceefcares.org](http://www.ceefcares.org).

### 2011 SUMMER SCHOOL UPDATE

The Cupertino Union School District continues to face major budget cuts from the state. As a result, there will be no available funds to implement the District's summer school program. As a result, there will be no regular education, CLIP, or ELD summer school this year.

Special Education Extended School Year is not affected and will be available for students currently identified and enrolled in Cupertino Union School District Special Day Classes (SDC) whose IEP includes summer school. Registration forms will be available from the SDC teachers beginning April 2011.

### 2011 STAR TESTING DATES

STAR Multiple Choice Testing will begin the week of April 25, 2011 and continues for two weeks. The STAR Program is a state accountability measure that helps us assess how we are meeting the needs of our students. You can help prepare your child for the test by ensuring your child goes to bed on time, eats a good breakfast, and leaves for school with a positive attitude. Please do not schedule any family trips or doctor appointments during this time.