



Lincoln Log

Lincoln Elementary School (408) 252-4798
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<http://www.LincolnElementary.net>

**Cupertino Union School District
Board of Education**

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October 15, 2009

Parent and Child Activity

It's Hunger Awareness Month. Do something to relieve hunger in your town or in the world.

Have everyone pitch in for a half-hour "blitz" of house cleaning. It teaches responsibility.

Source: Parent Institute

Calendar

Oct.	19-22	Book Fair
	22	6-9:00pm Family Book Fair
	22	6-7:00pm First Grade Literacy Night, GLC
	22	7-8:00pm DI Information Night, GLC
	26	Staff Learning Day No School
	27-30	Red Ribbon Week
	30	9:15am Kinder Halloween Parade
		1:30pm Gr. 1-5 Halloween Parade & class celebrations

PTA Book Fair (October 19-22)

The PTA sponsored Scholastic Book Fair will return to Lincoln from October 19-22. Students will have the opportunity to browse and purchase during their assigned time and during lunch. In addition, the Book Fair is open to parents only on Wednesday, October 21, from 9:15-9:45am and the Family Book Fair Open House on Thursday, October 22, from 6:00-9:00pm. We hope to see you all there. Proceeds benefit all students at Lincoln. Many thanks to Linda Hull and her committee for chairing this wonderful community fundraiser, and to the many other parent and staff volunteers.

First Grade Literacy Night

Thursday, October 22 from 6:00-7:00 pm in the Lincoln GLC, our first grade teachers will host a Literacy Night for first graders and their parents (no siblings please). They will discuss how to read with your child and to promote stronger reading comprehension skills, as well as how to complete the upcoming Blue Book Bag assignment. Please allow time for parking, or better yet, walk, as we are anticipating the attendance of about 100 parents, in addition to families attending the Family Book Fair at this time as well.

Destination ImagiNation Information Night

Have you thought about joining Destination ImagiNation? Interested parents and students should plan to attend an informational meeting on Thursday, October 22nd at 7:00 pm in the Lincoln GLC.

Halloween Parade

Lincoln's Halloween Parade will take place on Friday, October 30. Our annual parade will be at 1:30 p.m. and end at approximately 2:00 p.m. (Kindergarten students will parade through classrooms at 9:15 a.m.) Classroom celebrations will follow the parade. Please contact your room parent if you are interested in donating healthy food items.

Please help your child choose a costume appropriate for school that does not reflect violence. In accordance with the district's Zero Tolerance policy, students may not bring any toy weapons as part of their costume. Make-up and dyed hair are not permitted. Thank you for preparing your child for our Halloween celebration. Our priority is to ensure a safe, appropriate environment and to promote a positive and fun celebration. Parents are invited to join us for our Halloween festivities. Please sign in at the school office. Don't forget your camera!

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 requirements. Birthdays are celebrated in a healthy way without sugary treats. Schools need to meet physical education standards for all students in all grades involving daily physical activity.

Why should children eat healthy?

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

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.

PTA

PTA Reflections Contest 2009-2010: "Beauty is..."

The deadline for entries this year is tomorrow. Visit <http://www.capta6.org/reflections/parents.html>. If you have further questions, please contact Bhavini Kamarshi at bhavini111@yahoo.com.

LEEF

Read LEEF's online FAQ

Visit the LEEF website <http://www.LincolnLEEF.org> to read Frequently Asked Questions (FAQ) and learn more about LEEF donations and corporate matching. Thank you for supporting programs funded by LEEF donations!

DISTRICT NEWS

CUSD BUDGET UPDATE MEETINGS

Given the unprecedented magnitude of the state budget crisis and the uncertainty surrounding Cupertino Union School District's funding, Superintendent Phil Quon will be holding a number of budget update meetings throughout the District during October 2009. The Superintendent would like to invite all interested parents and community members to attend and hear what steps the district is taking to try and weather the state budget crisis. Please attend any meeting that is convenient for you. Here is a list of schedule and location of the remaining meetings:

- **Thursday, October 29, 2009 - 6:00-7:30 pm**
Lawson Middle School, Event Center
(10401 Vista Drive in Cupertino)
- **Monday, November 2, 2009 - 6:00-7:30 pm**
Cupertino Middle School, Gymnasium
(1650 S. Bernardo Avenue in Sunnyvale)

If you have any questions, please contact Jeremy Nishihara at (408) 252-3000, Extension 323.

McAuliffe Middle School Information Night

Christa McAuliffe School is one of the district's four alternative programs. McAuliffe, a K-8 parent-participation school in the Cupertino Union School District with a whole-child, developmental philosophy, offers a program which advocates for children to take ownership of their learning, to work collaboratively, to express their opinions, and to explore their interests. All interested parents are invited to the following events:

Middle School Information Night
Wednesday, Oct 21, 2009, 7-9 pm,
in the Performing Arts Center (PAC),
12211 Titus Ave., Saratoga

Teachers will present an overview of middle school goals and curriculum; McAuliffe alumni return to share their memories of middle school and to describe their transition to high school.

Middle School Parent Forum
Thursday, Nov 19, 7-9 pm, in Room 19

Panel of middle school parents will address questions in a casual environment.

Middle School Tours
Nov 6, Jan 15 & Jan 28, 8:45-11 a.m.

These tours are in conjunction with McAuliffe School tours, join a specialized tour of middle school classrooms led by a parent guide. Call 253-4696 or sign-up online at www.mcauliffek8.com. CUSD students only.

H1N1 GUIDELINES

The Santa Clara County Public Health Department guidance recommends that, based on current flu conditions, students and staff with flu-like illness stay home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

You can help keep our schools healthy by adhering to the following guidelines:

- Continue to enforce proper hand hygiene and respiratory etiquette - The recommendations continue to emphasize the importance of the basic foundations of disease prevention: stay home when sick, wash hands frequently with soap and water when possible or alcohol based hand sanitizer, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- Leave accurate information as requested on the school's absence line if you child is sick. This will help the school identify any potential issues as soon as possible.
- Promptly pick up your child from school if they are sent home for being ill. The school will keep ill students separated from others until they can be sent home. Please make sure that the school office has your updated contact information.
- Any returning students after an illness with a fever will need to have their temperature taken in the school office before returning to class. Teachers will be sending returning students back to the office to have their temperatures taken if they arrive directly to the classroom without being cleared.

2009-2010 District Calendar

August 20, 2009	Students Return
September 7, 2009	Labor Day
September 18, 2009	Staff Learning Day
October 26, 2009	Staff Learning Day
November 11, 2009	Veteran's Day
November 25, 26 & 27, 2009	Thanksgiving Recess
Dec. 21, 2009 - Jan. 1, 2010	Winter Recess
January 18, 2010	Martin Luther King Day
February 15-19, 2010	Mid-Year Recess
March 15, 2010	Staff Learning Day
April 12-16, 2010	Spring Recess
May 28, 2010	Staff Learning Day
May 31, 2010	Memorial Day
June 10, 2010	Last Day of School