



# Lincoln Log

**Lincoln Elementary School** (408) 252-4798  
21710 McClellan Road, Cupertino, CA 95014  
<http://www.LincolnElementary.net>

**Cupertino Union School District  
Board of Education**  
Anjali Kausar  
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**Superintendent**  
Phil Quon

**Lynn Shimada, Principal**

**October 29, 2009**

## Parent and Child Activity

Feeling capable boosts your child's self-esteem. Take time today to teach your child a life skill.

Ask your child what changes he'd make if he ran for a political office.

Play Alphabet Mixup. Choose a word; rearrange the letters in alphabetical order. Can your child figure out the word?

*Source: Parent Institute*

## Calendar

Oct.	27-30		Red Ribbon Week
	29	11:30am	4 <sup>th</sup> & 5 <sup>th</sup> Grade Sing-a-long
	30	9:15am Kinder	Halloween Parade
		1:30pm Gr. 1-5	Halloween Parade & class celebrations
Nov.	1		Daylight Savings Ends
	4	7:00pm	PTA Meeting, GLC
	5	3:40pm	SSC Meeting, GLC
	11		Veteran's Day <b>NO SCHOOL</b>
	13		1 <sup>st</sup> Trimester Ends
	18-20		5 <sup>th</sup> Grade-Mission Springs
	25-27		Thanksgiving Recess <b>NO SCHOOL</b>

## 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. Plastic swords, toy guns, and other weapons are not allowed on campus. Make-up and dyed hair are not permitted. Students should come to school dressed in their regular clothing (except Kindergarten.) Please send costumes to school in a bag marked with the child's name and room number. They will change into their costumes after lunch.

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. Parking passes will be available in the office for the side streets. Don't forget your camera!

## Fire Assembly

Captain Doug Young and his Hazardous Materials Crew from Seven Springs Fire Department came yesterday for the fifth grade students. Two trucks and four crew members arrived to demonstrate how chemistry is used in the real world. The students were exposed to how chemical reactions work in ice packs, how chemistry allows firefighters to identify acids at crime/fire scenes, how Haz Mat suits allow rescuers to enter buildings or places where toxic fumes are and how chemical reactions can make small explosions. Captain Doug and his crew also gave out chemistry formulas to show kids how the process worked and how their "textbook" curriculum worked in realistic situations. If you have a chance make sure to thank a fire fighter-they do much more than just put out fires!

## Set Your Clocks Back

Daylight savings time ends on Sunday, November 1. Don't forget to set your clocks back one hour on Saturday night.



## School Site Council Agenda – Nov. 5, 2009

Call to Order  
Minutes  
Budget  
Principal's Updates  
Items of Business  
    School Plan Timeline  
    GATE Update  
    DAC Update  
Action Items  
Adjourn

The next meeting will be on January 7, 2010 at 3:40pm.

## Check Lost and Found

Is your child missing a sweatshirt, jacket or lunch box? It could be in the Lost and Found. Please have your child check for any missing items. All unclaimed clothing will be donated to charity over the break. Be sure to put your child's name in articles of clothing so that they can be easily reclaimed.

## Update Your Child's Enrollment Card

Please update your student's health and enrollment card with contact information for anyone who is authorized to pick up your child. Anyone who is picking up your child after school on a regular basis should be on the card. Neighbors, friends and especially childcare or pick-up service employees need to be listed. Cell phone numbers are particularly helpful. Please come by the office and update your child's card any time there is a change.

## PTA

### Lincoln Running Program

In conjunction with Red Ribbon Week, the Lincoln Running Program started the year with a special run/walk – if your student completed 4 laps they received a red ribbon token.

Sign-up to help! Due to the scarcity of volunteers, Wednesday is currently the only day the running program is offered. If you have time to help, please email Lydia\_moor@yahoo.com to volunteer.

### 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 window to the soul, your mouth is a window to your 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 grow out of control and lead to periodontitis, a serious gum infection.

When your gums are healthy, bacteria in your mouth usually don't enter your bloodstream. However, gum disease may provide bacteria a way into your bloodstream. Some researchers believe that these bacteria and inflammation from your mouth are linked to other health problems in the rest of your body.

One of the main causes of gum disease is plaque. Plaque is the colorless, sticky film of bacteria that is constantly forming on your teeth and, left to build up, is one of the main causes of tooth decay and gum disease, which can result in tooth loss.

"Cavities" is another way of saying tooth decay. Tooth decay is heavily influenced by lifestyle, what we eat, how we take care of our teeth, and the presence of fluoride. Cavities are very serious. Left untreated a cavity can destroy your tooth and kill the delicate nerves at its center, which can result in an abscess, an infection at the root tip. Once an abscess forms, it can only be treated with a root canal, surgery or by pulling the tooth.

Important things to do to keep your teeth healthy:

- Brush your teeth twice a day for at least 2 minutes
- Clean in between with dental floss daily before brushing
- Brushing your teeth together sets a good example and helps your child learn by watching and imitating you!
- Have regular dental checkups
- Maintain a well balanced diet limiting starchy or sugary foods, which produce plaque acids that cause tooth decay

So remember, starting early and starting right will ensure that your child's smile stays healthy and bright!!!

## 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. 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. The Superintendent has already held four meetings. The last meeting is scheduled for:

- **Monday, November 2, 2009–6:00 to 7:30pm**  
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.

### 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

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