



Dragon Dispatch



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Kerstin Johnson, Principal

Cupertino Union School District

November 4, 2016

Board of Education - Anjali Kausar, Josephine Lucey, Kristen Lyn, Soma McCandless, Phylis Vogel Superintendent – Wendy Gudalewicz

Traffic Volunteers for the week of Nov. 7 - 10 are from room 13
Traffic Volunteers for the week of Nov. 14 - 18 are from room 12

CALENDAR OF EVENTS

Nov. 5	Walkaround – 1:00 – 6:00 p.m.
Nov. 7	SSC Meeting – 7:45 a.m.
Nov. 7 – 10	Red Ribbon Week
Nov. 10	Sports Day
Nov. 10	HSC Meeting – 7:00 p.m. in the GLC
Nov. 11	Veterans Day Holiday – NO SCHOOL
Nov. 18	Dilworth Day
Nov. 21 – 25	Thanksgiving Recess – NO SCHOOL
Nov. 28	Vision Screening (Grades 1, 3 & SDC)
Nov. 30	Dare To Care
Dec. 2	Mustache Day
Dec. 2	Report Cards Go Home
Dec. 9	Dilworth Day
Dec. 10	Holiday Book Fair – 12:00 – 4:00
Dec. 12 – 16	Holiday Book Fair – 8:30 – 3:00
Dec. 16	Inside-Out Day
Dec. 19 – Jan. 2	Winter Recess – NO SCHOOL
Jan. 3	Students Return to School

Good afternoon, Dilworth families:

Welcome to November! Over the past week, we’ve had many wonderful celebrations at Dilworth. From the Diwali festival to the Halloween Parade to the Narrative Writing Units publishing parties, Dilworth has been a festive place. I would like to say thank you to our parents and staff for making these experiences possible for our students.

This Saturday brings one of the most special events of the year at Dilworth:

Walkaround! Please plan to join us for some (or all!) of the event, which will take place on the field from 1 PM- 6 PM. This fundraiser (the only fundraiser for the year at Dilworth) helps our Home and School Club support Dilworth in many ways, including funding primary music, Art classes for all students, Math Club, materials for classrooms and the library, chorus, and so much more.

Thank you, all, for your ongoing support of Dilworth! See you on Saturday! Ms. Johnson

CURRICULUM CORNER: NARRATIVE WRITING UNIT

Last Friday, we finished our first writing unit from the Writer’s Workshop curriculum. Since September 19th, our students have been working on brainstorming, drafting, revising, and publishing stories based on personal experiences and realistic events. I have been so impressed by the depth of their story-telling and their excitement! Seeing their progress as writers is absolutely inspirational and I commend our staff for their hard work guiding these lessons.

At the end of November, we will be launching the second unit, which will focus on informational writing. I would love to bring in some non-fiction authors to share their writing experiences with our students. If you, or anyone you know, has written a non-fiction article or book and would be willing to come talk with a class or two about the writing process, please email me at: johnson_kerstin@cusdk8.org. Amongst our Dilworth community, I imagine we have many published authors!

BOX TOPS - Thank you to everyone who has sent in Box Tops so far! With your support, we have already raised more than \$140 for Dilworth. Keep an eye out for these rectangular coupons on commonly used products, including: Reynolds, General Mills cereals, Ziploc baggies, and much more! All you need to do is clip the Box Top and send it to the Dilworth school office. There is even an app for it, called Box Tops for Education, where all you have to do is scan your receipt and earn cash for our school!

IMPORTANT MESSAGE FROM THE HEALTH OFFICE - As the cold and flu season is now upon us, we would like to remind you of our district policies regarding illnesses. If your child has any of the following symptoms within 24 hours, please keep them home until there are well:

- Nausea or vomiting
- Diarrhea
- Frequent coughing or sneezing
- Evidence of a communicable disease such as a rash, swelling, or unusual sores
- A temperature of 100 degrees or above (your child may not return to school until he/she has been fever-free for 24 hours without medication).

We do have students on our campus whose ability to fight off infection may be weakened due to medication, chemotherapy, or illness. Please follow these guidelines to ensure your child and all the students and staff at Dilworth can remain healthy through the fall and winter.

WALKAROUND IS TOMORROW . .

If you can help, please use this link to sign up: <http://signup.com/go/Qg6VxX>

We really need parents to help with lap card punching later in the day.

Please consider donating one hour of your time on Nov. 5th to help make our fundraising event a success. The day will be filled with delicious goodies from a variety of food trucks, our own food tent with Samosas, Yogurtland frozen treats, and other goodies, as well as a great book sale hosted by our Brownie Troop, a silent auction table, fun music and lots, and lots of walking. Come have fun and support our fundraising efforts.

SECOND HARVEST HOLIDAY FOOD DRIVE - The Morning Enrichment students are organizing a food drive. We will be working with the Second Harvest Food Bank of Santa Clara and San Mateo Counties, a private non-profit organization that collects and distributes more than 26 million pounds of food each year to low-income children, adults, and seniors.

We will have donation bins in the office and GLC. When your collection bag comes home on Friday, please, fill the bag and have your child bring it to school next week. Our goal is to fill all 15 collection barrels. That would be approximately 2,200 pounds of food.

Items that are needed the most include; powdered milk, peanut butter, baby formula, cereal, and canned meats - like chili, stews, and pastas. **Please do not send in anything that is in a glass container as it will break in the bins.** We look forward to your support in this effort. Mrs. Gauthier and the Morning Enrichment students.

SCRIPPS SPELLING BEE - Students in grades 1st - 5th are invited to participate in the Scripps Spelling Bee. Interested STUDENTS need to come to the GLC at recess to pick up their spelling word study packet. The classroom spelling bee will take place on Nov. 30th. The winner from each classroom will be invited to participate in the school-wide bee that is scheduled for Jan. 11th. If you have any questions about the spelling bee, please contact Mrs. Gauthier

RED RIBBON WEEK - Red Ribbon Week takes place Nov. 7th through Nov. 10th. On Monday, Nov. 7th, the students will receive red ribbons to wear. On Wednesday, Nov. 9^h, we are asking students to wear red clothing. During this week, we explore our life-long commitment to a drug-free, healthy, safe lifestyle. Teachers will discuss Red Ribbon themes in each grade level, and students will listen to and discuss literature selections designed to strengthen self-esteem, values, and confidence. You can support this teaching with family discussions about values. A strong value system and parent support can empower students to make positive choices rather than be influenced by peer pressure.

DISTRICT NEWS SECTION - Vol. 6 2016-2017 - Elementary School

MINDFULNESS SKILLS FOR PARENTS

Tuesday, November 29, 2016

**Location: Fremont Union High School District Professional Learning Center
589 West Fremont Avenue, Sunnyvale, CA 94087 Time: 7:00 - 9:00 p.m**

Presenter: Linda Lotspeich, MD, Med, Child Psychiatrist and Clinical Professor of Psychiatry and Behavioral Sciences Autism and Developmental Disabilities Clinic at Stanford

Dr. Lotspeich will explore topics including: What is mindfulness? How can we better manage our own difficult emotions as parents? How can we move from coping to living more meaningful lives? How do we stay present and responsive to our children while planning for the future? This education program offers instruction in mindfulness practice including meditation and its application for reducing stress and improving self-esteem and quality of life and how mindfulness can address specific challenges of parenting a child/adolescent/adult with disabilities.

