

# DARTMOUTH MIDDLE SCHOOL

*A California Distinguished School*

## NEWSLETTER

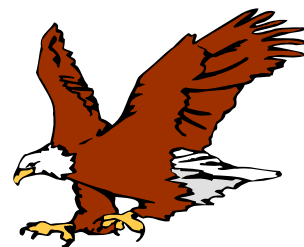
Carole Carlson, Principal

Genevieve Lau, Assistant Principal

Union School District

Jacqueline Horejs, Superintendent

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Dartmouth: [www.unionsd.org](http://www.unionsd.org)

October 2009

### NOTES FROM THE PRINCIPAL

Dear Parents:

It has been a wonderful start to the year. Amazingly, we are already half way thru the first quarter. Please be sure you have checked on your students' grades on the computer. Grades posted on October 28<sup>th</sup> represent your child's grade at this half way point. If you need any assistance in looking them up, please feel free to call our office. Many parents are telling me they do this process with their child on a weekly basis. I think the information you find, coupled with the information your child has in his/her daily planner will provide you with the detail you need to assist your child in completing all assignments AND seeking help if needed.

We are thrilled to announce that the Homework Center will be opening on Monday, October 5<sup>th</sup>. It will be open Monday-Thursday until 4:15. Students are also welcome on Wednesday morning beginning at 8:15 in the computer lab. Many thanks to the City of San Jose for making middle school homework centers a priority and to Dartmouth's Home and School Club for a donation that allows us to keep it open all year! As always, students will be able to work with our own Dartmouth teachers!

We also have the library open during lunch several days per week. Many students are finding that a great place to study, work on the computers or play games.

Thank you to the many parents who attended the Annual Dartmouth Barbeque. A good time was had by ALL and the money will allow us to continue our full sports program. Particular kudos to Mr. Burk who chairs this outstanding event.

In closing, I want you to know that the students have exhibited outstanding behavior both in and out of the classroom. Recent visitors have commented both on their friendly, polite behavior and on their

level of engagement in the classroom. Thank you for your support and for sending us students ready to learn.

Sincerely,

Carole Carlson

### DISTRICT NEWS

The Union School District and its students will be participating in the Great California Shakeout on October 15 at 10:15 a.m.

Over 4.7 million Californian's are participating in the 2<sup>nd</sup> annual Shakeout, a drill in preparation of a major earthquake. For more information on how to protect your family and make your preparations in case of a major earthquake, go to <http://www.shakeout.org>

Sincerely,

Audrey

### The American Red Cross

The seven steps to Earthquake Safety include

1. Identify earthquake hazards in your home and check if you are in a tsunami zone.
2. Create a disaster plan
3. Create a disaster supplies kit ( if you park you car outside away from structures and trees, your car is one of the safest places to keep your kit)
4. Identify and fix your home weakness.
5. During an earthquake-Drop, cover and hold
6. After the earthquake check first for injuries and then for damages
7. When safe continue to follow your family disaster plan

### REMINDER

PLEASE REMEMBER THAT THE NEWSLETTER IS POSTED ON THE LAST DAY OF THE MONTH. FOR

UP-TO-DATE NEWS PLEASE LOG IN TO YOUR STUDENT IN POWERSCHOOL. CLICK ON THE "DAILY BULLETIN" ICON AND READ THE INFORMATION GIVEN TO YOUR STUDENTS EACH MORNING!!!

#### PLEASE NOTE

Our first dance of the school year will take place on October 29th in the school cafeteria. Tickets will go on sale Tuesday, October 27 at \$5.00 a piece. The dance will run from **6:00 to 8:00** p.m. Mark your calendars and plan to come and have a great time!

**The sixth grade social will take place after school from 3-4:30. Watch for flyers and posters letting you know about this exciting event!**

#### DARTMOUTH NEWSLETTER

Are you interested in what's happening at your student's school?

Go to [www.unionsd.org](http://www.unionsd.org). This is the District site where you can see the District calendar. You can then click on "schools" and then choose "Dartmouth".

If you do not have access to e-mail your student can pick up a copy of the newsletter after school in the office.

#### HOMEWORK CENTER

**THE HOMEWORK CENTER OPENED ON MONDAY, OCTOBER 5<sup>TH</sup>.**

The Homework Center is open Monday through Thursday, from 3:00 to 4:15 p.m. This is a drop-in Homework Center with Dartmouth teachers on site to provide help with homework questions.

The Computer Lab is open from 8:15 – 9:10 a.m. on Wednesdays. Students may arrive at anytime during the morning Homework Center. **They do not have in and out privileges; they must remain in the lab.** Students who use the Computer Lab are expected to use the computers for schoolwork. Surfing the Web or game playing is not allowed.

Please make use of the Homework Centers. They are a wonderful resource for students.

#### HOME & SCHOOL CLUB NEWS

Home and School Club has two membership drive contests this year. One is based on participation, simply turn in membership form and/or escrip registration form (you can go online [www.escrip.com](http://www.escrip.com) and register as well). The winning team will receive a pizza party. The other is based on donations received. The winning team (by grade level) will win \$200.00 for the team and a teacher wish list item for the classroom. Participation will be credited to each child if you have more than one at Dartmouth and donation divided equally between each team. So far the Lions are in the lead with the Otters close on their heels for Participation. For donations the leading teams are for 6th grade, Lions; 7th grade Dragons; and 8th grade Nuggets. All teams are within a few hundred dollars. Look for more details in the coming days. Contest ends October 29th.

For those families that have not yet turned in a Dartmouth Home and School Club membership form, you should be receiving one in the mail by Monday. Please return as soon as possible to your child's social studies teacher or directly to the office. Thank you for your support.

#### MUSIC NEWS

Come join the Dartmouth Jazz Band! Exciting, pulse-pounding music and a "jazzy" teacher are just the beginning! Come to the band room Wednesday mornings at 8:10 a.m. and join the fun!

There will be a mandatory parent meeting for **concert band** students on Thursday, October 29<sup>th</sup>. The 7 p.m. meeting will take place in the band room. We will be discussing Disneyland!!

#### P.E. CLOTHING

P.E. clothing may be purchased throughout the year. **Please send your student with a check made out to Dartmouth Middle School.** They may turn the check in for their clothing in the school office. They will receive a receipt that they will take to their P.E. teacher to receive the clothing.

Reversible t-shirt	\$10.00
Sweat pants	\$15.00
Sweat shirt	\$18.00
P.E. shorts	\$10.00
Gym Bag	\$12.00
Locks	\$ 6.00

## SPORTS SEASON

Cross Country	Aug. 25 – Oct. 22
Boy's Volleyball	Aug. 25 – Oct. 22
Girl's Soccer	Aug. 25– Oct. 22
Girl's Basketball	Oct. 19 – Dec. 18
Wrestling	Oct. 12 to Dec. 17
Boy's Basketball	Dec. 14 – Feb. 11
Girl's Volleyball	Feb. 22 – Apr. 8
Boy's Soccer	Feb. 22 – Apr. 8
Track & Field	April 5

For specific information please go to [www.unionsd.org](http://www.unionsd.org) Click on "schools" then "Dartmouth" then on the menu on the left " sports" Click on the name of the sport and all the information concerning that sport will pop up.

## LUNCH

Lunches for the 2009-2010 school-year will be \$3.25.  
Breakfast will be \$1.75.

## FIT FOR LEARNING

"Physical Fitness" is a combination of several aspects; the body's ability to function efficiently and effectively. It consists of health-related physical fitness and skill-related physical fitness, which have at least 11 components, each of which contributes to total quality of life. It also includes metabolic fitness (a state associated with reduced risk for many chronic diseases) and bone integrity. It is related to, but different from, health, wellness, and the psychological, sociological, emotional-mental, and spiritual components of fitness. It can be measured by flexibility, strength, cardiovascular fitness, muscular endurance, and body composition (health-related components) and agility, balance, coordination, power, reaction time, and speed (skill-related physical fitness).

"Wellness" involves many different aspects of one's quality of life. It involves a person's sense of well-being about life, as well as their ability to function effectively, on a social, emotional/mental, spiritual, and physical level.

Health is the optimal well-being that contributes to one's quality of life. It is not limited to freedom from illness and disease, though freedom from illness and disease are important to good health. Optimal health includes high-level mental, social, emotional, spiritual, an physical wellness within the limits of one's heredity and personal abilities.

It is possible to possess health and wellness while being ill or possessing a debilitating condition. Debilitating conditions, such as the loss of a limb or loss of function in a body part, can contribute to a lower level of functioning or an increased risk for illness and thus to poor health. On the other hand, such conditions need not limit wellness. A person with a debilitating condition who has a positive outlook on life may have better overall health than a person with a poor outlook on life but no debilitating condition.

Throughout this upcoming school year, Fit For Learning will present many ideas to help our students and their families to be Healthy and Well. Physical Fitness tips, recipes, and stress-reduction tips will be included. Please check back weekly for new suggestions to help us all be Fit For Learning!

## FORTY FABULOUS FLAMINGOS

Would you like to surprise a friend? Imagine the look on their face when our Flock of Forty Fabulous Flamingos magically appears on their front lawn overnight. Great for birthdays, anniversaries, or just to brighten someone's day!

For a small donation (\$40.00 or \$1.00 per bird), we will arrange the flamingos and place your personal message at your friend's home for a day. Your donation will help support the bands many activities throughout the year.

Call the band room for further information.

## FROM THE ELEMENTARY SCHOOLS

Alta Vista will be celebrating 25 years of Art Vistas on November 13<sup>th</sup> from 6 – 9 pm.

Come create your own work of art, enjoy delicious desserts, peruse great works of art, meet with directors, and learn how Art Vistas has benefited the community.

This event will generate funds to keep this amazing program going. Antiquated slide projectors, prints, curriculum and Student Art Show kiosks all need updating!

For more information, including t-shirt purchases, please contact Liz Pyle at (408) 265-8772 or [president@artvistas.org](mailto:president@artvistas.org)

## DATES TO REMEMBER

10/12	District Office Board Meeting 6:00
10/15	Picture re-takes 8 am, break and lunch only
10/17	Recycle Day 9 – 4 p.m.
<b>10/29</b>	<b>6<sup>th</sup> grade social 3-4:30</b>
10/29	School Dance – 6-8:00 7 <sup>th</sup> and 8 <sup>th</sup> grade \$5.00

10/30	Staff Development Day <b>No School</b>
11/6	Home & School Mtg. 6:30 School Site Council 3:05
11/9	District Board Meeting 6:00
11/11	Veteran's Day – no school
11/9	District Board Mtg. 6:00 p.m.
11/23	Turkey Trot
11/25-27	Thanksgiving – <b>no school</b>
11/30-12/11	Canned Food Drive
12/5	Los Gatos Parade – band
12/6	San Jose Parade – band
12/14	District Board Mtg. 6:00 p.m.
12/17	Winter Concert – 7:00 PM
12/21-1/1	Winter Break – <b>no school</b>
1/11	District Board Mtg. 6:00 p.m.
1/18	Martin Luther King, Jr. – <b>no school</b>
2/2	Egypt Night
2/4	Home & School Mtg. 6:30 Site Council 3:05
2/8	District Board Meeting 6:00
2/12	Valentine's Dance 6-8:00 7 <sup>th</sup> & 8 <sup>th</sup> grades \$5.00
2/15-19	President's Week – <b>no school</b>
3/4	Pops Concert – 7:00 PM
3/4	Home & School Mtg. 6:30 Site Council 3:05
3/8	District Board Mtg. 6:00 p.m.
3/12	Spirit Night
3/26	Comedy Night
4/1-3	The Dartmouth Play
4/5	District Board Mtg. 6:00 p.m.
4/5-8	Cheer Try Outs
4/8	Open House
4/12-16	Spring Break – no school
4/30	Fashion Show
5/10	District Board Mtg. 6:00 p.m.
5/12-15	Disneyland – band
5/28	Spring Concert - 7 p.m.
5/31	Memorial Day – <b>no school</b>
6/11	Graduation Ceremony 6:00 p.m.
6/11	Last Day of School
6/14	District Board Meeting 6:00

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## Communication Tools About Flu for School Administrators

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August 7, 2009 9:00 AM ET

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Dartmouth. We want to keep the school open to students and

functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the Santa Clara County Office of Education and the Santa Clara County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home.*

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit <http://www.unionsd.org> or call [appropriate school phone number]. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

**Superintendent's Monthly Message**  
**By Dr. Jacqueline M. Horejs**  
**October 2009**

Anyone who has ever visited our schools knows that we deliver a top notch educational program, so it's not a surprise that our test scores are high and that our district does well in state rankings. But even armed with that knowledge, we were thrilled to see this year's District Academic Performance Index (API) soar twenty-two points! Thanks to the dedicated efforts of our staff, the District's overall API was 887, up 22 points from last year! The District's outstanding growth is due to the amazing performance of every one of our schools. Every school in the District increased its scores between 5 and 51 points, and four of our eight schools are now over 900. We are proud of these results and greatly appreciate the tireless commitment and dedication of our teachers and parents who make sure that every child is a successful learner.

We all know that students need to be in school in order to be successful learners. To protect the well-being of our students and curb the spread of illness in our classrooms, Union Elementary School District is working closely with the Santa Clara County Public Health Department. With the advent of H1N1, a new strain of influenza, schools have been reminding students and parents of steps that can prevent the spread of flu. Staff members are monitoring students who show symptoms of the flu and are sending them to the school health office for evaluation. School health offices have been provided disposable masks for use by anyone exhibiting severe symptoms to prevent coughing or sneezing on others while waiting to go home. Classrooms have disinfectant cleaners and are providing students with time and supplies for practicing good hand hygiene. In addition, Public Health Officer Marty Fenstersheib has urged everyone to get their seasonal flu shot now. We will continue to post updates on the H1N1 flu on our district web site to keep you informed.