

The Graystone eLINK



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San Jose, CA 95120
408-535-6317

Please visit our School Website:
<http://www.sjUSD.org/graystone>

For the Week Ending : January 20th, 2012

JANUARY

Message from the Principal

Jan. 22nd - H&SC
Willow House Event
2:00pm - 5:00pm

Dear Parents,

Jan. 23rd - H&SC
Willow House Event
9:00am- 12:00pm

On Tuesday, we had the honor of being visited by sixteen educators from Korea. They came to our district after a stop in Los Angeles last week where they saw schools in the Los Angeles Unified School District. The visitors were teachers, principals and district office personnel. They spent about an hour and a half at Graystone and visited several classrooms. They also toured the computer labs, media center and Superdome. The Korean educators were very impressed with our teachers, our students and our school facility. A big thanks to Mrs. Christina Kim, Mrs. Karen Kim and Mrs. Jung Ran Yu for assisting us in welcoming the visitors and in helping to translate their questions and comments. We couldn't have done it without them!

Jan. 23rd - Chat with
the Principal 9:00am

FEBRUARY

Some of you have asked about our California Distinguished School Award application. We do know that the applications were read and evaluated last week in Sacramento. While we have not yet heard any news about our application, we are confident that we have a fabulous school and that we wrote the best application that we could. I will keep you posted on any information about the award as soon as we find out anything about it.

Feb. 2nd & 3rd-
Wellness Fair all day

On February 2nd and 3rd, we will be having the first ever Graystone Health Fair. Parent Kim Moore is in charge of this event and has already arranged to have a number of professionals join us for presentations on both days. Now we need non-professionals to help organize, move students from one activity to another and assist the professionals. If you are able to help out on one or both days, please email Kim Moore at pedi_pt@yahoo.com. The K to 2nd grade Health Fair is on Thursday, Feb. 2nd and the 3rd to 5th grade in on Friday, Feb. 3rd. No specific skills are necessary. Thanks for your help!

Feb. 7th - Home &
School Club Mtg. at
9:00am in Cafeteria

Feb. 16th - Library
Event. 6:30pm in
Superdome.
"The Bubbleman"

Feb. 20th - Home &
School Club
"Grown-up Gathering"
6:00pm - 11:00pm at
the Scottish Rite
Center

As always, we truly appreciate your help and participation.

Warm regards,
Priscilla Spencer

HOME & SCHOOL CLUB NEWS

Graystone's Home & School Club invites you to a Pre-Auction Event featuring: Willow House's Style for Home décor and Designer Jewelry by Sara Blaine.

Come enjoy light refreshments while you check out the new Spring/Summer décor catalog and product display. You can also experience the beauty of Sara Blaine's Jewelry and pick out something special for someone your love, just in time for Valentine's Day.

The boutique will take place at the Blodgett residence at 6920 Azalea Drive and will be open on Sunday, Jan. 22 from 2-5pm and Monday, Jan. 23 from 9-12noon. You can also shop online at erinblodgett.willowhouse.com and enter Graystone Elementary as the party host to attach your order to this event. Your purchases will benefit our science, art, technology, and literacy programs.

GRAYSTONE GROWN-UP GATHERING

Invitations came home today for the 1st Annual Graystone Grown-up Gathering (otherwise known as GGG). This year's event will take place on Friday, February, 10, 2012 from 6pm to 11pm at Scottish Rite Center. The cost is \$45 per person and includes a crab and pasta dinner, dancing, and a fun silent and live auction with all proceeds going to support Graystone's many supplemental programs, such as music, art, science, technology, and the media center. For information on attire, directions to the event, and the evening schedule, go to the event website at <http://www.graystonehsc.org/GGG>. There are several different ways to purchase tickets. Come to the Superdome, Monday, January 23rd until Friday, February 3, on Mondays and Fridays tickets will be sold before school starting at 8:30am or after school any day until 3:30pm. Or, if you can't make it to school, tickets can be purchased with credit cards online at <http://www.graystonehsc.org/GGG> or to pay with cash or check, go to the website and print an order form that can be turned into the school office (an email confirmation will be sent).

**It is not too late to get creative and add to this fun event. Please consider doing one of the following:

If you like to entertain or cook consider hosting:

- A themed dinner party like a mystery dinner, scavenger hunt, progressive dinner or some type of international dinner party
- A wine tasting/wine pairing party or chocolate tasting party
- Cooking demonstration, cater a meal, offer cooking classes to kids or adults

If you have a hobby or special talent consider sharing it:

- plant flowers, landscape a yard, design an exterior or interior of a home
- knit or crochet a quilt, sew cloths, costumes, or special event dresses
- photograph a family, draw a portrait or landscape, design and create a photo book or calendar
- tutor a child or adult, teach a foreign language

If you love art, music or theater:

- teach music lessons, art lessons, or a drama class
- donate tickets to a concert, theater or opera performance
- donate an art piece or painting

- If you love to a travel and experience adventure:
- donate time/days in a vacation home
 - donate air miles
 - offer a group backpacking, hiking or rock climbing excursion
 - offer a sailing or fishing trip

- If you know a celebrity, author or sports figure:
- arrange for a lunch, or small group gathering to meet the individual/s
 - arrange for an "autograph" session or donation of tickets, books, or memorabilia

Please consider some of the suggestions listed above and consult family or friends. Your donation may even end up being a group effort. Please contact Holly Case or Katrina Healy with any questions or donations at ggg@graystonehsc.org.

MEDIA CENTER NOTES...

Moms, skip to the next paragraph - do not read this!!-----

On January 31st, we will be holding our annual "Build a Valentine Book for Mom" event. The flyer will go home with all the particulars in your child's Friday folder. We can't wait to see all the wonderful books that will be created for Moms.

OK--Moms--welcome back to the Media Center Notes.

Lauren Myracle, author of the *New York Times* bestselling Internet Girls trilogy--ttyl, tfn, and 18r, g8r-- will be visiting with our 4th and 5th graders on Wednesday, January 25th at 1:30 pm. Lauren will be presenting the newest book in her Flower Power series, Oopsy Daisy (ages 9 & up). Her books will be on sale at Graystone and will be available for her to autograph.

Thanks to our wonderfully successful Book Fair back in December, I will be able to offer each of our grade levels about \$400 toward grade level materials. Thank you so much for your support! I will be also be adding a significant number of new books to the library. SO, many thanks go out to all of you who shopped at our Book Fair.

These rainy days of ours are just meant for curling up with a good book --- enjoy them while you can!!

Happy Reading!

Melissa Powell, Literacy Events Coordinator

HERITAGE DAY

Graystone's annual cultural fair will take place on Friday, March 23, 2012. We have fourteen countries participating so far: Assyria, Brazil, China, Finland, Germany, India, Iran, Italy, Japan, Korea, Mexico, Sweden, Turkey, and Vietnam. If you don't see your heritage listed, we need your help! Please turn in a volunteer/participant form (extra

forms are in the office and can be downloaded from the HSC web page at <http://www.graystonehsc.org/events/heritage-day/>).

Our next planning meeting will take place on Friday, February 10th at 9AM, right after drop off, in the Super Dome. If you have questions, please email Carol Chiu (cichiu@pacbell.net) or Negin Hojabri (negin@hojabri.com). We are looking forward to another great Heritage Day!

GOLD RUSH

Attention Fourth Grade Parents! Mark your calendars and save the date of Friday, May 18th! Carabelle Park will be transformed into a Gold Rush town, and we need your help to pull off this wonderful day for our fabulous fourth graders. We had our first meeting today, Friday, Jan. 20th, but it is not too late if you would like to still get involved. Please email Carol Chiu at cichiu@pacbell.net or call 997-0146. For those parents that would like to help for a few hours on the day of the event, more information will come home in April allowing you to sign up for a volunteer slot using i-volunteer. We will need many parents to help on the day of the event.

GRAYSTONE HEALTH

PARENT VOLUNTEERS NEEDED for school health fair on Feb 2nd and 3rd. No health care experience needed. Basic duties will be to assist presenters by handing out items, directing kids to next station, etc. If you are able to help for any part of either of these dates please contact Kim Moore at pedi_pt@yahoo.com. Graystone will be having our first Health Fair for our children on February 2nd and 3rd, 2012. It will take place during school hours. We are looking for parents who work in health care to help out with the event: medical doctors, nurses, dieticians, dentists, dental hygienists, etc. These volunteers will not have to come up with any of the activities, information or displays. Those will all be provided. We need people to run the booths. It would be optimal to have someone in the health field to be able to answer the questions the students have. If you are interested in helping and are not in the health care field, your help is most welcome as well. We will try to pair you with a health care professional. For additional information or to volunteer, please contact Kim Moore at pedi_pt@yahoo.com. Thank you!

OTHER NEWS.....

For those of you who are new, welcome. We have a first grade student named Isaac Ruiz. He has a genetic disorder called Osteogenesis Imperfecta (O.I.) a.k.a Brittle Bone Syndrome. He is confined to a wheelchair and students need to take special care when playing around him. He is cognitively sound and is a typical 7 year old boy. The teachers have spoken to their students about him in the beginning of the year. If your child has any further questions about his condition they can either ask him or go to WWW.OIF.ORG to learn more about O.I.

Thank you for your support in educating our children on those with disabilities.

Julie Miller, 1:1 Aide for Isaac

CELL PHONES at SCHOOL

Recently, we have had a number of issues with cell phones at school. Since they tend to get lost, stolen, broken or misused at school, we would prefer that students do not bring them. However, if for some reason, you believe that they need to have a cell phone, here is the district policy regarding cell phones. Under Board Policy 5131(e), "Cellular phones and pagers must be turned off during class and must be kept in student's purse or backpack at all times during school hours...If a disruption occurs, the school district employee shall direct the student to turn off the device and/or confiscate it." Cell phones that are confiscated will need to be picked up in the office after school. After a second offense, parents must pick up the cell phone in the office. In addition, students may not use their cell phone at school to shoot a video at any time. "Students who violate this policy may be prohibited from possessing a personal electronic device at school. The school is not responsible for lost or stolen cell phones." Please review these rules with your students if you are allowing them to bring a cell phone to school. Thank you.

Pennies for Patients Starts January 30

Can you spare some change? Graystone's annual fundraiser to benefit the Leukemia and Lymphoma Society begins Monday, January 30. We will be collecting spare change and dollars to benefit children with blood cancers. Please look for an announcement next week in your child's Friday folder for details!! Thanks for your generous donations!

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ASK THE DOCTOR

FLU VACCINATIONS

information provided by:
almadenpediatrics.com



A recent phone survey found that 2/3 of mothers were planning on having their children vaccinated against the flu this year. That's great news. Unfortunately, that still leaves 1/3 of kids and families unprotected against the flu. And the main reasons for not getting the flu shot are based on the age old misconceptions. So, here are the reasons given in that survey and the truth behind them.

"The flu doesn't worry me."

If you are a healthy adult it probably shouldn't. While it is true there are thousands of deaths from the flu every year, the reality is that most healthy kids and adults will survive the flu without incident. Yet the flu casts a much broader burden. What about those medically fragile people (like grandma or infants) around you, to whom you could easily pass it? Can they survive the flu? **What about you?** Can you afford to be out of work for week **because you or your child gets the flu?** How about two weeks, one week to care for your child and then another to care for yourself after **your kids pass it on to you?** Or, are you willing to threaten your February vacation to Tahoe or sunny Hawaii due to the flu?

"There are other equally effective ways to protect myself from the flu"

Washing your hands, taking vitamins, using Airborne, eating a healthy diet and exercising. These are all wonderful ideas and in theory might work. The problem is that theory does not prevent the flu, and none of these have been shown to prevent flu infection or transmission. Even hand washing, **which we all agree is a good idea, has not been shown to protect you from the flu.** So if you have not gotten the flu, and you don't get a flu shot, **maybe it's time to purchase that lottery ticket too because you simply have luck on your side...for now.**

"The flu shot may be harmful"

Not true, and the proof is in the numbers. Each year 100's of millions of doses of the flu shot are given worldwide. A side effect that occurred with any significant frequency or severity of any consequence would be blaringly obvious and would repeat year after year. This simply does not happen.

"I will get the flu from the flu shot"

Impossible. The flu shot is a dead virus and can neither make you sick nor transmit the infection to another person. Yes, there are people who do become ill shortly after receiving the flu shot, this is simply coincidence. Flumist (the nasal flu vaccine), on the other hand, is a live weakened virus and can produce a mild illness in the days following administration.

"The flu shot doesn't protect against the flu"

Once again, the proof is in the numbers. Of all the patients we see in our office each winter with the flu, the overwhelming majority are those who did not get a flu shot. If the flu shot did not work, we would see many more flu shot recipients in our office.

One final note, in the same survey the main reason to get vaccinated was a doctor's recommendation. So take it from us (Drs. Pete and Michelle), go get your flu shot!



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6529 Crown Blvd., Suite D
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Phone: (408) 997-0200
Fax: (408) 997-0711
Email: staff@avcounseling.org

www.avcounseling.org

Positive Parenting Class Winter 2012

Pre-school class Monday Jan 23rd — Mar 12th
Teen class Wednesday Jan 25th — Mar 14th
School-Age class Thursday Jan 26th — Mar 15th

NO CLASS THE WEEK OF FEBRUARY 20TH (Winter School break)

Classes are held in the evenings at the agency from 7:15 to 9:15 pm

\$125 per person or \$175 per couple

Class size is limited. Pre-Registration is required.

working to promote emotional well being

Are you ready to **STEP** up to the challenge of parenting?

If the answer is YES, join a 7-week class based on the **STEP** model (System Training for Effective Parenting). You will learn:

- Understanding Yourself and Your Child
- How to build self-esteem and responsibility
- How to talk so children will listen and listen so children will talk
- Encouraging Cooperation and Problem Solving
- How to implement discipline vs. punishment
- How to resolve conflicts so everyone wins
- Choosing Your Approach

*Court participants welcome, however, one parent per court family per class. This class is dedicated to the enhancement of parenting skills for all participants.

All Parent Education classes are facilitated by Marriage and Family Therapist Interns supervised by a professional, licensed therapist.

Registration Form

Cost: \$125 per person or \$175 per couple

Register online or send check (*payable to AVCS*) and this registration form to:
AVCS/ 6529 Crown Blvd., Suite D / San Jose, CA 95120

Name

Address

City/Zip

Home Phone

Work Phone

Cell Phone

Sign up for:

- Teen Class
- School-Age Class
- Pre-School Class

How did you hear about our classes? _____

Age of child/children _____

WGMS CHEERLEADING KIDS' CAMP



SATURDAY, JANUARY 28
9 am - 3 pm
WGMS Cafeteria

All 3rd, 4th, and 5th graders are invited to join the Willow Glen Middle School cheerleaders to learn cheer basics. Students will learn fundamental motions, jumps, at least one cheer, and a dance! Please wear comfortable clothes and tennis shoes. Please bring water and a sack lunch.

Participants are asked to perform their dance and cheer with the WGMS cheerleaders at the basketball game half time on Monday, January 30 from 6-7 pm.

Cost: \$40, includes a t-shirt, basketball game ticket, and a full day of instruction.

In order to participate:

Please return the form on the back with a check or money order made out to WGMS for \$40 by January 25. Write your child's name and the phrase "Kid's Cheer Camp" on the "for" line. The packet can be returned to Willow Glen Middle School in person or sent to:

Willow Glen Middle School
Attn: Laura Saldana
2105 Cottle Ave.
San Jose, CA 95125

Questions? Please contact Laura Saldana at Willow Glen Middle School at 535-6277 or laura_saldana@sjusd.org

WGMS CHEERLEADING KIDS' CAMP

Each participant must complete and return this form along with the fee.

Name of participant _____

T-shirt size: Youth _____ or Adult _____ Size: _____

School: _____ Grade: _____

Home Address: _____

Home Phone: _____ Birthdate: _____

Mother's Name: _____ Day Phone: _____

Father's Name: _____ Day Phone: _____

Parent E-mail: _____

Emergency Contact: _____ Relationship: _____

Emergency Contact Phone: _____

Health Insurance Company: _____ Policy #: _____

Family Doctor: _____ Doctor's Phone: _____

Have you ever had any serious illness, surgery, or injury? If yes, please explain:

Do you have any medical problems or allergies? _____

Parent / Guardian Permission:

I hereby authorize my child's participation in the Willow Glen Middle School Cheerleading Kids' Camp. I hereby release Willow Glen Middle School and the San Jose Unified School District from any and all liabilities, claims, and injuries or illnesses incurred while participating in the Kids' Camp. I authorize immediate medical care as deemed appropriate by the camp staff. I also understand that the Willow Glen Middle School Cheer Squad retains the right to use for publicity purposes and advertising purposes the photographs / videos of participants taken at the event.

Parent / Guardian Name (Please Print) _____

Parent / Guardian Signature _____ Date _____

For Office Use only:

_____ Payment Received (Amount _____ Method _____)

_____ Confirmation _____ T-shirt