

Don Callejon

Weekly News



Principal Debi Bodenheimer's Newsletter for Don Callejon Families · Wednesday, May 16, 2007

Staff Appreciation Week:

Thank you to all of the parents and to DCSCO for organizing so many great events to appreciate our staff. Everyone at Don Callejon is overwhelmed by the support and generosity shown by our parent community! We are lucky to have such great parents and community members at our school!!!

Kindergarten Orientation:

We will have a Kindergarten Orientation for all incoming Kindergarten parents. This will be held on Thursday, May 24th, starting at 8:45. We will meet in the library for a general informational session, and then we will tour classrooms. Please mark your calendars now!

School Uniform Update:

At this time we are not going to proceed with the voting process for school uniforms. Based on the surveys we received and the meeting that we had on Tuesday the 8th, it is evident that the support for uniforms is not there. We will continue to have a strict dress code for all students, and we can revisit the school uniform process next year if parents are interested.



Dressing for the hot weather:

Now that we are experiencing hot weather, it is a good time that students DO wear hats (outside, as they are not allowed inside the building) and DO have plastic bottles of water for both outside at play and inside during study time. Students CANNOT wear sandals, flip flops, spaghetti straps, nor too small or short shorts or skirts. Parents, please make sure that your child is in appropriate colors and dress.

Open House:

Please join us for our first ever Open House. It will be held on Wednesday, May 23rd at 7:00. Classrooms will be open for visitations. DCSCO will be organizing a dinner before the rooms open. Stay tuned for details!

Calendar dates:

Saturday, May 19:

- ❖ 2nd Annual Spring Fling

Wednesday, May 23:

- ❖ Open House: 7:00

Thursday, May 24:

- ❖ Safety Patrol Pass & Review Ceremony

Friday, May 25:

- ❖ Staff Development Day - No School

Monday, May 28:

- ❖ Memorial Day Holiday – No School

1st grade end of the year celebration:

Who: All parents, family members, community members, and Don Callejon Staff are invited.

What: Don Callejon School 1st Grade Students' Sing-Along Performance & Pot-Luck Treat Sharing Celebration. Please bring your favorite dessert or treat, and come share in the fun!

When: Wednesday June 6th, 6:00 pm

Where: Don Callejon School Multi-Purpose Room

Why: To celebrate wonderful music, talented hard-working students, and our dedicated 1st Grade families that support these students!

2nd Annual Spring Fling Community Festival:

Please join us at the 2nd Annual Spring Fling Community Festival - proceeds to benefit Don Callejon School.

Saturday, May 19th from 11am - 5pm at Don Callejon School and Live Oak Park

For more information about this great event, please visit the DCSCO website at www.dcsco.org

Join the Silent Auction Fun :

Please consider donating to the Silent auction for the spring fling. See the letter and form coming home today. Also look for forms next week to sign up to get your own bidder # for the great items. The class with the most registered parents will win a pizza party!"

When Your Child Needs Help:

Sometimes children let pride or embarrassment keep them from asking for help when they need it. Here are some pointers for your child from www.goodcharacter.com:

Remember, it's ok to ask for help. Don't be embarrassed and don't worry about other people judging you.

Think about what might happen if you don't get help—or you do.

Decide what the problem is and what help you need.

Think about who you can ask for help. Choose someone you trust and who will know how to help you.

Think about what you'll say when you ask for help. Do it.

Remember, getting help when you need it is part of being responsible—to yourself.

Career Day:

Speakers and presenters from the community are needed to help inspire students to reach their future goals. Share your field of work to give students a better idea of what it takes to get your job done. Participate on a panel of speakers or make a presentation to highlight your occupation. Join us on Thursday, May 31, 2007, from 9:00 am to 12 pm.

For more information, please contact Mim Ostenso at 408-423-3340 or email: mostenso@scusd.net

Career Day

Thursday May 31, 2007



Wanted:

Speakers & Presenters from the community needed to help inspire students reach for their future goals. Share your field of work to give students a better idea of what it takes to get your job done. Participate on a panel of speakers or make a presentation to highlight your occupation.

Date: Thursday May 31, 2007

Time: 9:00 am to 12 pm

Place: Don Callejon School

How: Be on a Panel of speakers to share about your career path.

Contact person:
Mim Ostenso (Callejon Librarian)
Phone: (408) 423-3340
E-mail: mostenso@scusd.net

Show

To help students to get a better idea of what you do feel free to bring work related some items such as:

- a) A brochure, photos, a power point presentation, etc.
- b) Samples of your work such as charts, graphs, reports, memos, training manuals, sample products
- c) Items that might used in your job i.e. uniform, a lab coat, dust mask, badge, hard hat or other safety equipment

Tell

1. What is your field you work in i.e. **education, marketing, engineering, medicine law enforcement.**
2. What is your specific job?
3. How long have you done this work?
4. What do you like about you're work?
5. What are 3 of the most important interpersonal skills needed for this job, i.e. someone in this kind of work needs to be good at communicating, problem solving, and working as a member of a team.
6. What are 3 of the most important technical skills needed for this job i.e. someone in this kind of work needs to be good at math, computers, chemistry, research, organization, problem solving, working as a member of a team, following instructions?
7. Describe your education back ground and how you got interested in your current job.



May

Santa Clara Unified School District

Don Callejon School Menu
MENU SUBJECT TO CHANGE



KID PREFERRED

Chocolate milk provides Calcium, Protein, Vitamin A, Vitamin B-12, Vitamin D, Potassium, Phosphorus, Niacin, and Riboflavin, just like unflavored milk. 1% Chocolate milk is a nutritious beverage for children and may be their best source of calcium over calcium fortified orange juice and soymilk. Have some milk today!

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Fajitas	Teriyaki Beef & Broccoli or Vegetarian Stir Fry	Pizza	Chipotle BBQ Chicken Leg or Veggie Chicken Pattie	Chef Bob's Secret Cheese Lasagna 1 oz. Roll
Southwest Chicken Salad	Sesame Mandarin Chicken Salad White Rice	Mediterranean Chicken Salad	Oven Roasted Chicken Salad with Spring Greens and Balsamic Vinaigrette	Grilled Chicken Caesar Salad with Garlic Croutons
Cheese Quesadilla	Grilled Teriyaki Chicken Sandwich	Grilled Cheese Sandwich	Beef Patty Melt	Grilled Philly Cheesesteak Sandwich
Ranch Beans	Asian Coleslaw with Orange-Ginger Dressing	Three Bean Salad Peaches, can Raisins, boxed	Pasta and Vegetable Salad	Bean Salad with Orange Marinade Peaches, canned
Fresh Fruit Turkey Sandwich	Fresh Fruit Ham Sandwich	Fresh Fruit Turkey Sandwich	Fresh Fruit Ham Sandwich	Fresh Fruit Turkey Sandwich

Lunches include milk and a choice of fruit or vegetable.

Middle School Meal Prices

Daily Breakfast Price

Reduced \$0.20
Paid \$1.50
Adult \$2.25

Daily Lunch Price Milk

Reduced \$ 0.40 Student \$ 0.50
Paid \$ 2.75 Adult \$ 0.60
Adult \$ 3.50

DAILY BREAKFAST MENU

Grilled Ham & Cheese Muffin

Bagel with Cream Cheese

Low Fat Muffin

Organic Cereal Bar

Whole Grain Cereal

Fruit or Juice

All breakfast served with milk



June



Santa Clara Unified School District

Don Callejon School Menu
MENU SUBJECT TO CHANGE



Fresh fruits and vegetables are in. Come and join us as we have our fruit/juice at breakfast and we eat our fruit and vegetable with lunch. Each serving we have will get us closer to the recommended 5 a day.

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta with Bolognese Sauce	Chicken or Cheese Enchiladas	Pizza	Oven Roasted Chicken Leg	Chicken Chow Mein
Grilled Chicken Caesar Salad with Garlic Croutons	Chef's Salad	Southwest Chicken Salad	Chicken & Pasta Salad	Sesame Mandarin Chicken Salad
Grilled Cheese Sandwich	Grilled Ham & Cheese with Pineapple	Grilled Turkey Reuben	Beef Patty Melt	Tuna Melt
Turkey & Cheese Deli Sandwich	Ham & Cheese Deli Sandwich	Turkey & Cheese Deli Sandwich	Ham & Cheese Deli Sandwich	Turkey & Cheese Deli Sandwich
Bean Salad with Orange Marinade	Pinto Beans Spanish Rice	Bean Salad with Orange Marinade	Oven Roasted Potatoes Pasta & Vegetable Salad	Asian Coleslaw with Orange-Ginger Dressing
Apples Peaches, can	Oranges	Apples Peaches, can	Apples	Apples

Lunches include milk and a choice of fruit or vegetable.

Middle School Meal Prices

Daily Breakfast Price

Reduced \$0.20

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Adult \$2.25

Daily Lunch Price Milk

Reduced \$ 0.40 Student \$ 0.50

Paid \$ 2.75 Adult \$ 0.60

Adult \$ 3.50

DAILY BREAKFAST MENU

Grilled Ham & Cheese Muffin

Bagel with Cream Cheese

Low Fat Muffin

Organic Cereal Bar

Whole Grain Cereal

Fruit or Juice

All breakfast served with milk





You are DCSCO!

The Don Callejon School Community Organization (DCSCO) is the parent group for Don Callejon School.

Please consider making a HUGE difference in your child's education, your school, and your community by serving as a DCSCO Board Member for the 2007-2008 school year.

President

- Presides over all meetings of the Organization.
- Works with the Administration Representative to schedule and set the agenda for all meetings of the Organization.
- Acts as a liaison with the School and District.
- Coordinates the work of the Executive Board, Committees, and the Organization as a whole.
- Ensures goals are clearly outlined and achieved.
- Ensures committees are appropriately created and filled with volunteers, including appointing committee chairpersons.
- Has responsibility for the safekeeping and distribution of official documents of the Organization, including Articles of Incorporation, Bylaws, and records of government filings.

Vice President

- In the absence of the President, serves as President.
- Assists the President in an advisory capacity.
- Promotes and encourages involvement throughout the school community.
- Oversees and represents the work of the School Action Committees.

Communications Director

- Records and posts the minutes at meetings of the Organization.
- Announces meetings and programs.
- Manages electronic and written correspondence to and from the Organization, including overseeing email distribution groups and lists, and the website.
- Coordinates public relations of the Organization.
- Enrolls and tracks the membership of the Organization, including the maintenance of confidential membership rolls and contact lists.
- Oversees and represents the work of the Communications Committees.

Finance Director

- Creates an annual budget for approval by the membership.
- Keeps and reports the accounting of the Organization.
- Files tax returns, tax-related forms, tax exemption forms, and all other necessary documents with state and federal agencies as required.
- Receives and deposits in the bank specified by the Board all monies on behalf of this Organization and issues receipts for same.
- Keeps an accurate record of receipts, disbursements and other financial transactions of this Organization.
- Reconciles the bank statement on a monthly basis and verifies the reasonableness of the expenditures and deposits.
- Keeps the Organization's checkbook and posts all transactions.
- Has responsibility for the safekeeping of the funds, as well as hard-copy and electronic financial records of the Organization.
- Keeps non-tax filings with state and federal agencies up-to-date.

Development Director

- Sets annual development goal.
- Applies for grants and direct donations from corporations.
- Organizes campaigns to request and gather direct donations and corporate matching donations from parents and community members.
- Oversees the Entrepreneurs Program.
- Oversees and represents the work of the Corporate Development Committees.

Community Fundraising Director

- Sets annual community fundraising programs goal.
- Plans fundraising events.
- Oversees fundraising through direct donations from individual community members.
- Organizes fundraising activities through sales of food and/or products.
- Oversees fundraising membership programs (such as eScrip).
- Maintains fundraising database.
- Oversees and represents the work of the Community Fundraising Committees.

Liaison to School and District Councils

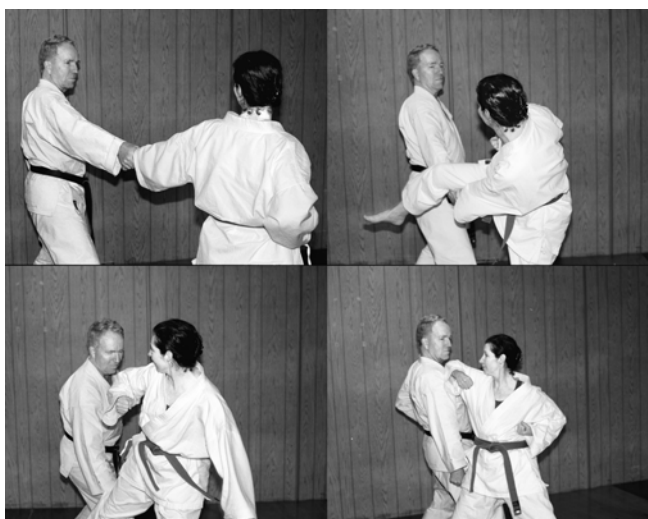
- Attends monthly District PTA Council meetings.
- Finds an alternate Board member to attend the PTA Council meeting in the rare occasion unable to attend personally.
- Reports to the Board about important discussions and decisions made at the PTA Council.
- Advocates for the needs of the Organization at the PTA Council meetings.
- Receives and maintains a library of minutes of related organizations, including the School Site Council, District PTA Council, Don Callejon Technology Committee, and Pre-school Parent Advisory Board.

Election Details

- The DCSCO election will take place on **Wednesday, May 30 at 7:00 p.m.** in the Don Callejon School Multipurpose Room.
- To be nominated for a DCSCO Board position, please complete the form that will be distributed next Wednesday and return it to the school; fill in the electronic form at www.dcsco.org/election; or, just come to the meeting on May 30.
- Even if you do not wish to serve on the DCSCO Board next year, please come to the May 30 election to vote for the people whom you want to represent you.

Shoto Dojo offers continuing summer classes in Traditional Japanese Shotokan

KARATE at Don Callejon



Photos of the instructors in action from *Shotokan's Secret: The Hidden Truth Behind Karate's Fighting Origins* by Bruce D. Clayton, Ph.D., and used with the kind permission of the author

“Karate is for everyone.” – Funakoshi Gichin

Rather than just self-defense or simply exercise, karate is a discipline, a journey towards using the body and mind as best possible. Self-defense is a useful skill, most useful when never needed. To know one can defend oneself usually eliminates the need to fight.

“To win one hundred victories in one hundred battles is not the highest skill. To win without fighting is best.” – Sun Tzu

And karate IS great exercise – it develops coordination, quickens reflexes and reactions, increases stamina, builds and tones the muscles, and balances both sides of the body. Karate training teaches perseverance, develops composure, and aids self-confidence, self-respect, and self-esteem.

"The ultimate aim of Karate-do lies not in victory nor defeat, but in the perfection of the human character of its participants." – Funakoshi Gichin

continuing on Tuesdays afternoons, all summer long

Tiny Tigers	Ages 4 - 6	3:00 – 3:45	(separate room)
Kids	Ages 6 - 12	4:00 – 5:00	Beginners to Advanced
Middle School	Ages 10 - up	combined with Kids class for summer	

Classes available for all ages, and for all experience levels; advanced students welcome.

Traditional Shotokan Karate, beginning to advanced levels. Solid stance, good posture, proper body motion, efficient use of muscles. Development of character and body.

Classes are taught by **David & Dianne LaVerne**, black belt certified instructors.

Classes are for all levels; experienced students welcome.

Wear loose comfortable clothing, easy to move in (but not shorts). Karate uniforms are not required, but can be purchased through the instructors. Testing for belt promotion will be at the end of the session, with separate testing fees.

道松
場涛

**Registration packets are available from the School Office.
Registration and Release must be completed and both signed
by parent or guardian and returned to the School Office.**

Shoto Dojo
POBox 2220
Sunnyvale CA 94087
(408) 505-0560
David@ShotoDojo.com

Registration Form for Karate at Don Callejon School, by Shoto Dojo

Student Name _____ Age _____
Home Address _____ City _____ Zip _____
Home Phone _____ Cell Phone _____ Email _____

Parent/Guardian Name _____
Work Phone _____ Cell Phone _____ Email _____
Work Email _____ Other Email _____

Emergency Contact: Name _____ Phone _____
Name _____ Phone _____
Name _____ Phone _____

Any Special or Medical Conditions: _____

2007 Summer Session

Class: ___ Tiny Tigers (ages 4 – 6) ___ Kids (ages 6 – 12) ___ Middle School (ages 10 – up)

Signature of Student or (if under 18) Parent/Guardian

Printed Name

Date

Return the upper portion of this form and the “Release and Waiver of Liability and Indemnity Agreement” (the Insurance form) to the School Office. Both forms **MUST** be signed. Make checks payable to “Shoto Dojo”.

Karate at Don Callejon School, by Shoto Dojo

10 Classes beginning **June 19**, through **August 21**.

Continuing the inaugural rate for the summer session at Don Callejon School: **\$105.00** for the 10 classes. Confidential Financial Assistance is available. Speak to Debi Bodenheimer, School Principal of Don Callejon. Wear loose comfortable clothing, easy to move in (but not shorts nor skirts). Karate uniforms are not required, but can be purchased through the instructors. Testing for belt promotion will be at the end of the session, with separate testing fees. Any questions, contact **David@ShotoDojo.com**. We like to use email to keep in touch.

Karate – Middle School and Kids: Beginning to advanced levels of traditional Shotokan Karate. Solid stance, good posture, proper body motion, efficient use of muscles. Development of character and body. Class is for all levels; experienced students are welcome. Middle School class completes in time to catch the 4:00 ‘late’ bus.

Karate – Tiny Tigers: Karate techniques are taught, keeping in mind the neurological abilities of this age group. Fun drills and games teach basic punches, blocks, and kicks. Respect, self-control, and courtesy are integral parts of this course.

David LaVerne has been training in Shotokan Karate for about 30 years, and continues to train with some of the greatest living legends in the art, including Nishiyama Sensei and Kanazawa Sensei. He has been assisting teaching karate for over fifteen years and a karate instructor for eight years. He is ranked with multiple international karate organizations, and has qualified as a karate instructor with several of them, including as Instructor of the Year. He also has certified as an instructor in several other fields, and has trained in other karate styles and in judo, jujutsu, and kobudo.

Dianne LaVerne has been training in Shotokan Karate for 8 years. She is a degreed teacher of young children, specializing in pre-school and early grades, and has been teaching karate to very young children for five years. Her students, when older, exhibit a firm foundation in good technique and good attitudes. She is a qualified karate instructor with the International San Ten Karate Association.

**INTERNATIONAL SAN TEN KARATE ASSOCIATION
SHOTO DOJO**

**道松
場涛**

Release and Waiver of Liability and Indemnity Agreement

I/We, the undersigned, in consideration of being permitted to attend at and/or participate in the Martial Arts Programs of Shoto Dojo in any way, do hereby **release, waive, discharge, agree to hold harmless, and covenant not to sue** the Shoto Dojo and the providers of premises, and the owners, officers, instructors, assistants, employees, consultants, and agents thereof (herein after all referred to as "Releasees"), from all liability to the undersigned, my/our personal representatives, assigns, executors, heirs, and next of kin for any and all claims, demands, losses, or damages and any claims or demands therefore on account of any personal injury, sickness, or death, as well as property damage and expenses of any nature, arising out of or relating to my/our attendance at or participation in said Programs, even though the events are caused or alleged to be caused in whole or in part by the negligence or carelessness of the Releasees or others, but do not release the Releasees from their fraudulent or intentional acts or negligent violation of statutory law.

I/We hereby acknowledge that the Martial Arts Programs are inherently **very dangerous** and involve some risk of serious injury and/or death, and/or property damage. The undersigned also expressly acknowledges that **injuries received may be compounded or increased** by negligent rescue operations or procedures of the Releasees. I/We fully understand and acknowledge that:

1. There are risks and dangers associated with participation in Martial Arts Programs that could result in bodily injury, partial or total disability, paralysis, and/or death.
2. The social and economic losses and/or damages, which could result from these risks and dangers, could be severe.
3. The risks and dangers may be caused by the action, inaction, or negligence of the participant or of others, including, but not limited to, the Releasees listed above.
4. There may be other risks not known to us or not reasonably foreseeable at this time.

The participants agree to practice and train only techniques that have been taught to them, and to practice only under supervision of an instructor or assistant. The undersigned agree to provide for the possible future medical expenses that may be incurred as a result of injury sustained while participating in the Martial Arts Programs.

I/We accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis, or death, however caused and whether caused in whole or in part by the negligence of the Releasees listed above.

I/We hereby grant permission to Shoto Dojo instructors and assistants to administer first aid as they deem appropriate, and consent to their seeking further medical care as they deem necessary in case of an emergency. Permission is granted to arrange for transportation to and medical, surgical, or dental treatment at _____ or the nearest hospital or clinic in case of emergency, and that the expense for this transportation and treatment will be assumed by the participant or the parent/guardian if underage.

Each of the undersigned further expressly agrees that this Release, Waiver, and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of this State, and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect. If, despite the release, the participant makes a claim against any of the Releasees, the participant, parents, or legal guardians will reimburse the Releasee for any money paid to or on behalf of the participant, and hold the Releasee harmless.

I have read this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement, understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me, and intend my signature to be complete and unconditional release of all liability to the greatest extent allowed by law.

If the participant is under 18 years of age, this Agreement must be signed by a parent or legal guardian.

Printed Name of Participant

Printed Name of Parent or Guardian

Signature of Participant

Date

Signature of Parent or Guardian

Date

Emergency Contact Information: Cell Phone: _____

Home Phone: _____

Address: _____

Received by: _____ Date: _____

