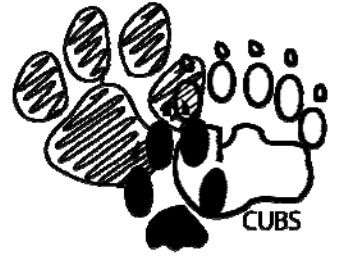


# Don Callejon

## Weekly News



Principal Hans Barber's Newsletter for Don Callejon Families · Wednesday, March 5, 2008

### Dear Don Callejon Families,

Please join us tonight for the first annual Family Literacy Night in the MPR from 5-7 PM. A great time is sure to be had by all. We also look forward to seeing you all next Wednesday night for Family Math Night, same time, same place.

The end of the trimester for elementary school is this Friday. Elementary progress reports will be coming home next Friday with your students. Please be on the lookout for these, and if you have any questions regarding them ask your son or daughter's teacher.

Middle School parents- please be on the lookout for mid-quarter progress reports coming home early next week. If your son or daughter receives one, please do not hesitate to contact his or her teachers or our academic counselor.

I wanted to take a moment to thank our school community for all the love and support you have given me with my mother throughout this school year. Unfortunately, my mother passed away during the February Break. I am glad to be back at school this week after taking last week off.

As always, we encourage you to contact us with any questions or concerns you may have.

Hans Barber  
[hbarber@scusd.net](mailto:hbarber@scusd.net), 423-3300

### Kids Rock:

Kids Rock is for students in grade K – 5. On March 7<sup>th</sup>, from 6:00 pm – 8:30 pm. at the Youth Activity Center. Children enjoy a special night of fun activities that include music, arts and crafts, games, a snack, and tons of good fun! Pre-registration is required and space is limited. For information contact the Walter E Schmidt Youth Activity Center, 408-615-3760.

### Family Literacy Night :

March 5th at 5-7 P.M. is to be enjoyed by all Preschool-8th grade students with their parents and guardians. Here are just some of the highlights of the night:

- \* We encourage everyone to visit the Book Fair in the library that is open late...until 8 P.M.
- \* Some staff members (and the principal) will be reading their favorite stories on the stage to kids in a rocking chair as kids sit on a carpet with bean bags and pillows listening.
- \* We have a letter writing center, journal book making center, comprehension center, and much more!
- \* We encourage parents/students to bring in used books and bring it to our SWAP IT BOOK EXCHANGE table where they may choose a new book. If you bring in 10 books, you may pick up 10 other books, for example. At the end of the night, we will announce that all the books on the SWAP IT table will now be free. Some teachers have a lot of books that they would like to give away for this table. This is a great way to recycle books and keep it in our community literacy circle.
- \* Preschool parents and children are encouraged to come to see other grade level activities and strategies that their child will soon be exposed to.
- \* Since Dr. Seuss Day passed on the weekend (March 2nd), we will have a table dedicated to Dr. Seuss Day with all types of Dr. Seuss books and stuffed animals from the books.
- \* There will also be 2-3 tables dedicated to displaying some great class books and individual student books from our Don Callejon student authors! This is our mini Young Authors Fair.
- \* PLEASE COME TO THIS EVENT! You don't want to miss it! Many teachers will be dropping by to say HI!

## Hicklebees's Book Fair:

Monday, March 3 - Friday March 7  
7:45-4:00 Monday, Tuesday, Thursday, Friday 7:45 AM  
to 8:00 PM Wednesday

### Featuring



- High Quality, Family Friendly Books
- Books: Pre School to Young Adult
- Award Winning Books
- Books in Series
- Fiction and Informational Books

Books Provided by Hicklebee's Book Store  
San Jose.

## iD Tech Camps:

The nation's #1 technology camp, is looking for 40 students between the ages of 7-17, to spend Spring Break Beta Camp with us here in Santa Clara, California! For only \$200 for a full week of camp (a fraction of our regular summer tuition), 40 students will have the unique opportunity to become active beta testers. We're a locally-owned company, and we're getting the word out exclusively to students within the Santa Clara Unified School District. Students will choose from a variety of courses including 2D or 3D video game design, game modding, digital video editing, and website design with Flash® animation, programming, robotics, 3D modeling and comic book creation.

**Details: Who:** 40 students, ages 7-17

**What:** Spring Break Technology Beta Camp.

Includes professional instruction, average 6 students per instructor, leading brand name technologies, and a completed project to take home.

**Where:** Don Callejon School in Santa Clara

**When:** April 14-18, 2008. (9:00AM-5:30PM Monday-Thursday and 9:00AM-3:30PM Friday.)

To register, please contact us at **408-871-2227**, option 1 to speak with a Client Services Representative.

## Important Dates and Details:

- **Family Literacy Night:**  
March 5, 5:00 pm to 7:00 pm  
Bring a book you no longer need and trade it for another book.
- **Minimum Day:**  
March 7, Early dismissal
- **Family Math Night:**  
March 12, 5:00 pm to 7:00 pm

## Girls Achieving in Nontraditional Subjects:

This year marks GAINS eighth year of serving up opportunities to girls who are interested in nontraditional fields, particularly those related to math, science and technology. We are thrilled to open this program to the SCUSD middle school campuses this year for the first time. GAINS members are able to learn about different nontraditional career opportunities by listening to guest speakers who volunteer an hour of their time to get our female students thinking about their future. We are looking for more guest speakers in nontraditional female careers that would be willing to share their experiences and careers with our students. If you are interested in speaking to our GAINS members or know someone who would be please contact our school counselor and GAINS advisor, Melanie Holan, at 408-423-3354 or mholan@scusd.net.

## Gang Awareness Meeting:

Mayne Elementary School will be having a Parent "Gang Awareness" informational meeting on March 12th from 6:30-8:00. Our students and families are invited (flyers will be sent home next week). Please recommend this to anyone who might be interested.

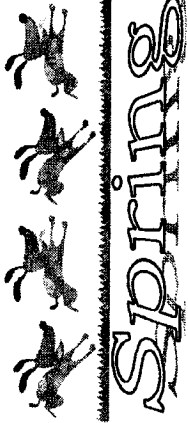
## Box Tops For Education:

Box Tops for Education is a program for schools to earn money by collecting Box Tops For Education coupons that are on many grocery items. Don Callejon earns 10 cents for every coupon clipped and more in some instances. So far this year we have raised \$135.00 with an additional \$74.00 being submitted this month. This money goes directly to the school for supplies. This is a great way for the school to support our students. All you need to do is clip your Box Tops for Education coupons and turn them into the office where there is a Box Tops For Education "Bear" on the front desk. Just think how much more money we can raise for our children just by clipping those coupons. And remember to ask family members and friends to collect them on behalf of your child as well. Keep clipping!

Heather Carmona  
Box Tops Coordinator

## Spirit Days/Spirit Wear:

Don't forget to show your DCS spirit by dressing up for spirit days every Friday. This Friday is Callejon Day. Wear your Don Callejon Gear! Go Cubs!



February, March, April

# Spring

## Don Callejon School

Santa Clara Unified School District

MENU SUBJECT TO CHANGE

Elementary Meal Prices		
Daily Breakfast Price	Daily Lunch Price	
Reduced \$ 0.20	Reduced \$ 0.40	
Paid \$ 1.25	Paid \$ 2.50	
Adult \$ 2.00	Adult \$ 3.00	
Middle School Meal Prices		
Daily Breakfast Price	Daily Lunch Price	
Reduced \$ 0.20	Reduced \$ 0.40	
Paid \$ 1.50	Paid \$ 2.75	
Adult \$ 2.25	Adult \$ 3.50	

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel & Cream Cheese	Fresh Grilled Waffle	Home-style Breakfast Burrito	Grilled Breakfast Muffin Ham, Egg & Cheese, or Egg & Cheese	Fresh Grilled Waffle
Low Fat Muffin	Low Fat Muffin	Low Fat Muffin	Low Fat Muffin	Low Fat Muffin
Assorted Kellogg's Cereal	Assorted Kellogg's Cereal	Assorted Kellogg's Cereal	Assorted Kellogg's Cereal	Assorted Kellogg's Cereal
1 % Milk, Fruit, and Juice offered with breakfast				

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Oven Baked Chicken, Fresh Steamed Rice, and Corn	Try Our Fabulous Macaroni and Cheese	<b>CRAZY PIZZA DAY</b> (Delivered Fresh from an approved Vendor using blended wheat crust)  Choice of Veggie Combo, Pepperoni, or Cheese	Yummy Spaghetti and Meatballs in Marinara Sauce	Roasted Turkey with Mashed Potatoes and Home-style Gravy
Fresh PANINI Grilled Cheese Sandwich	½ Fresh PANINI Grilled Cheese Sandwich with Cup of Soup		Fresh Turkey or Ham Deli Sandwich	½ Fresh PANINI Grilled Cheese Sandwich with Cup of Soup
Chef's Salad with Ranch Dressing	Chinese Chicken Salad with Crispy Won Ton Strips and Sesame Ginger Dressing		Chef's Salad with Citrus Vinaigrette	Chicken Caesar Salad with Great Big Croutons!
Lunches include milk and a choice of fruit or vegetable.				

# Don Callejon School

*presents*

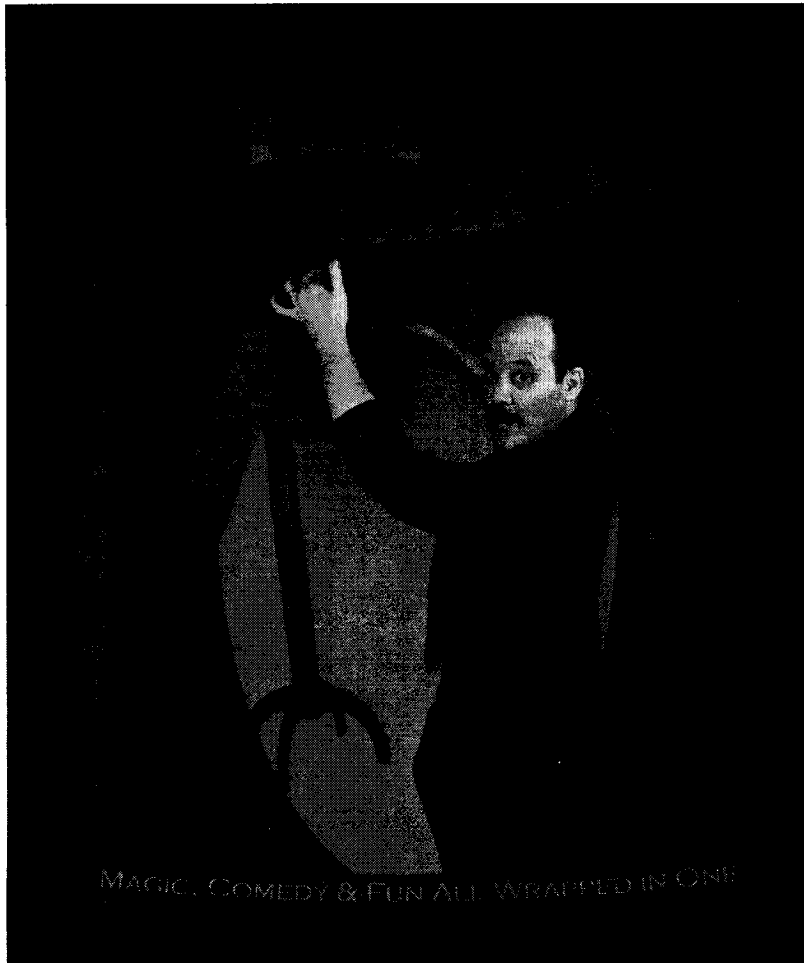


photo credit: jordanniverphoto.com

# *A Night of Magic*

**Friday, March 14, 2008**

*Pizza & Snacks: 6:00PM*

*sold by our 5th graders to help them get to science camp*

*Raffle Prizes: 6:50PM*

*Miceli Financial Partners*

*Magic Show: 7:00PM*



*Special Samples by  
Super Supper Kitchen*

*Thank You to Phil and Ken at Miceli Financial Partners for helping to sponsor tonight's event.  
Please contact them for Financial Planning Services at 408-487-1534.*

# YOUR GUIDE TO

# Preparing for Pandemic Flu

**Your safety.  
That's why public health is working.**

Because of the potential for a pandemic flu, the Santa Clara County Public Health Department wants you to know more about this possible health threat. This guide includes basic information about pandemic flu, individual and family preparedness, as well as where you can get more information.

To learn more about us, visit

**[www.sccphd.org](http://www.sccphd.org)**

or call **408-885-3980**.

**Public Health Department**  
Santa Clara Valley Health & Hospital System



# What You Should Know

**P**andemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection) in the human population. Scientists and health professionals are concerned that the current virus in birds (avian flu) may develop into the next human pandemic. Pandemic flu can spread easily from person-to-person, cause serious illness and death. When new pandemic flu spreads it creates a public health emergency. This emergency will not be like anything we've faced before. A pandemic will last longer, make more people seriously ill and may cause more deaths than any other health crisis in our time.

A long-lasting and widespread outbreak of the disease could mean changes in many areas of our lives. Schools might need to temporarily close. Public transportation could be limited and air flights may be cancelled. Because so many people will be ill, many employees will not be able to go to work and many businesses and public services may have to close or limit hours.

It is very important to plan ahead. Federal, state and local governments are taking steps to better prepare for and respond to a pandemic. Individuals also need to take action to be better prepared.

## ABOUT AVIAN FLU

**Avian influenza (flu) is also known as bird flu. A non-human flu virus causes this infection in birds. Bird flu is very contagious among birds and can make some domesticated birds – like chickens and ducks – very sick and can kill them.**

**Bird flu viruses do not usually infect humans, but this latest outbreak of bird flu has infected people, mainly in Southeast Asian countries. When the illness infects people, it is very serious and over half the people sick with bird flu have died. It has not been found in birds or people in the United States (as of Winter 2006).**

**People get bird flu from contact with infected birds. Infected birds shed the virus in saliva and feces droppings. A person can catch bird flu when an infected chicken coughs or sneezes onto a person's face, or when a person breathes in bird dropping particles.**

**People may also get the virus by eating undercooked poultry. You cannot get the virus by eating properly cooked poultry or eggs so be sure your poultry is fully cooked.**

**If you were exposed to bird flu, you could have symptoms for up to 14 days. Symptoms usually include the flu-like symptoms of fever, cough, sore throat, muscle aches, shortness of breath and even eye infections. Serious cases of bird flu cause life-threatening breathing problems including pneumonia. It can even cause death.**

**Healthcare providers will treat patients depending on their symptoms. Depending on how serious the symptoms, treatment may include supportive care, use of anti-viral medicines, or even hospitalization.**

**Scientists and health professionals are concerned about bird flu because the current virus in birds may change and develop into a virus that will spread easily from one person to another, causing the next pandemic in humans. Because it is not possible to prevent or stop a pandemic once it begins, the pandemic flu can cause serious illness and death.**

**There is no vaccine for bird flu. To protect yourself against bird flu, health officials recommend you take the same steps you would to protect yourself against any other flu or cold. (See What You Can Do).**



# WHAT YOU CAN DO

Preparing for a pandemic flu can reduce your chances of getting sick and help limit the spread of disease.

Stay healthy by eating a balanced diet, exercising daily, getting enough rest and drinking fluids. And get your seasonal flu shot.

Stay informed by keeping up-to-date on a possible pandemic by listening to radio & television, reading news stories and checking out the web.

These common-sense steps can help stop the spread of influenza germs:

- Wash hands frequently using soap and water.
- Cover coughs and sneezes with tissues. Cough or sneeze into your sleeve. Put used tissues in the trash and then wash your hands.
- If you get sick, stay home and away from others as much as possible.
- Don't send sick children to school.
- Avoid close contact with people who are sick.

## YOUR PANDEMIC FLU EMERGENCY KIT

As many as 1 in 4 people could get sick during a pandemic, with many of them seriously ill. Services and supplies we count on everyday may not be available.

Every individual and family could be on their own, without care, for quite a while. This makes being prepared even more important.

Because everyday life may be different during a pandemic flu and services could be disrupted, make sure you have these items in your emergency preparedness kit.

- Two weeks worth of food for you and your family. This should be food that does not need refrigeration. Foods like canned meats and fish, beans, soups, fruits, and dry goods like flour, salt, and sugar, are good choices.
- Water stored in sealed, unbreakable containers. If water service is disrupted, plan on one gallon for each person for each day, for up to two weeks.
- Two weeks worth of prescription medicines.
- Two weeks worth of ibuprofen or acetaminophen (Tylenol) for each person in the house for fever and pain. A two-week supply of cough medicine.
- Rehydration Solution, for example Pedialyte for kids, Gatorade for adults and teens. Please see the box below for instructions to make a rehydration solution for adults and teens. For children, especially infants and toddlers, a store-bought solution is strongly recommended.
- Cell phone and charger.
- Supply of face masks and plastic gloves. These will help protect you, especially if you are taking care of family members who are sick with the disease.
- Disinfectants and chlorine bleach.

You can get more information on putting together a complete **Emergency Preparedness Plan and Kit** from the American Red Cross. Call 408.577.1000 or visit their web site at [www.redcross.org](http://www.redcross.org).

### Rehydration Solution for Adults & Teens

- 4 cups of clean water
- 2 Tablespoons of sugar
- 1/2 teaspoon of salt

Mix all the ingredients until the sugar disappears. You can drink the solution at room temperature.

Please note: Do not boil the solution because that will reduce the solution's helpfulness.



# Seasonal Flu vs Pandemic Flu

There are some key differences in how seasonal flu happens and how a pandemic flu happens.

## SEASONAL FLU

- ◆ Usually follows a predictable pattern, typically every year in the winter. There is usually some protection built up in a person from having the flu before.
- ◆ Healthy adults are not usually at risk for any serious complications.
- ◆ The medical community can usually meet public and patient needs.
- ◆ Vaccines are developed before the flu season, based on known virus strains.
- ◆ Supplies of antiviral drugs are usually available.
- ◆ Average number of deaths in the US is about 36,000 a year.
- ◆ Regular flu symptoms: fever, cough, runny nose, and muscle pain.
- ◆ A small impact on the community with sick people staying home from work and school.
- ◆ Small impact on US and world economy.

## PANDEMIC FLU

- ◆ Doesn't happen often – only three times in the 20th century. The last time was 1968. Since this new pandemic flu hasn't been seen before, there is no or little immunity.
- ◆ Healthy people may be at risk for serious complications.
- ◆ The medical community will be overwhelmed.
- ◆ Vaccine developed early may not be effective. Once an effective vaccine is developed, it may not be available for several months.
- ◆ May not have any effective antiviral drugs or the supply may be limited.
- ◆ The number of deaths would be much higher, worldwide it could be millions.
- ◆ Symptoms would be more serious and there would be more medical complications.
- ◆ Big impact on the community. There could be travel restrictions, school closings, limited business hours or closings, and cancellation of public gatherings.
- ◆ Could have a big impact on US and world economy.

## LEARN MORE

**Keep up-to-date on a possible pandemic flu by listening to radio and television, and reading news stories about pandemic flu.**

- > Go to [www.sccphd.org](http://www.sccphd.org) for more information and Fact Sheets on Pandemic Flu, Avian Flu, and Isolation & Quarantine.
- > Go to [www.cdc.gov](http://www.cdc.gov) for general information about pandemic flu and other health related information.
- > Go to [www.redcross.org](http://www.redcross.org) for all the information you will need to make your own emergency preparation plan.
- > Go to [www.pandemicflu.gov](http://www.pandemicflu.gov) for updates on national and international pandemic flu.

### **For Travel Information and Warnings**

- > Go to [www.cdc.gov/travel/destinat.htm](http://www.cdc.gov/travel/destinat.htm) for health related travel information.
- > Go to [www.who.int/](http://www.who.int/) for health related travel information and international disease outbreak information.
- > Go to [http://travel.state.gov/travel/travel\\_1744.html](http://travel.state.gov/travel/travel_1744.html) for general travel warnings.



# DURING A PANDEMIC FLU

Here are some things you will need to know about during a pandemic flu. Please remember, information will change during the pandemic and it will be important to keep up-to-date and follow public health orders.

## PUBLIC HEALTH INSTRUCTIONS

Throughout a pandemic flu you may be asked or required to do things to help hold back the spread of the disease in our community. If local public health officials or your healthcare provider ask you to take certain actions, follow those instructions.

Here are some examples of what you may be asked or required to do.

- When you are sick, stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.
- Even though you may be healthy, you could be asked to stay away from gatherings of people such as sporting events, movies and festivals. During a pandemic flu, these kinds of events could be cancelled because large gatherings of people help spread the flu virus.

Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

**ISOLATION** is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or in other healthcare facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.

**QUARANTINE** is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.



# Prevent the Spread of Disease at Home

*If you or a household member becomes ill during a pandemic flu and are being cared for at home, follow these instructions to control the spread of disease in the home.*



## **I**solate the ill person *WITHIN* your home.

- The person who is ill should not leave the house unless they are being taken to a medical appointment. The sick person will have to stay home for two weeks after their symptoms begin, even if they are feeling better. Do not have visitors while the person is sick.
- Designate a room(s) only for the ill person(s) so they are separated from other household members. The room(s) should have a door that can be closed.
- The ill person should wear a protective mask when anyone is in the same room or car. People in the room or car with the ill person should also wear a protective mask. Disposable gloves should be used when cleaning or disinfecting any room or area where the sick person has been.

## **W**ash hands with soap or use alcohol-based hand rubs.

- Everyone in the household - and it is important to remind children - should wash their hands with soap between contacts with others, before preparing food, and before eating.
- Wash hands after touching tissues or surfaces soiled with saliva or nose drainage.

## **K**eep the household environment clean.

- On a daily basis, clean surfaces and commonly shared items like microwaves, refrigerator handles, phones, remote controls, doorknobs and handles, toilet seats and handles, faucets, light switches and toys. Use a labeled household disinfectant or chlorine bleach mixture (see below).
- Store brand chlorine bleach can be used as a disinfectant by mixing 1/4 cup chlorine bleach with 1 gallon of cool water.

## **C**over noses and mouths when sneezing or coughing.

- Remind children and others to cover their noses and mouths with a tissue when sneezing or coughing, or to sneeze or cough into their sleeves. Put used tissues in a wastebasket, and then wash hands with soap or use an alcohol-based rub.
- Even when a person is wearing a mask, they should cough or sneeze into their sleeve.

## **W**atch all household members for symptoms of respiratory illness.

- Contact your healthcare provider if a fever or other symptoms such as chills, cough, sore throat, headache, or muscle aches develop.

## **M**ake sure supplies are onhand.

- Keep supplies of masks, gloves, soap, tissues, paper towels and cleaning supplies on hand.
- Make sure all sinks and restrooms are stocked with soap and paper towels.
- Make sure that tissues are available in all bedrooms and common areas like living, dining, family, and computer rooms.





# IMPORTANT PHONE NUMBERS

The following are numbers for non-emergency calls and can provide disaster related assistance and preparedness information.

Santa Clara County	
Office of Emergency Services.....	408.808.7800
Public Health Information Line.....	408.885.3980
CalTrans (highway information).....	1.800.427.7623

Please contact your City Government about your Community Emergency Response Team (CERT).

## Your Own Important Numbers



Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your children's school.

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## GETTING INFORMATION

Local radio and television stations, as well as a number of web sites, will provide information during a pandemic flu. In some instances, specific emergency instructions will be broadcast by:



- .....KSJO – FM 92.3
- .....KQED – FM 88.5
- .....KCBS – AM 740

During a pandemic flu, emergency instructions may include ways to protect your health, as well as closings of schools and businesses, and canceling events.



# Where to Find Emergency Medical Care

During a pandemic flu, it will be important NOT to go to the hospital except in the case of a medical emergency. Hospitals will be overwhelmed with patients during a pandemic and many sick people may have to be cared for at home or at a non-hospital location.

## **HOSPITALS** (🏥 denotes trauma center)

### **Community Hospital of Los Gatos**

815 Pollard Road  
Los Gatos, CA 95032-1438  
408-378-6131  
[www.communityhospitalg.com](http://www.communityhospitalg.com)

### **El Camino Hospital**

2500 Grant Road  
Mountain View, CA 94039-7025  
650-940-7000  
[www.elcaminohospital.org](http://www.elcaminohospital.org)

### **Good Samaritan Hospital - San Jose**

2425 Samaritan Drive  
San Jose, CA 95124-3997  
408-559-2011  
[www.goodsamsj.org](http://www.goodsamsj.org)

### **Kaiser Permanente Santa Clara Medical Center**

900 Kiely Boulevard  
Santa Clara, CA 95051  
408-236-6400  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

### **Kaiser Permanente Santa Teresa Medical Center**

250 Hospital Parkway  
San Jose, CA 95119  
408-972-7000  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

### **O'Connor Hospital**

2105 Forest Avenue  
San Jose, CA 95128-1471  
408-947-2500  
[www.oconnorhospital.org](http://www.oconnorhospital.org)

### **Regional Medical Center of San Jose** 🏥

225 North Jackson Avenue  
San Jose, CA 95116-1603  
408-259-5000  
[www.regionalmedicalsanjose.com](http://www.regionalmedicalsanjose.com)

### **Saint Louise Regional Hospital**

9400 No Name Uno  
Gilroy, CA 95020-3528  
408-848-2000  
[www.saintlouisehospital.org](http://www.saintlouisehospital.org)

### **Santa Clara Valley Medical Center** 🏥

751 South Bascom Avenue  
San Jose, CA 95128-2604  
408-885-5000  
[www.scvmed.org](http://www.scvmed.org)

### **Stanford Hospital and Clinics** 🏥

300 Pasteur Drive  
Palo Alto, CA 94304-2299  
650-723-4000  
[www.med.stanford.edu/sumc](http://www.med.stanford.edu/sumc)

Call 911 only in the event of a serious, life-threatening emergency. But remember, because a pandemic flu could be bigger than any other health emergency, 911 may be overwhelmed by the number of calls.

