



Cumberland Elementary School
Sunnyvale, California

June 14, 2006

Summer is a time for outdoor fun. Summer vacation gives our kids and us the chance to slow down, to take a dip in the pool, to walk on the beach or to sleep under the stars.

The National PTA shares some thoughts on safety during summer fun. Warm weather means more time in the sun and heat, which can put children at risk for sunburns and heat exhaustion. What you can do to minimize these risks:

- Limit sun exposure when possible, particularly during peak hours of 10 AM to 4 PM.
- When your child is going to be in the sun, provide a water-resistant or waterproof sunscreen with an SPF 30 or higher to be applied liberally, uniformly and thickly to all exposed skin surfaces. - Don't forget to protect lips, ears and toes!
- Remind your young teen to apply sunscreen and lip protection 30 minutes to two hours prior to sun exposure, depending on the product's instructions, and to reapply every one to two hours and after swimming or heavy perspiration.
- Pay attention to expiration dates and discard outdated sunscreens (usually after 2 years).
- Encourage your child to wear lightweight, light colored, loose-fitting clothing and a hat, particularly on hot and humid days.
- Provide a portable, durable water bottle or sports beverage. Remind your child to drink before feeling thirsty and throughout the day.

Without a reason to get moving, children may be tempted to spend their days watching TV or playing video games. While summer does offer more time for leisure activities, don't forget to encourage physical activity in your kids. What you can do to encourage physical fitness:

- Set a positive example by limiting your own daily TV viewing, aiming to exercise every day, making healthy food choices and encouraging your child to do the same.
- Set reasonable rules and guidelines for computer use and Internet safety. Remember to monitor your child's compliance with these rules, especially when it comes to the amount of time your child spends on the computer.
- Help your child choose an activity - any activity - such as walking, basketball, or bike riding, and encourage one hour of exercise per day.

- Consider registering your child for an organized summer sports league or active day camp.
- Purchase a pedometer for your young teen to count steps throughout the day, aiming for 11,000 daily steps for girls (ages 6 to 17) and 13,000 daily steps for boys (ages 6 to 17).

When the thermometer rises and the pool is not an option, don't forget the pleasure a good book can bring. Encouraging children to read keeps their reading and writing skills in good shape without their even realizing it! The Sunnyvale Public library offers a great Summer Reading Program. Kids (and adults) can register between June 17 and July 30. Read 10 books by September 3 and receive a free paperback book! If you are looking for book suggestions, visit <http://www.nea.org/readacross/resources/kidsbooks.html> ¹for the Children's Top 100 Books list compiled by the National Education Association.

To kick off the summer fun, consider joining your Cumberland friends at the Jungle tomorrow evening, June 15, from 5 to 9 p.m. If your child brings his or her report card, the Jungle will give them free game tokens. Don't forget the attached flyer and a pair of socks!

In closing, I want to thank you for this opportunity to serve as your PTA President. It's been a wonderful year getting to know many of you better. I've learned a lot about Cumberland, and have grown to appreciate all those little (and not so little) things you do to make this a fantastic community. My wish for you this summer:

Time. The wonderful luxury of being at rest. The days when you shut down the mental machinery that keeps life on track and let life simply wander. The days when you stop planning, analyzing, thinking and just are. Summer is my period of grace.

-Ellen Goodman

Have a great summer!

Jeanette Krogstad
PTA President 2005-2006

¹ Excerpts from www.pta.org, parent resources

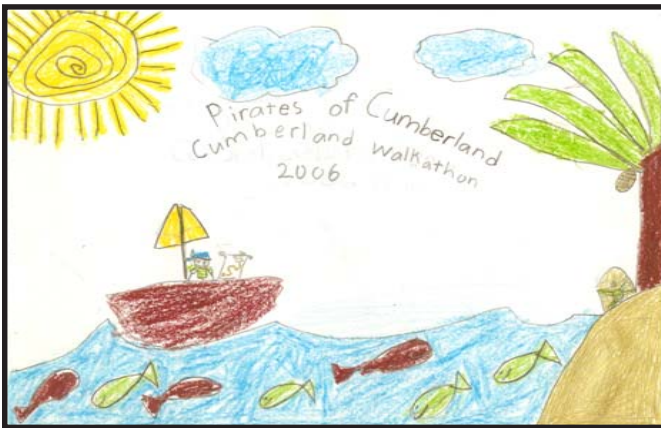
Walkathon News!

Congratulations to first grader Beatrix Colmet-Daage. Her amazing drawing won her first place in the t-shirt design contest.

Runners up were: Kyle Schryver (1st Grade) in 2nd place, Joey Gronovius (3rd Grade) in 3rd place. Tied in 4th place were Hanphenie Zhou (4th Grade) and Fuyu Sakakibara (2nd Grade) and in 5th place was 3rd grader Brooke Schryver.

Thank you to all the students that submitted drawings. They were all amazingly creative.

Co-chairs Carolyne Wong and Jen Crewe would like to wish all the committee a relaxing summer.



Walkathon T-shirt Contest Entry

Congratulations On A Successful Spring Food Drive!

Cumberland School donated 12 over-stuffed boxes of food and hygiene items to Sunnyvale FISH on May 26th.

Individual donations are welcomed. Current needs are adult clothing for job interviews and children's clothing. FISH can not accept furniture or car seats. Donated items may be dropped off every Tuesday 9-11 a.m. at 1112 S. Bernardo Ave. in Sunnyvale.
Renata Thorne - Director of Sunnyvale FISH, 408-245-9109.

Thank you to all who made this event a success!! Mr. Greeny and the Student Council for organizing, advertising and collecting. Cumberland Cafeteria for lending the crates.
Nellie Hungerford - Sunnyvale School District Liaison Teachers and Students and the Cumberland Community

Teri Wikman

Last Chance for Lost & Found items. Items will be donated on Thursday after school.

Dates To Remember:

June 15 Last Day of School

June 15 Jungle Night 5 pm to 9 pm

Aug 23 Class lists posted 2:15 pm Kindergarten;
4:30 pm Grades 1 - 5

Aug 24 First day of school

Aug 24 First day coffee 8:20 am in the Multi

Aug 25 Welcome Back Picnic 5:30 pm - 7:00 pm

New Members of Cumberland Leadership Council

Congratulations to Lindsay Jacobson, Valerie Spierling and Sandra Todd who have been elected to the Leadership Council, each for a two year term. Thanks to all of the parents who ran and voted in the election and runoff election.

Ray Schryver

Looking Forward To Next Year. . .

Mark your calendar now for the Welcome Back Picnic! On Friday August 25, we'll have a casual, 'renew old acquaintances' picnic at School. We'll gather on the school playground starting at 6, with picnic dinners, and blankets and enjoy the late summer evening together.

Sandra Todd



International Variety Show

Dear Students,

Thank you so much for the large amount of food collected in the food drive. It will be much appreciated by the poor families in Sunnyvale. God's Richest Blessings to all of you!

Sincerely,
Mrs. Renata Thorne
Sunnyvale FISH