



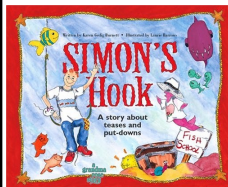
Cumberland Connection

824 Cumberland Ave. Main Line: 408-522-8255

From the desk of Ms. Carlson.....

We're a few weeks in to a whole new year. With the turn of the hand on the clock, from one second to the next, we entered into the year twenty-nineteen. So many of us see a new year as an opportunity to view life with a fresh perspective. Some of us even make resolutions; we commit ourselves to making some change for the better.

Prior to the break and just after, I visited classrooms and observed teachers explicitly teaching our students how to make SMART goals as New Year's resolutions. SMART is an acronym for Specific, Measurable, Achievable, Relevant and Time Bound. I loved seeing this for several reasons - learning the value and habit of goal setting is key to lifelong success in all areas of life. Learning how to set goals that are SMART increases the chance that we actually keep and meet those goals – and as we experience success, we are more likely to keep up the habit.



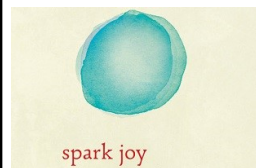
We learned about a very important social habit at an assembly on our first day back to school. Karen Burnett, aka "Grandma Rose," is the author of one of our Project Cornerstone read aloud books: Simon's Hook. She uses a fishing metaphor to teach us that when someone tries to "hook us" by teasing us, we don't need to take the bait. Instead, we can use strategies to swim free and not allow others to have power over our thoughts and self-concept.

As Grandma Rose teaches, we can be a "free fish" by trying to:

1. Do little or nothing - don't react
2. Pretend to agree with the hook.
3. Change the subject to distract the person displaying teasing behaviors.
4. Laugh at the hook and make a joke of it.
5. Stay away from students being hurtful.



While teasing and put downs are never condoned, Grandma Rose reminds us that we can be empowered with these lifelong strategies. Perhaps this is a goal your child would like to set: to practice not "taking the bait."



The other side of this message is to be someone who spreads joy and kindness, or to use Marie Kondo's phrase, one who "sparks joy" in others. Your child may want to focus on sparking joy as a New Year's resolution! What are ways you can encourage him or her to do this? It could be as simple as saying or waving "hi" to others while walking to school. Another level of this could be to

practice giving more frequent compliments like, "Wow, cool shoes!" or "I appreciate how you are a good listener." How about keeping an eye out for ways to help others with tasks – cleaning up or opening a door or carrying supplies? Some "spark joy" by donating to a charity and others go so far as to start initiatives. In fact, a group of our 5th graders started an organization they call K.I.N.D. – Kindness Inspires Nice Deeds. I'm excited to see the ways they inspire our whole campus!

I referred to Project Cornerstone above, and I am proud to share that our school has been chosen to receive the organization's 2019 Asset Champions Award in the "Caring School Climate" category. Thank you to all of our amazing staff, parent volunteers and students who contribute to making Cumberland such a warm and caring place.

I wish everyone well as we embark on our own versions of a fresh start in 2019!!

Sincerely, **Ms. Laurie Carlson**

CALENDAR

Jan 28th: No School

Feb 8th: Talent Show

Feb 12th: TLD, 12:45pm release

Feb 18-22: No School Winter Break

Book Fair March 4-7

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STUDENT COUNCIL

SPIRIT WEEK: Feb 11-15

Come dress up to school everyday to celebrate school spirit:

Monday 2/11: Sports Day- Wear sports attire to school.

Tuesday 2/12: Crazy Hair Day- Come to school with a crazy hairstyle.

Wednesday 2/13: Hippie Day- Dress like someone from the 60s

Thursday 2/14: Out of this World/Space Day/Red Day- Dress like an alien, star, or wear red for Valentine's Day.

Friday 2/15: Pajama Day- Wear your pajamas to school

Starting March 4th, student council begins collecting for Pennies For Patients; donation of coins and dollars. This benefits the Leukemia and Lymphoma Society.



Student Council Officers:

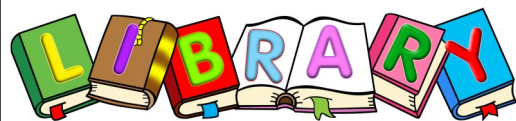
President: Liron Livnat

Vice President: Victoria Kuhn

Secretary: Lila Tsao

Treasurer: Ofer Livnat

LIBRARY NEWS



Great happenings in the library.....35 millionaires, and 12 two time millionaires. Would you like to support your child becoming a millionaire? It's easy and all online under the Library section of the Cumberland website or:

Keep track of all the titles you have read on an Excel spreadsheet (parents need to help). Books that are read to your student count, as do books the student reads independently. Once you have finished your book, visit, www.arbookfind.com. Click on the "tab" for ADVANCED SEARCH, type in the TITLE of your book (make sure it's the same author). Click on the title and put the word count in to your Excel spreadsheet. Keep your log until you have reached your 1,000,000 words and turn in to Mrs. Atkins.

Our independent readers are growing. I find such joy seeing our students become independent readers. I see it first hand by the advancement in the books they check out and conversations with them.

Our top titles for this school year:

Diary of a Wimpy Kid: The Last Straw by Jeff Kinney

Head in The Clouds by Abby Hanlon

Wonder by RJ Palocio

Summer of the Sea Serpent by Mary Pope Osborne

Winter of the Ice Wizards by Mary Pope Osborne

Pete the Cat, Construction, Destruction by James Dean



Have you read; The Invention of Hugo Cabret by Brian Silznick? This is one of my favorite books. It is a fiction book with a lot of illustrations and actually won the Caldecott award in 2008. It's not often that a fiction book wins for illustrations, usually a picture book wins! A MUST read for adults and students.

The library has a section for Caldecott and Newbery Award winners. I encourage all students to read at least one book from each award winner category.

Caldecott: The Caldecott Medal was named in honor of nineteenth-century English illustrator Randolph Caldecott. It is awarded annually by the Association for Library Service to Children, a division of the American Library Association, to the artist of the most distinguished American picture book for children.

Newbery: The Newbery Medal was named for eighteenth-century British bookseller John Newbery. It is awarded annually by the Association for Library Service to Children, a division of the American Library Association, to the author of the most distinguished contribution to American literature for children.

RECESS ROCK STARS:

Recess Rock Stars are students who show respect, responsibility and a positive attitude at recess-time. They are team players who work well with others, follow the rules, and put their best foot forward no matter the game. Recess Rock Stars are given a certificate at our Cool Cougar assemblies as well as a spot on the Playworks bulletin wall. They are selected by Coach David and the Junior Coaches.

Kindergarten: Oswin H
1st: Kyra G
2nd: Rohan P.
3rd: Jesse Sch.
4th: Zhige S.
5th: Aidan M.



Elementary School Culinary Competition

Are there any aspiring chefs out there? Well, you can showcase your skills by participating in the upcoming Future Chefs culinary competition! Fill out an entry form (available in the office or online) with your favorite ~Fiesta Fit - Healthy Mexican Recipe~ and you'll be in the running to compete in a live competition at Lakewood Elementary School on March 27th, 2019.

Submit your recipe to the cafeteria cashier or your teacher. Recipes must be submitted ASAP. As an added bonus, the winner of this event will have their recipe entered into a National Competition, with the chance to win even more great prizes!

The 3rd annual Future Chef event is accepting entries from grades 1 through 5. Food Services helps educate the kids in HEALTHY EATING HABITS. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits.

That's why we want kids to submit recipes for their favorite Healthy Mexican Recipe-Fiesta Fit Bonus Ingredients: ** Each bonus item is worth 1 point; a student can earn up to 3 bonus points: Brown Rice, Black Beans, Sweet Potatoes, Bolillo Rolls, Pork, Fish, Avocados, Plantains and Veggie Crumbles.

Judging will be based on the following criteria: • Originality • Kid Friendly • Ease of Preparation • Healthy Attributes • Plate Presentation • Taste Timeline of the event:

- Kids who would like to participate need to fill out the recipe card and return it to their teacher
- Teachers will collect the recipe cards and give them to the cafeteria staff.
- The cafeteria staff will return the recipes to Armando Robles in Child.
- The recipes will be evaluated and narrowed down to one finalist per school.
- The finalists will be formally invited to a Culinary Competition "Cook-Off" on Wednesday, March 27th, 2019 From 4:00 pm to 5:00 pm

All Finalists will receive a framed plaque, recipe book of all finalists' recipes, chef coat, apron and hat. Transportation will not be provided on Wednesday, March 27th, 2019 for the competition. Kids will need to be dropped off and picked up at the preselected school site the day of the event. Each group of kids will have a kitchen staff member assigned to help them to ensure that there are no safety issues. This will ensure safe food preparation practices are followed.

Questions or concerns, contact Armando Robles General Manager Sunnyvale School District
408-522-8200
armando.robles@sesd.org

ATTENTION 5th GRADE PARENTS:

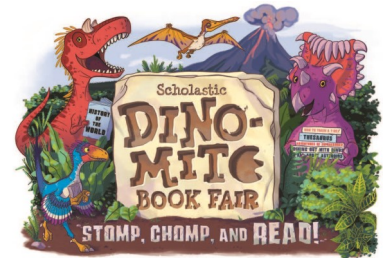
- **SCIENCE CAMP PARENT MTG:** Wed, Feb 6th at 5:30pm at Cumberland
- **SMS MATH INFO NIGHT:** Tuesday, February 26th, more info to come
- **SCIENCE CAMP:** March 18-22. Read the packet and double check deadline dates.
- **SMS PARENT INFO NIGHT:** Monday, March 18th, Cumberland
- **FAMILY LIFE FAMILY PREVIEW:** Monday, March 25th 6-7pm, Cumberland
- **SMS STUDENT TOUR:** Thursday, May 16th
- **MOVING ON CEREMONY:** Friday, May 31st
- **SMS REGISTRATION:** Middle school is right around the corner. Your 5th grader will automatically be enrolled into Sunnyvale Middle School for the 2019-2020 school year.
- **NEXT YEAR INFO:** Sunnyvale Middle School will be notifying you in the next couple of months with more information regarding address verification and details for the new school year.



“Dino-Mite” Scholastic Book Fair - March 4th-7th

Cumberland's “Dino-Mite” Scholastic Book Fair is almost here!

Each year the PTA hosts a book sale in conjunction with Scholastic Book Fairs. Students and families are invited to browse and purchase books to take home or donate to the teachers. Proceeds from this event support our library. All Book Fair profits go to purchasing books and other materials for our library.



The Book Fair will be open the following days:

- Friday, March 1st from 12:45pm-2:30pm
- Monday, March 4th– Thursday, March 7th, from 8:00am to 3:30pm
- Tuesday, March 5th, we will have extended hours from 8am - 8pm
- Thursday, March 7th from 6pm- 8pm. This will be our “Stomp and Chomp with Dinos” event. So, please bring the family and friends and shop for a wonderful cause.

We need your help to make this Book Fair a success! We need help with setup, bagging, monitoring areas, and selecting books.

Please use VolunteerSpot at <http://signup.com/go/wVVCdTS> to sign up or you can email us to let us know when you are available to help.

Thank you for your support and see you at the Book Fair!

Your Book Fair Chairs,
Shannon, Jenny and Jeannette
bookfair@cumberlandpta.org

WALKATHON PRIZE ASSEMBLY

THANK YOU CUMBERLAND FAMILIES for helping PTA meet 2018 "Walk Like an Emoji" Walkathon goal!



Prize Assemblies & Pizza Party celebration, Thursday 1/31/2019

- Walkathon & Reflection prizes assemblies will take place during school hours.
- Cumberland PTA will provide pizza to all Cumberland Students during lunch.

WEAR YOUR WALKATHON SHIRT: Have your child show their pride and wear their Walkathon T-shirt/Cumberland Wear.

VOLUNTEERS: the prize committee needs help serving the pizza for all of Cumberland students on Thursday 1/31 10:45am-1:00pm.

Please sign up at the following link-

https://docs.google.com/forms/d/e/1FAIpQLSf7al_o5tV2Mv5rvVV_W48oXcJsCAexF1Plz1mkWe1NbsR3qQ/viewform

FOOD SERVICES

TASTING IN THE LUNCH ROOM

Sometimes during the year, the students have the opportunity to taste different types of fruits and vegetables for the 5210 program. The 5210 program is Numbers to Live By!

When they taste the fruits and vegetables, they are able to vote if they liked it, loved it or hated it.



5

Aim for 5 fruits and vegetables every day

2

Keep recreational screen time to 2 hours or less very day

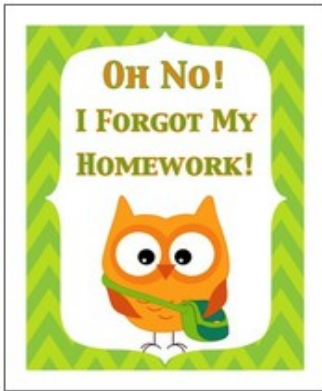
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Include at least 1 hour or more of active play every day

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Skip sugar sweetened beverages, drink more water every day

DELIVERING FORGOTTEN ITEMS



WHAT IF I FORGET MY HOMEWORK, A PROJECT OR MY LUNCH?

- If you decide to bring your child’s forgotten homework, lunch, equipment, etc to the front office, classrooms **will not** be called during instructional time.
- Please leave it on the drop off counter in the front office and email your child(ren)’s teachers directly.

PARENT EDUCATION

LGBTQ+ Awareness & Tolerance

Presented by Diana Hernandez, Outlet Education Coordinator

Date: Wednesday, March 20th, 2019

Time: 6:00 p.m- 8:00 p.m.

Location: Cherry Chase Elementary Multi room

Social Emotional Learning: Introduction to Developmental Assets Presented by Ziem Nguyen Neubert, Director of School Partnerships, YMCA/Project Cornerstone

Date: Monday, April 29th, 2019

Time: 6:00 p.m-8:00 p.m.

Location: Sunnyvale School District Board room

Date: Monday, May 13th, 2019

Time: 6:30p.m.-8:30p.m .

Location: Fairwood Elementary Multi room



HAVE QUESTIONS? NEED ANSWERS?

WAYS TO RECEIVE SCHOOL AND PTA COMMUNICATION

SCHOOL DISTRICT SITE: sesd.org

SCHOOL WEBSITE:
www.sesd.org/cumberland

PTA WEBSITE: cumberlandpta.org

YAHOO GROUP: join the Cumberland Community Yahoo Group, send an email to:

cumberlandcommunity-subscribe@yahoogroups.com

PTA E-FLYER: Cumberland Connection—
TinyURL.com/cumberlandPTAnews

KINDER GOOGLE GROUP: to join the Kinder Google Group, please send an email to newfamily@cumberlandpta.org

