



SPARTAN SHIELD

Sunrise Elementary School

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2009-2010 Kindergarten Registration

Sunrise Elementary will begin taking kindergarten registrations for the 2009-2010 school year on Wednesday, December 3rd from 7:30-4:00. To be eligible for enrollment children must turn five on or before December 2nd 2009 and reside within the attendance boundaries of Sunrise Elementary School. Parents wishing to enroll their child will be provided with a registration packet and assigned a priority number. The priority number will remain in effect as long as the completed registration packet and the required documents are submitted to the school office by February 2, 2009. Information and documents that are required as part of the registration process are: **birth certificate, child's social security number, proof of residence (PG & E or SMUD containing name and address), and record of completed immunizations.** These documents do not need to be provided in order to pick up an application, but must be provided to complete the registration process.

Comprehensive Safe School Plan

The Sunrise School Site Council approved the 2008-2009 Comprehensive Safe School Plan at their meeting on Thursday, November 22nd. A copy of the plan is available for review upon request in the school office. The **key features of this year's plan include:**

- The installation of panic hardware on the primary entrance and exit gates.
- The installation of security fencing between the quad and the playground.
- The painting of doorway swing patterns on the sidewalks outside each classroom door.
- Review of the traffic pattern along Cobble Brook and the development of plans to modify the existing traffic pattern to improve student safety.

IMPORTANT DATES TO REMEMBER

- **12/2-5 Book Fair in the Library**
- **12/4 Book Fair Family Night 6:00—7:30 p.m. Library**
- **12/11 6:00p PTA General Meeting—MP room**
- **6:00-8:00p Spaghetti Dinner— MP room**
- **7:00-8:00p Gingerbread Workshop Portable R-2**
- **12/8-12 MYPAS Testing 2nd—6th grade only**
- **12/13 BAND Performance 1:00 p.m. First Baptist Church**
- **12/17 BAND Performance 7:00 p.m. Arden Fair Mall**
- **12/22-1/2/09 WINTER BREAK - NO SCHOOL**
- **1/5/2009 First Day of School in 2009!**



MYPAS Testing: Sunrise students in 2nd-6th grade will be taking the Mid-Year Progress Assessment System test (MYPAS) during the second week of December - December 8th-12th. This very important test is a progress assessment that allows us to measure student progress in mastering grade level standards in preparation for taking the California Standards Test (CST) in the spring. The results of the MYPAS test will be analyzed to determine where our students need additional instruction. Student attendance during the MYPAS testing dates is very important.



Spaghetti Dinner to Support Sixth Grade Sly Park Field Trip

A spaghetti dinner to support our **sixth graders' week-long science camp field trip** to Sly Park will be held on Thursday evening, December 11th from 6:00-8:00 in the Sunrise multipurpose room. The dinner is open to the community. The cost is \$4.00 for children and \$6.00 for adults. Meals are by prepayment due December 5th to the PTA office.



Book Fair Looking for a great **book to read...or a gift for the** holiday season? Mrs. Barrowcliffe will be hosting a Book Fair in the Sunrise library December 2nd through 5th. A flyer containing a list of the books available for purchase has been sent home with each child. Each class will visit the Book Fair twice, once for a preview and a second time for anyone wishing to make a purchase. The Book Fair will also be open on Thursday evening, December 4th from 6:00—7:30 p.m.

Sunrise Boasts New Marquee

Please check out our beautiful new marquee on the **front of the school! We will be posting the week's events on a regular basis. So, check out what's** happening on campus as you drive by or drop off your children at school!



What Every Parent Should Know about *Social Networking*

Social networking is a term that describes online sites used to connect people to other people. Users create personal profiles that allow them to be linked with other people that have similar interests. MySpace is probably one of the best-known social networking sites.

To say that social networking is popular with teens and **'tweens is an understatement. Kids love the many** features available from sites, such as MySpace, that allow them to creatively express themselves (upload writing, images, video remixes, etc.), share, and keep in touch with friends. While there can be benefits to social networking, there are also potential dangers when posting information.

Parents can help their students use social networking sites safely by learning more about websites such as myspace.com or facebook.com. The Internet Keep Safe Coalition (i-KeepSafe), a prominent internet safety organization, and MySpace have teamed up to take the mystery out of social networking and Web 2.0 (read-write web) by creating a series of short videos. The topics covered include:

- Basics of Web 2.0
- Social Networking
- Social Networking Tools
- How to Set Up and Protect a Profile
- How to Report Problems (cyberbullying, threats, online predators)

We encourage parents to visit – with their children - the i-KeepSafe site at <http://www.ikeepSAFE.org/PRC/videotutorials/myspace/index.html> and view this excellent series. If you have questions about the safe use of social networking sites, you can find resources and post questions at our blog at <http://2webwatchers.edublogs.org>.



PTA Gingerbread Shop

To provide an opportunity for our students to experience the joy of selecting and purchasing a gift for a loved one, the PTA will be sponsoring a Gingerbread Shop. The Gingerbread Shop will contain an inventory of small gift items. Each class will have an opportunity to visit the Gingerbread Shop. The decision to purchase items from the gift shop is up to each individual family. The PTA is sponsoring this activity as a service to our students. The Gingerbread Shop is not a fundraiser. We are still in need of volunteers to help with the Gingerbread Shop, please contact Theresa Beals our PTA President at (916) 985-4350, if you are available to volunteer. The Gingerbread Shop will be open for shopping on Thursdays, December 11th from 7:00—8:00 p.m. in Portable R-2.



Ask Anne & Lisa

The Ask Anne & Lisa column featuring District Dietitians Anne Gaffney, R.D. & Lisa Vorce, R.D., appears in EGUSD school newsletters and is designed to help families build healthy lifestyles. You can email questions to Anne & Lisa at Communication@equsd.net.

Hi Anne and Lisa, How is a serving size determined? For example, if **you look at two boxes of crackers, the calories aren't the same and the serving is not the same.... Thank you, The Label Reader**

Dear Label Reader,

Nutrition Facts label serving sizes are based on the amount of food **customarily eaten at one time (called the "reference amount")** as reported from nationwide food consumption surveys. For crackers, the reference weight is 30 grams. So for each different type of cracker, the nutrition label information is based on how many crackers it takes to equal 30 grams. The gram weight listed may not be exactly 30 grams because only the weight of whole crackers is used. In other words, when comparing two different types of crackers, the number of crackers per serving maybe a little different, but the gram weight of the two portions will be very similar. For each portion (weighing approximately 30 grams), the calories and other nutrients will vary based on the ingredients in the different types of crackers.

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Pay attention to the serving size, and especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more) In the case of crackers, one serving may be listed as six crackers. If you ate 12 crackers, you would have eaten two servings. That doubles the calories and other nutrient numbers, including the % Daily Values shown at the right side of a Nutrition Facts label.

Thanks for Asking, Anne & Lisa