



Carmeletter

October 21, 2005

Issue 4

President's Letter

It has been another couple of busy weeks at El Carmelo. The Bike Safety training is an annual activity that the school puts on for the 3rd graders. Special thanks to Dean Samos for organizing this important event and to all of the parent volunteers and staff who guided our riders through their paces on the black top.

The Fall Book Fair was a huge success again. In addition to four days of busy sales with swarms of enthusiastic young readers, a Family Night on Wednesday drew many parents and students for ice cream sundaes, and to other activities. Thank you, Jill Spain and the other volunteers, for your hard work to make this event a success.

Our PTA social events were kicked off this year with our FIRST Mexican dinner. Hilda Espinoza, with the tireless efforts of other parents, organized a wide array of delicious foods. We hope that families enjoying mingling and meeting other El Carmelo families. These PTA socials are meant just for YOU. We hope that you are able to attend other events and continue to have fun and make new friends.

The annual Spaghetti dinner was also a success, with lots of families in attendance to dine on delicious pasta, salads, and sweet treats. It was a wonderful opportunity to get together as a community once again. To us, this is one of the special things about the El Carmelo family that makes a real positive difference for our kids and families. Thank you, Ana Maria Dias, Stephanie Youngquist, and the many volunteers who made this event a success.

There are two important issues with dates ahead of us. The Palo Alto Council of PTA's has implemented the Bridge of Caring program to assist schools affected by hurricane Katrina. Our Coins for Katrina program will culminate with delivery of the funds to the PTAC on October 24. The day before, October 23, the PTAC is sponsoring the Bridge of Caring Carnival at Palo Alto High School. Please help support these important efforts. Lastly, California's Special Election is coming soon and now is the time to inform you on the initiatives on the ballot. Particularly relevant to our schools is Proposition 76, which the California State PTA opposes because of its anticipated negative effects on school funding. Please take the time to evaluate the propositions and, most importantly, vote!

With warm regards,

Erina Dubois
President

Eric Schuur
Executive Vice President

DATES TO REMEMBER

October

- 25 PTA Mtg 8:30 a.m.
Board Meeting 7 p.m.
- 26 Noon Art
- 27 Photo make-ups
- 28 Carmeletter Deadline 8:30 a.m.
- 31 Halloween Parade at 1:45 p.m.



November

- 1 Elections-MP room all day
- 5 Ice Skating party 5:30-7:30
- 7 Kinder extended days begin
- 9 Noon Art
- 10 Carmeletter Deadline 8:30 a.m.
- 15 PTA Exec. Board 8:30 a.m.

Proposition 76

The November 8 Special Election includes eight propositions. California State PTA has voted to oppose Proposition 76, but has not taken a position on any of the others. The League of Women Voters has also voted to oppose Prop. 76.

According to State PTA, Prop. 76 would result in deep funding cuts for our schools and other public services, eliminate checks and balances in the state budget process by granting unprecedented powers to the governor, and do nothing to solve California's fiscal problems.

Prop. 76 undercuts the Prop. 98 minimum funding guarantee for schools that the voters approved overwhelmingly in 1988. The immediate loss to schools would be \$4 billion per year (\$600 per student per year). In addition, the governor would be empowered to make across-the-board midyear budget cuts, which would further reduce the funding levels for schools. Midyear budget cuts are especially painful for schools because most of their expenses are based on annual contracts. These midyear cuts could be made by the governor acting alone, without the approval of the legislature or the voters.

PTA urges all of us to inform ourselves, to register, and to vote on November 8.

For more information on Proposition 76. see: California State PTA, www.capta.org EdSource, www.edsource.org Easy Voter Guide, www.easyvoter.org California Budget Project, www.cbp.org League of Women Voters, <http://www.smartvoter.org/2005/11/08/ca/state/prop/>

or contact one of us at Sixth District PTA: Laura Casas Frier, Director of Legislation, 650-917-8382, lauracasafrier@aol.com. Erwin Morton, VP Communications, 650-323-2313, erwin@morton.net. Diane Foote, President, 408-736-8449, dfootepta@yahoo.com.

Spaghetti Dinner

Ana-Maria Dias

Thank you to all who came to the spaghetti dinner and joined us for a fun evening!

Stephanie Youngquist and I want to especially thank all the volunteers who worked hard to make this event possible. They made yummy desserts, chopped up mountains of fruit, created wonderful posters, helped set up, served food and drinks, and cleaned up afterwards:

Abbie Sanger, Ann Smitherman, Audrey Eisenstein, Barbara Yates, Calvin Woon, Celina Tracy, Charles Salmon, Debra Wittenbrink, Trisha Wittenbrink, Jayna Wittenbrink, Hilda Espinoza, Holly Liberatore, Jennifer Allen, Jenny Kuan, Jody Lieb, Julie Bitler, Kathleen Blanchard, Larry Haussler, Laurie Smith, Marielle Macuil, Mark Aguilera, Mark Seiders, Megan Fogarty, Michele Kasper, Mike Cheong, Mimi Salmon, Mirna Aguilera, Mona Napaa, Nicole Macuil, Pamela Parke, Rosemary Gill, Sandra McIntosh, Shannon Steinberg, Sharon Johnson, Sherwin Wong, Steve Flanders, Tania Macuil, Tom DuBois, and Yi-Mei Chang.



Thank you also to the following merchants who generously contributed to make this dinner a success:

Il Fornaio, Olive Garden, Buca di Beppo, Piazza's, Trader Joe's, Costco, Albertson's, and the Palo Alto and Mountain View Safeways and especially big thanks to The Fish Market.

Leftovers were given to Mother Oneida Branch in East Palo Alto who helps the needy.

Top 10 Reasons to Donate to Partners in Education Today

Our schools are our most precious community resource.



These are the *only* funds El Carmelo parents can raise to pay for supplemental staff At El Carmelo, PiE funds pay for 47% of classroom aids; a reading specialist for grades K-4; Spectra Art for all grade levels; 85% of hands-on science experiences led by the Junior Museum; and 50% of our conflict resolution specialist. Without successful fundraising, we will lose valued staff. Remember, PTA supports stuff; but only PiE can support staff!

Contributions over the suggested \$500/student amount will be matched up to \$150,000 until October 28th. **BUT ANY AMOUNT IS APPRECIATED!**

It's easy! Go to www.papie.org and contribute through PayPal, return the remit form you were sent in mail, or drop your check in the box in the office.

Every contribution helps, no matter what the size. **OUR GOAL IS 100% PARTICIPATION!**

The more money donated, the more EL CARMELO gets back! The total funds are distributed to each school on a per student basis!

The El Carmelo PTA eliminated its direct appeal two years ago so parents would support PiE.

The State eliminated \$120 per student in Basic Aid funding to Palo Alto schools.

Passage of Measure A enabled the district to reinstate some previously cut staff and classes, but Partners in Education pays for other supplemental staffing at our schools.

In this era, the State of California no longer funds schools at the level we expect in PAUSD. Excellent education is increasingly a public/private venture. Partners in Education need your support!

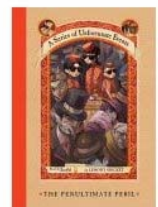
Questions? Contact Megan Swezey Fogarty, Volunteer PiE Rep, meganfogarty@sbcglobal.net or 473-0428

Lemony Snicket

Fans

Leslie Bell, lbell@pausd.org

Attention all Lemony Snicket Fans!



Lemony Snicket is coming to Spangenberg Theater at Gunn High School on Nov. 1st at 5:00PM! You may purchase a ticket at Linden Tree Books in Los Altos starting Oct. 10th. Each ticket costs \$15 and includes a hardback copy of his newest Unfortunate Eventsbook # 12.

Twenty percent of all ticket sales will be donated to our very own Palo Alto school libraries! This promises to be a popular event so get your ticket because they will go fast!

Correction

Due to a formatting problem in the last Carmeletter issue it may have seemed that a correlation was intended between PiE and PTA, but it was not. There is no affiliation between PiE and the PTA..

What is Pertussis, and how is it spread?

Katie Dillon, kdillon@pausd.org

Pertussis, or whooping cough, is a contagious, bacterial disease. The germs that cause pertussis are spread through the air when an infected person sneezes, coughs, or talks. Other people in close proximity then inhale the germs. The first symptoms usually appear 7-14 days after a person is exposed, although some people do not start to cough for up to 21 days after their last exposure. Pertussis is commonly spread within families and among other close contacts.

WHAT ARE THE SYMPTOMS?

Pertussis usually begins with cold-like symptoms, with a runny nose, sneezing, and mild cough. This initial illness is similar to a minor upper respiratory infection. The cough gradually gets worse over 1 to 2 weeks, progressing to severe coughing spells, often followed by gagging or vomiting. Vaccinated children, adolescents and adults often have milder symptoms, resembling bronchitis or asthma that frequently are not recognized as pertussis. However, the disease can cause serious illness in very young children and infants.

HOW CAN PERTUSSIS BE PREVENTED?

Protection against pertussis from childhood DTP (diphtheria-tetanus-pertussis) shots usually wears off by the age of 11 or 12 years, leaving most adolescents and adults susceptible to infection. Because the vaccine is only about 80% effective, even some recently immunized children can catch pertussis. Appropriate antibiotics may prevent infection in close contacts of cases and thereby prevent spread of disease.

WHAT SHOULD I DO?

Observe for a cough that gets progressively worse after the first few days. If you or your child develop a severe, choking cough, call your doctor. If the physician thinks you or your child may have pertussis, you or your child should stay away from others until completion of the first 5 day of a course of antibiotics. Laboratory culture for B.pertussis is requested, but a negative result does not rule out pertussis. Preventative antibiotic treatment is recommended for household members and other close contacts of diagnosed cases.

Within the last several weeks, the FDA approved pertussis booster vaccines for both adolescents (ages 10-18 years) and adolescents/adults (ages 11-64 years). These vaccines will greatly enhance our ability to prevent and control pertussis. We anticipate that guidelines for use of these vaccines will be available soon. Please contact your primary physician or your local health clinic regarding the booster vaccines.

FOR MORE INFORMATION, please call the Public Health Department at (408) 885-4214 and ask to speak with Beth Davis, public health nurse.

Lunch Box Lead Testing!

Over 237 vinyl lunch boxes were tested on October 11th and lead was NOT detected in any of them!



A big 'thank you' to our volunteers who tested the lunch boxes: Barbara Rains, Calvin Woon, Rebecca Davis, Eric Schuur, Elizabeth Maulick and Faith Brigel. Thank you for performing this service to our school.

Noon Art News

Sue Hermsen, suehermsen@msn.com

Noon art is off to a splendid start this year. We've had a great turn-out, of over 90 children each session. A big round of applause to volunteers Jennifer Matthews, Jenny Kuan, Yasumi Ting, Holly Liberatore, Tanya Wing, Yi-Mei Chang, Elisa Schmit, Brian Goncher and Mirna Aguilera for helping to glue pom-poms, fasten tassles to bookmarks, iron sandpaper prints and steady toppling marshmallow towers. We could not make this work without their help.

Noon Art is also requesting donations of recycled supplies. We currently need:

- Strawberry baskets (the square green kind)
- 12 oz frozen juice containers and their lids.

Clean and dry materials only please. There is a box for donations in the office.

Thank you!

The Scholastic Fall Book Fair

The Scholastic Fall Book Fair was a "HUGE" success this year thanks to all the teachers, families and students who purchased a lot of the great items that were available.

In the three years that I have been chairing the book fair, this one was the most successful thanks to Colleen Hall, Ann Smitherman, Stephanie Youngquest, Barbara Sonner, Michelle Kasper, Erika Krugler, Lisa Hartwell, Elizabeth Maulick, Kathleen Ford, Jennifer Allen, Jean Hasi, Jennifer Donat, Deanne Welch, Patti Moreno, Lee Anne McDermott, Jing Liu, Sripriya Kannan, Julia Jacobsen and Geeta Srivivasan. Thank you to Debra Wittenbrink, Ileana Sterental, Jan Littau, Liz Cowie, Ping Wang, Allison Colgin, Faith Brigel, Deanne Welch, Debbie Aiu and Yi-Mei Chang for the delicious ice cream sundaes at Family Night! As you can see, I have a lot of help making these book fairs so much fun. If I have missed anyone, please accept my apology. I had such an efficient clean-up crew, that my volunteer list was picked up and recycled.



Finally, I want to give a special thank you to Eric Jensen for arranging to have two Palo Alto police officers and a K-9 dog come to our Family Event. The children enjoyed listening to the officers read and especially enjoyed watching the dog do all his great tricks!

If anyone is interested in chairing the Fall Book Fair next year, please let me know. It is a great event to put on and a fun way to be involved at El Carmelo.

Happy Reading,
Jill Spain/Scholastic Book Fair

Adopt-A-Book

THANKS TO ALL THE FAMILIES WHO HAVE ADOPTED BOOKS THIS YEAR ESPECIALLY THE: CHU, MUTZ, SANGER AND SWANSON FAMILIES.

Our library continues to grow through your support. If you still haven't selected your books from the summer mail in, or if you wish to Adopt a Book visit our wonderful librarians. All the forms you need to complete and the books available for selection are at the front desk in the library. The suggested donation of \$15 per book is tax deductible, so acknowledge a loved one and help get our students reading today!

Questions?????Email elisaschmit@hotmail.com

The Annual El Carmelo Pumpkin Project

Barbara rains,barbrains@lycos.com

Attention all El Carmelo Students!!!

Don't miss out on the annual Pumpkin Project at El Carmelo.

Friday, October 28th

8:00 - 8:25 a.m.



Bring your decorated pumpkin to school on Friday morning, in front of the M.P. room.

Everyone receives a prize for participating.

Make it funny, scary, silly, outrageous - anything you want!

Your pumpkin will spend the day being admired by your teachers and fellow students, and at the end of the day you may take it home, or choose to donate it to one of our traditional recipients - the senior center, Children's Library, etc. Be a part of the fun - bring a pumpkin to school!

Traffic Safety

"We have met the enemy...and he is us."

Parent drivers are one of the biggest dangers to children commuting to school. Did you know that the most dangerous part of your child's commute to school is the school entrance? Whether children arrive by foot, on bike, or by car, they all converge on foot at the school's entrance.

In Palo Alto, the school's entrance often seems to extend to the public streets near that entrance because parents use these street sections as extended parking lots. Our neighborhood schools were not designed for large numbers of automobiles, so cars on and near campus present an especially big safety problem for commuting children. You can help.

If you must drive, please carefully follow your school's traffic safety procedures. This information should be printed in the school handbook you received this year. Always drive a safe speed, never more than 25 mph in school zones and observe all traffic signs and signals. Watch for children doing the unexpected. Give yourself the extra time you need to drive carefully.

Most importantly, please walk, bike or ride public transportation to school whenever you possibly can. The fewer cars on campus, the safer our school entry points will be for all of our children.

Penny Ellson, Traffic Safety Rep for Fairmeadow

Family Bingo Night

Prizes, Pizza, Desserts And Fun For The Whole Family !!

Sunday, November 20th
MP Room 4-6pm



Prizes are needed for this event. If you could stand to free up your storage space of anything that could be used as prizes for the kids, please call Lisa Kucik at 321-3231.

El Carmelo Ice Skating Party Reminder

Yi-Mei Chang

The annual El Carmelo Ice Skating party will be Saturday, November 5th from 5:30 - 7:30 pm at Winter Lodge. The deadline for returning the sign-up forms has been extended to Friday, October 28th.



Pizza and drinks will be available for purchase. Hot beverages will be served. You are welcome to bring a dessert to share.

The cost is \$12.00 per person and includes skate rental. Each child who skates must have a waiver form signed by his/her parent. Please fill out the sign-up form below and the waiver form on the backside. Return the forms with your payment to the office.

Winter Lodge is an outdoor skating rink located at 3009 Middlefield Road, Palo Alto. Be sure to dress warmly and bring your gloves.

If you have any questions contact Yi-Mei Chang at (650) 324-2785 or yimei_chang1@yahoo.com.

El Carmelo Ice Skating Party Sign-Up Form

Parent's name (Please print): _____

Number of skaters (\$12 per person): _____

Total amount enclosed: _____

Please pay by check made out to "El Carmelo PTA"

We'd like to estimate how many pizzas to order. Approximately how many slices of pizza do you think your group will have? _____



Parent's Approval and Student Waiver

_____ has my (our) permission to participate in the El Carmelo Ice Skating party on November 5, 2005 at Winter Lodge Ice Skating Rink from 5:30 p.m. to 7:30 p.m. I (we) as parent(s) or guardian(s) of the minor do hereby, for my (our)

_____, myself, my (our) heirs, executors and administrators, remise,
 Son or Daughter
 release and forever discharge PTA Unit 8475/1035CA, Palo Alto Council, 6th PTA District and the California State PTA, and all PTA officers, employees and agents of each of the foregoing, acting officially otherwise, from any and all claims, demands, actions, or causes of action on

account of referred. I hereby certify the minor is my (our) _____ and that his/her
Son or Daughter

date of birth is _____, and I (we) do hereby certify. That to the best of my (our) knowledge and belief said minor is in good health. In case of illness or accident, permission is granted for emergency treatment to be administrated. It is further understood that the undersigned will assume full responsibility for any such action, including payment of costs. I (we) hereby advise that the above named minor has had the following allergies, medicine reactions or unusual physical condition which should be made known to a treating physician. (If none, please write the word "none").

1. Signature _____ Print Name _____

Address _____

City _____ Phone _____

2. Signature _____ Print Name _____

Address _____

City _____ Phone _____

Alternative Adult

Signature _____ Print Name _____

Address _____

City _____ Phone _____

Katrina Coins & Carnival:
Carrie Manley carrie_manley@yahoo.

Our "Bridge of Caring" keeps getting stronger!

Thanks to all the great El Carmelo students, teachers, administrators, and parents who dug deep in their pockets, and broke open piggy banks, to give so generously to our school's **"Coins for Katrina"** campaign. This Monday, Oct. 24, at about 11am on the lawn, all our kids will hear their grand total and present their donation to the PTA Council. Look for a special guest or two... but the real guests of honor at Monday's presentation? All our kids who gave their coins, and their love, to help make a difference!

This **"Coins for Katrina"** campaign is part of the **"Bridge of Caring"** program, sponsored by Palo Alto PTAs, the Parents Club of Palo Alto and Menlo Park, PAUSD, WOW (Working Wonders) and Palo Alto Youth Community Service.



This **"Bridge of Caring"** campaign provides direct support to schools in Saint Tammany Parish, one of the hardest-hit areas in Louisiana. Our seven "sister schools" are Bayou LaCombe Middle School, Chahta-Ima Elementary School, Alton Elementary School, Bayou Woods Elementary School, Florida Ave Elementary School, Glyn Brock Elementary School, St. Tammany Junior High School. Many children there still have no books, no school supplies and no homes.

So please come to our next big FUN-draising event this Sunday, Oct. 23: The "Bridge of Caring" Carnival at the Paly Quad, 1-5pm. Gunn and Paly students are organizing this Big Easy, Big Fun event. All our schools will have some great booths, featuring games, yummy Big Easy Food, and live entertainment! So invite your family and friends! Together, let's keep building our "Bridge of Caring" from Palo Alto all the way to Louisiana... and have a great afternoon!

And if you and your family would like to volunteer at the El Carmelo booth, please contact Louisiana's own Lisa Hartwell at (650) 853-0546 or lisa_hartwell@hotmail.com

Thank You!!!

Congratulations to all those parents and families that pulled together El Carmelo's FIRST Mexican dinner. The food was fantastic and the night was fun for everyone!

Great thanks to Hilda Espinoza for tirelessly organizing this big event.



And to all of those families that put in so much of their time: Margarita Perreault, Silvia Morales, Yadira Zuniga, Maria Arias, Pilar Macuil, Lucila Robles, Maria Gonzalez, Luz Molina, Juana Montes, Rosa Montes, Martha Velez, Hortencia Halsted, Maria and Anthony Ibarra, Mirna Aguilera, Dina Ortega, Esther Aguilera, Bertha Vieyra and Josefina Vargas.

Parents and Traffic Safety

El Carmelo's 3rd Grade Bike/Traffic Safety Program was a big success! Despite the mid-80's temperatures, we had a great day to help our children practice safe biking techniques. Many thanks to all the volunteers who helped to make the on-bike lesson on September 29 a real learning experience for the children. Assisting were **Adam Palsgrove** of the Palo Alto Fire Department, Officers **Jeff Mock** and **Carlos Desantiago** of the Palo Alto Police Department, **Marla Holtzmann** of the Palo Alto Medical Foundation, and **Kevin Schlaufman** of the Stanford Cycling Club.

For more information on traffic safety questions, check out the PTA Council's Traffic Safety website: <http://pta.palo-alto.ca.us/traffic/>

Dean Samos, PTA Coordinator, El Carmelo's 3rd grade Bike/Traffic Safety

EL CARMELO



DRAGONS

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or a printed copy may be left in the Carmeletter editor folder in the Carmeletter drawer in the main office (below the mailboxes). Submissions will usually be reformatted, so plain text is preferred. Although we try to include everything submitted, please be aware that we need to keep the length of the newsletter reasonable, so we may shorten articles.

Next Issue

<u>Submission Date</u>	<u>Pub Date</u>
Oct. 28	Nov. 4



Carmeletter

Octubre 21, 2005

Numero 4

Carta de La Presidente de la PTA

Hemos tenido otras dos semanas muy ocupadas en El Carmelo, por ejemplo La Seguridad en su Bicicleta (Bike Safety) es una actividad anual que la escuela promueve para los estudiantes de tercer grado. Gracias a Dean Samos por organizar tan importante evento y a todos los padres voluntarios.

La Feria del Libro fue muy exitosa una vez más. Adicionalmente a las labores durante cuatro días de lectores entusiastas, la noche familiar del miércoles atrajo muchos padres y estudiantes a deleitarse con helados y otras actividades. Gracias a Jill Spain y voluntarios por tan magnífica labor y arduo trabajo.

Las actividades sociales de la PTA se iniciaron este año con la PRIMERA Comida Mexicana. Hilda Espinoza con incansables esfuerzos de otras familias organizaron un magnífico despliegue de deliciosa comida típica mexicana. Esperamos que igualmente todas las familias de El Carmelo lo hayan disfrutado y hayan tenido la oportunidad de conocer otras familias. Estos eventos sociales se celebran para TODOS USTEDES. Así pues, esperamos que en futuro continúen disfrutando y haciendo nuevos amigos en El Carmelo.

La comida anual de espagueti fue también muy exitosa y de gran concurrencia quienes disfrutaron de deliciosas pastas, ensaladas y postres. Otra magnífica ocasión para reunirse como comunidad. Para nosotros, esto es una muestra muy positiva que hace una verdadera diferencia para nuestros niños y sus familias. Gracias a Ana-Maria Dias, Stephanie Youngquist y al voluntariado que logró este éxito.

Hay que tener en cuenta dos importantes fechas. El primero es el programa implementado por la mesa directiva de la PTA "Bridge of Caring" que ayudará a las escuelas afectadas por el huracán Katrina. La recolección de monedas para este programa culminará el 24 de Octubre, pero un día antes (23 de Octubre) habrá un carnaval en Palo Alto High School. Por favor colabore en este esfuerzo. Por último, sabemos que en California habrá una Elección Especial muy pronto y es hora de informarles acerca de las iniciativas de la misma. Particularmente la Proposición 76, es relacionada con nuestras escuelas. Las PTA del Estado de California se oponen a ésta por su anticipado y negativo efecto en los recursos escolares. Por favor tome su tiempo e infórmese al respecto, haciendo una evaluación de las proposiciones, y más importante que todo, vote!

Muy atentamente,

Erina DuBois
Presidente

Eric Schuur
Vice Presidente

Calendario de Eventos

Noviembre

Octubre

- 25 Reunión de la PTA – 8:30 A.M. / Mesa Directiva del Distrito 7 P.M.
- 26 Arte al Mediodía
- 27 Re-toma de fotografías
- 28 Plazo para Carmeletter 8:30 A.M.
- 31 Defile de Halloween 1:45 p.m.

- 1 Elecciones – MP Room todo el día
- 5 Patinaje en el hielo 5:30 – 7:30 P.M.
- 7 Comienzo de nueva jornada para Kinder
- 8 Arte al mediodía
- 9 Plazo para Carmeletter
- 15 Reunión de la Mesa Directiva de la PTA 8:30 A.M.
- 17 Fotografía de El Carmelo (Rainbow Picture) 10:30 A.M.

Carta de la Enfermería
del Distrito Escolar de Palo Alto

4 de Octubre de 2005

A: Los Padres de Familia, Guardianas y Personal Administrativo

De: Linda Lenoir, Enfermera del Distrito Escolar de Palo Alto

Re: PERTUSSIS (Tos convulsiva) Información

¿Qué es la Pertussis y cómo se extiende?

La Pertussis, o tos convulsiva, es una enfermedad bacterial y contagiosa. Los gérmenes que la causan son propagados en el aire cuando una persona infectada tose, estornuda o habla. Las personas que están cerca los inhalan. Los primeros síntomas usualmente aparecen de 7-14 días después que la persona ha sido expuesta, aunque algunas personas no empiezan a toser sino hasta los 21 días. La Pertussis se propaga en la familia o personas cercanas.

¿Cuáles son los síntomas?

Los síntomas de la Pertussis empiezan como un resfriado, es decir, congestión nasal, estornudos, tos. Esta enfermedad en su etapa prematura, es similar a una infección respiratoria. La tos se va agravando gradualmente después de 1 o 2 semanas, convirtiéndose en una tos convulsiva seguida de vomito. Los niños, adolescentes y adultos que hayan sido vacunados pueden sentir síntomas leves, parecidos a la bronquitis o asma que no son reconocidos como una Pertussis. Sin embargo, esta enfermedad puede ser grave en los niños y los infantes.

¿Cómo podría prevenirse la Pertussis?

Puede ser prevenida con la vacuna DTP (diphtheria-tetanues-pertussis) que es efectiva hasta la edad de 11 o 12 años, dejando a adolescentes y adultos expuestos a la infección. Además, esta vacuna es efectiva tan solo en un 80% y aún los menores que hayan sido vacunados recientemente pueden obtenerla. Los antibióticos pueden prevenir esta infección en personas cercanas y evitar su propagación.

¿Qué puedo hacer?

Observe si la tos es progresivamente peor, después de unos pocos días. Si usted o sus hijos desarrollan una tos severa y asfixiante, llame a su médico. Si su doctor piensa que usted o su hijo/hija pudiera tener pertussis, entonces manténgase alejado de otras personas y hasta después de haber tomado antibióticos por lo menos 5 días. Una prueba de laboratorio le debe ser tomada por **B. Pertussis**, pero un resultado negativo no indica que usted no la tenga. Un tratamiento con antibióticos es recomendable para todos los miembros de su familia y personas cercanas que hayan contraído la enfermedad.

En las últimas semanas el FDA ha aprobado refuerzos de vacunas para los adolescentes (entre las edades de 10-18 años) y adolescentes/adultos (entre 11-64 años). Estas vacunas serán de gran ayuda para prevenir y controlar la Pertussis. Les anticipamos que estas vacunas estarán a su disposición muy pronto. Favor hablar con su doctor o la entidad al cuidado de su salud, acerca de estos refuerzos.

Para mayor información, puede llamar al Departamento de Salud Pública al (408)885-4214 y pedir lo comuniquen con Beth Davis, enfermera de salud pública.

Padres de Familia y Seguridad de Tráfico

El programa Bike/Traffic Safety de los alumnos de Tercer Grado fue un éxito! A pesar de los 80 de temperatura, tuvimos un lindo día ayudando a nuestros niños a practicar la seguridad con las bicicletas. Muchas gracias a todos los voluntarios que ayudaron a la práctica el 29 de Septiembre. Fue una experiencia extraordinaria para los estudiantes. Nos colaboraron Adam Palsgrove del Departamento de Bomberos de Palo Alto, Oficiales Jeff Mock y Carlos Desantiago del Departamento de Policía de Palo Alto, Marla Holtzman de Palo Alto Medical Foundation y Kevin Schlaufman de Stanford Cycling Club.

Los siguientes padres de El Carmelo fueron de valiosa ayuda en este evento: Jeff Bondor, Kathleen Ford, Lisa Hartwell, Sveta Hesslerr, Penny Kerhin, Chang Kim, Lisa Kucik, Pen Low, Amaury Macareno, Elizabeth Maulick, Yvette Mitchell, Rosa Montes, Miriam Rotman, Carolyn Santo, Eric Schuur y Cristela Solórzano.

MUCHAS GRACIAS

Por Erina Dubios

Congratulaciones a todas las familias que se unieron y llevaron a cabo la primera COMIDA MEXICANA en El Carmelo. La comida fue excelente y la tarde fue muy acogedora y divertida para todos. Muchas gracias a Hilda Espinoza por su incansable trabajo en la organización de tan especial evento.



Agradecemos igualmente a las familias que pusieron todo su tiempo y trabajo como: Margarita Perreault, Silvia Morales, Yadira Zúñiga, María Arias, Pilar Macuil, Lucila Robles, María González, Luz Molina, Juana Montes, Rosa Montes, Martha Velez, Hortensia Halsted, Anthony y María Ibarra, Mirna Aguilera, Dina Ortega, Esther Aguilera, Bertha Vieyra y Josefina Vargas.

Feria del Libro

Por Hill Spain

La Feria del libro fue un extraordinario éxito este año, gracias a los maestros, familias y estudiantes que compraron un sinnúmero de libros y artículos en la feria. Durante los tres años en que he estado dirigiendo la feria, este ha sido el más exitoso, gracias a la cooperación de Colleen Hall, Ann Smitherman, Stephanie Youngquest, Barbara Sooner, Michelle Kasper, Erica Krugler, Lisa Hartwell, Elizabeth Maulick, Kathleen Ford, Jennifer Allen, Jean Hasi, Jennifer Donat, Deanne Welch, Patti Moreno, Lee Ann McDermott, Jing Liu, Sripriya Kankan, Julia Jacobsen y Gesta Srivivasan. Gracias a Debra Wittenbrink, Ileana Sterental, Jan Littau, Liz Cowie, Ping Wang, Allison Colgin, Faith Briel, Deanne Welch Debbie Aiu y Yi-Mei Chang por prepararnos tan deliciosos helados en la noche familiar. Como ustedes pueden observar, fue mucha la ayuda que obtuve para hacer de esta feria algo especial. Si he olvidado mencionar a alguien, por favor acepte mis disculpas. Fui muy afortunada al tener tan eficiente equipo de colaboradores.



Si alguno de ustedes está interesado en la organización de la feria el próximo año, por favor hágamelo saber. Es un gran evento y una magnífica oportunidad de involucramiento en El Carmelo.

Arte al Mediodía

Por Sue Hermsen

¡El programa “Arte al Mediodía” empezó espléndidamente este año! Tenemos más de 90 niños registrados para cada sesión. Un aplauso a los voluntarios como Jennifer Mathews, Jenny Kuan, Yasumi Ting, Holly Liberatore, Tanya Wing, Yi-Mei Chang, Elisa Schmit, Brian Goncher y Mirna Aguilera por ayudar a pegar pom-poms, decorar los marcadores de libros, planchar papel de lija y construir lindas torres de marshmallows. No hubiera sido posible este magnífico trabajo sin su ayuda.

Arte al mediodía esta necesitando donaciones de artículos para reciclaje:

canastas de fresas (color verde)

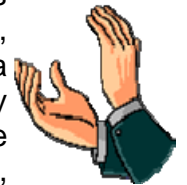
Latas de 12 onzas con sus tapas, de jugo congelado

Estos deben estar limpios. Hay una caja para estas donaciones en la oficina de la escuela.

Comida de Espagueti

Por Ana-Maria Dias

Gracias a todos que asistieron la cena de espagueti y participaron en tan acogedora y divertida noche familiar. Stephanie Youngquist y yo les agradecemos a todos los voluntarios que trabajaron incansablemente para hacer este evento posible. A quienes prepararon deliciosos postres, cortaron montañas de fruta, crearon maravillosos afiches, ayudaron con la decoración, sirvieron comida y refrescos y se encargaron de la limpieza: Abbie Sanger, Ann Smitherman, Autrey Eisenstein, Barbara Yates, Calvin Woon, Celina Tracy, Charles Salmon, Debra Wittenbrink, Trisha Wittenbrink, Jayna Wittenbrink, Hilda Espinoza, Holly Liberatore, Jennifer Allen, Jenny Kuan, Jody Lieb, Julie Bitler, Kathleen Blanchard, Larry Haussler, Laurie Smith, Marielle Macuil, Mark Aguilera, Mark Seiders, Megan Fogarty, Michelle Kasper, Mike Cheong, Mimi Salmon, Mirna Aguilera, Mona Napaa, Nicole Macuil, Pamela Parke, Rosemary Gill, Sandra McIntosh, Shannon Steinberg, Sharon Jonson, Sherwin Wong, Steve Flanders, Tania Macuil, Tom DuBois y Yi-Mei Chang.



Gracias también a todos los comerciantes quienes generosamente contribuyeron para esta cena: Il Fornaio, Olive Garden, Buca di Beppo, Piazza's, Trader Joe's, Costco, Albertson's y Safeways de Palo Alto y Mountain View. Unas gracias muy especiales al Restaurante The Fish Market.

La comida que sobró fue donada a la organización de ayuda a los necesitados: Mother Oneida de East Palo Alto.

Evento Anual de Calabazas en El Carmelo

Por: Barbara Rains

Atención estudiantes de El Carmelo!!!!

No se pierda el proyecto anual de calabazas en El Carmelo
Viernes, 28 de Octubre
8:00 – 8:25 A.M.

Traiga su calabaza decorada a la escuela el viernes en la mañana, frente al MP Room.

Todos reciben un premio por participar.



Hágala chistosa, o que asuste, sencilla o estrafalaria – como usted quiera hacerla! Su calabaza se exhibirá y estará todo el día expuesta para ser admirada por sus compañeros, maestros y padres de familia. Al final del día usted decidirá si llevarla a casa o donarla a algún lugar especial, como la Casa de Ancianos, Biblioteca de los niños, etc. Sea parte de la diversión – traiga su calabaza a la escuela

Patinaje en el Hielo
Sábado 5 de Noviembre

Venga y disfrute del encanto de este evento anual de El Carmelo: "Patinaje en el Hielo". Se efectuará en el Winter Lodge, el próximo sábado el 5 de Noviembre, de 5:30 P.M. a 7:30 P.M. El Winter Lodge será reservado exclusivamente para la escuela El Carmelo. ¡Traiga a toda su familia!



Se brindará chocolate y té a quienes deseen calentarse las manos un poquito. Usted puede traer un postre para compartir. Además tendremos pizza y refrescos a la venta.

El costo es de \$12.00 por persona incluye el alquiler de los patines. Cada niño/niña que desee patinar debe tener un permiso firmado de sus padres y la responsabilidad en caso de cualquier accidente. Favor firmar el anexo. Devolver igualmente estas formas con su pago, a la oficina de la escuela el viernes 28 de Octubre. El cupo es limitado. Por lo tanto asegúrelo si desea participar. Habrá mas formas disponibles en la oficina.

El Winter Lodge es un sitio de patinaje al aire libre y está situado en 3009 Middlefield Road, Palo Alto. Asegúrese de venir bien abrigado y con guantes.

Si tiene alguna pregunta, favor llamar a Yi-Mei Chang al (650) 324-2785 o e-mail al yimei_chang1@yahoo.com.

Registro para Patinaje en el Hielo

Nombre del Padre/Madre: _____

Numero de Participantes: (\$12.00 por persona) _____

Valor total adjunto: _____

Favor hacer cheques a nombre de: "El Carmelo PTA"

Nos gustaría saber cuanta pizza podríamos ordenar. Favor díganos aproximadamente cuantas tajadas de pizza consumiría su grupo? _____



Permiso de los Padres

_____ tiene mi permiso para

participar en el "Patinaje en el Hielo" que patrocina la escuela El Carmelo, el día 5 de Noviembre de 2005 en el Winter Lodge Ice Skating Rink, de las 5:30 a las 7:30 PM. Yo (nosotros) como padres o guardianes del menor arriba mencionado, concedo permiso por

medio de la presente, a mi hijo/hija _____ y renuncio a cualquier cargo contra la PTA Unit 8475/1035CA, Palo Alto Council, 6th PTA District y the California State PTA, y todos los organizadores de la PTA, agentes y empleados así como a sus sucesores, renunciando a cualquier reclamo o demanda, acción legal y alguna otra por la participación en este evento. Yo certifico que el menor es mi (nuestro) hijo/hija

_____ nacido(a) _____.

Certificamos que de acuerdo a mi (nuestro) conocimiento, el (la) mencionado(a) menor goza de buena salud. En caso de algún accidente concedo (concedemos) mi (nuestro) permiso para que se le proporcione el cuidado de emergencia que llegase a necesitar. El (La) aquí firmante asumo (asumimos) la responsabilidad por tal acción, incluyendo el pago y los costos que esto pueda causar. Yo (nosotros) certificamos también que el menor mencionado tiene las siguientes alergias, reacción a medicinas o condiciones físicas que el médico necesite conocer en caso de tratarlo. (Si no tiene, escriba por favor la palabra "ninguna").

1 Firma: _____ Nombre en imprenta _____

Dirección: _____

Ciudad: _____ No. de Teléfono: _____

2 Firma: _____ Nombre en imprenta _____

Dirección: _____

Ciudad: _____ No. de Teléfono: _____

Otro Adulto Responsable:

Firma _____ Nombre en imprenta _____

Dirección _____

Ciudad: _____ No. de Teléfono: _____

Seguridad de Tráfico

Por: Penny Ellson – Traffic Safety Rep for Fairmeadow

Los padres de familia son uno de los grandes peligros de tráfico para los niños viniendo a la escuela. ¿Sabía usted que el sitio más peligroso para su hijo/hija es la entrada de la escuela? Ya sea que sus hijos vengan a pie, en bicicleta o en carro todos hacen su entrada a la escuela a pie.

En Palo Alto, la entrada a las escuelas regularmente se extiende a las calles públicas alrededor, porque los padres las convierten en estacionamiento. Las calles de nuestro vecindario no fue designado para tan grande número de automóviles, por lo que los vehículos en el campo escolar o cerca de este, presentan un grande problema de tránsito para la entrada de los niños a la escuela. Usted puede ayudar.

Si usted maneja, por favor siga los procedimientos de seguridad de tráfico alrededor de la escuela. Esta información la encuentra en el libro escolar (handbook) que recibió al principio del año. Siempre maneje a una velocidad segura, nunca mayor de 25 MPH en zonas escolares y observe todas las señales de tráfico. Dése tiempo extra para manejar cuidadosamente.

Más importante que todo, por favor camine, monte en bicicleta o use el transporte publico si le es posible. Entre menos carros haya en el campo escolar, habrá mayor seguridad para nuestros hijos, en los puntos de entrada a la escuela .



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o una copia impresa puede dejarla en el fólдер "Editor fólдер" en el cajón de Carmeletter en la oficina de la escuela (debajo de los buzones). Toda sumisión puede ser reformada, por favor hágalo en un texto sencillo. Aunque tratamos de incluir todos los artículos que se someten, tenga en cuenta que debemos mantener un tamaño razonable en cada número, por lo tanto podríamos recortar un poco los artículos.

Próximo Número:

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Noviembre 4