



school bulletin

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December 14, 2018

School Psychologist Earns State Honor

Jana Baker has earned an Outstanding School Psychologist Award from the California Association of School Psychologists.

"It was very humbling to say the least, to win the award," said Baker, who is president of the Greater Long Beach Association of School Psychologists, the organization that nominated her. "To receive recognition from school psychologists, administrators and teachers that I have worked with was so special to me, and I couldn't thank them enough."



Baker

Baker won the Nadine M. Lambert Outstanding School Psychologist award for Region V, which is South and East Los Angeles County, one of the largest regions. She accepted the award at the recent CASP convention in San Diego. The award recognizes the contributions school psychologists have made to schools, students and the profession.

A school psychologist for the past nine years, Baker has been with the Long Beach Unified School District since 2015, starting at Lindbergh Middle School and Chavez Elementary School. She continues to work at Chavez and at Stephens Middle School.

CASP, with over 1,800 members, is the largest state school psychologists' association in the nation. The group provides continuing education, advocacy and other support to school psychologists throughout the state.



WILDFIRE REDUCTION – Students from the California Academy of Mathematics and Science participated in the San Bernardino Forestry Challenge near Green Valley Lake, learning about forest management and how to use data to reduce the severity of wildfires. View a photo of the entire team at lbschools.net. Story on next page.

Sincere Thanks for a Successful Year

By Christopher J. Steinhauser
Superintendent of Schools

As 2018 comes to a close for our schools next week, I want to share my sincere gratitude for the tremendous efforts of our students, their teachers and all who help them each day. I appreciate our thousands of behind-the-scenes employees, parents, community partners and our elected school board for their enduring support.

One of the great blessings of my job is that I get to visit all of our schools, as some of you may have noticed on my Twitter posts (handle

@SuptSteinhauser). In every corner of our school district, I see professionals who are truly dedicated to providing our young people the best possible education, often helping students to overcome difficult challenges. I can also attest that our schools are well positioned to continue improving and preparing more students for college, careers and rewarding lives.

I hope that the winter recess allows everyone to rest and reflect on the year's many accomplishments, and I wish you a safe and happy holiday season.

Drums Help Students to Tap Their Potential

Drumming offers many educational benefits, and researchers are now finding that playing drums can accelerate physical healing, boost the immune system and provide calming, focusing effects.

Who knew?

Music teacher Valerie Vinnard did.

Vinnard and her fellow music teachers have been using grants from the Rumba Foundation of Long Beach since fall 2017 to introduce "drum circles" to students in their classrooms. Vinnard chronicles the drumming project in the latest edition of an international magazine for educators. She reports that participating students are showing academic gains and improved wellbeing.

"The Classroom Drum Circle Project: Creating Innovative Differentiation in Music Education," appears in Delta Kappa Gamma International's Collegial Exchange Magazine. DKG promotes professional growth of women educators and excellence in education.

"Teachers and administrators have noticed a positive shift in some key students," Vinnard writes. "A documented increase in student achievement scores has also been noted at several of the sites in which the program has been implemented," including increased percentages of students meeting or exceeding state standards in English and math.

The drumming program takes place at four elementary schools in the Long Beach Unified School District – Los Cerritos, McKinley, Prisk and Webster – where general and special education students alike benefit in grades K-5.

Each class may participate in its own classroom drum circle. The grants provide one drum for each student in a class of 35, one drum for the music teacher, and one for the classroom teacher. Students learn basic hand-drumming techniques and explore musical elements such as steady beat, tempo, dynamics, tone, improvisation, and note reading and writing. These elements correlate with California Visual and Performing Arts/Music Standards for each grade level. Music teachers collaborate with other teachers to integrate other classroom subjects.

Throughout the program, students are invited to come up and become drum circle leaders.

The children improvise rhythm patterns that their classmates must accurately echo.

"Students become attuned to one another through the program, and the camaraderie, mutual respect and teamwork acquired during the lessons have aided pupils in all areas of the school, including in their regular classrooms, on the playground and in the cafeteria," Vinnard wrote.

Students also experience a boost in self-confidence. A participating special education student volunteered and was called up from the
(Continued on next page)



DRUMMING PROJECT – Music teacher Valerie Vinnard demonstrates on a Ngoma leader drum, traditionally used in Africa. Students who participate in drumming circles in class are showing improved achievement and wellbeing.

Wildfire Reduction, Down to a Science

Fourteen students from the California Academy of Mathematics and Science participated in the recent San Bernardino Forestry Challenge. The group was among 99 high school students from 13 schools in Southern California to gather at Green Valley Lake Christian Camp, near Green Valley Lake, CA. One of the teams from CAMS placed fifth in the event.

During the challenge, teams of students completed field training, followed by a field test to assess their technical forestry knowledge and data collecting skills.

A highlight for these students was the opportunity to visit nearby YMCA Camp Whittle in Fawnskin to collect data on the forested portion of the property. A fuels reduction project will be conducted on the property in the next few months with the primary goal of reducing wildfire severity. Students used their data to determine whether the upcoming project will meet the landowner's objectives.

"This was our sixth consecutive Forestry Challenge and every year it gets better," said CAMS teacher Matt Gold.

Helen Barahona, a senior at CAMS, described the experience as unique.

"I learned about natural resource management and had my eyes opened to not only the beauty of the forest, but the importance of protecting and preserving this valuable resource," Barahona said. "The Forestry Challenge also helped me grow as a leader, and allowed our team to bond in a way that only a memorable shared experience can. I will be forever grateful for the opportunity to participate in this amazing event."

Ed Celebration

The annual Education Celebration, which provides information on local elementary, middle and K-8 school programs, is scheduled for 9 a.m. to noon Saturday, Jan. 26 at the Cabrillo High School Gymnasium, 2001 Santa Fe Ave., Long Beach.

Meet principals and teachers, and learn about enrollment options. For more information, contact Dulnari Edirisinghe-Aga at 997-8307.

Names in the News

High school senior **Angel Avelar Menendez** of the Cabrillo Academy of Engineering and Design earned early acceptance and a full-ride scholarship to the California Institute of Technology. Caltech enrolls about 230 freshmen and has an acceptance rate of under 7 percent.

Cabrillo High School Naval Junior Reserve Officers Training (NJROTC) Senior Cadet **Rayniel Rodriguez** earned first place in academics during a recent competition at Lemoore Field. The Cabrillo NJROTC team also won five third place trophies, and second place for color guard and armed exhibition, with the cadets placing third overall.

Renaissance High School for the Arts senior **Joshua Torres** earned early acceptance and a full-ride scholarship to the Massachusetts Institute of Technology. MIT admits less than 1,500 freshmen and has an acceptance rate of under 7 percent.

• Drum Project

(Continued from first page)
audience during a field trip to the city's symphony. The conductor handed the baton to the student, who directed the William Tell Overture by Rossini "in front of an audience of 3,000 people with confidence, accuracy and poise," Vinnard said. The experience made the student feel happy and independent as he stepped out of his shyness.

"The Classroom Drum Circle Project provides healing benefits and gives students an enhanced role in their own music education," Vinnard said. "Music teacher colleagues in the district and in other states (through social media) have recognized the value of the program and have asked me to aid them in writing grants for their schools."

Vinnard has taught K-5 general music in LBUSD schools since 1999. She also serves as a choir director, cantor and pianist at St. Mark Catholic Church in Venice, CA.

Kindergarten Fests

Kindergarten Festivals for incoming 2019-20 kindergartners and their families include parent workshops, free school supplies, dental screenings and lots of fun activities.

Following is the schedule of the Saturday festivals, which are planned for 9 a.m. to noon (registration begins at 8:45 a.m.):

- Jan. 12 at Dooley Elementary School, 5075 Long Beach Blvd., Long Beach;
- Feb. 2 at Roosevelt Elementary School, 1574 Linden Ave., Long Beach;
- Feb. 23 at Oropeza Elementary School, 700 Locust Ave., Long Beach;
- March 9 at Burcham Elementary School, 5610 Monlaco Road, Long Beach.

For more information, call 435-4080, ext. 19.

Apply for Job Sharing

Permanent elementary or secondary teachers are invited to apply for job sharing partnerships for the 2019-20 school year. Job share deadlines are as follows:

Jan. 18 – Submission of written request to have your name and telephone number included on a list of interested job sharing partners.

March 1 – Submission of applications for new job sharing partnerships, or for renewal of existing partnerships.

Submit the above items to Human Resource Services, Attention: Job Share. For more information, call ext. 8106

SCHOOL BULLETIN

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CHRISTOPHER J. STEINHAUSER

Superintendent of Schools

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Special Performance In Memory of Teacher

Lakewood High School will host an Improv Show in the school auditorium 6 p.m. Tuesday, Dec. 18 in honor of drama teacher Amy Sebelius, who died on Nov 24.

Admission is free. Donations will be accepted, with all proceeds going toward the Amy Louise Sebelius Memorial Scholarship. Lakewood Improv Team and Lakewood drama alumni will perform.

The school is located at 4400 Briercrest Ave., Lakewood.

Weight Watchers

To help kick off the new year, Weight Watchers is offering a free starter kit to employees who newly enroll from Jan. 2 to 25. Register within that timeframe to redeem the free starter kit by Feb. 8 while supplies last. Look for the promotional flyer at your site.

Dates to Remember

January

1	New Year's Day — Holiday
1	Anniversary of Emancipation Proclamation
1-3	Japanese New Year Festivities
8	9:00, 9:30, 10:00, 11:30, 12:00, 12:30, 1:00, 2:00 — "I Have A Dream: Dr. Martin Luther King, Jr.," Grades 9-12, ed.tv 8
9	8:00, 10:15, 11:30, 1:00, 2:00 — "Martin Luther King, Jr./Black History Month," Grades K-5, ed.tv 8
10	9:30, 10:00, 11:30, 12:00, 12:30 — "Dare to Dream," Grade 9, ed.tv 8
11	10:00, 11:30, 12:00, 12:30 — "The Boyhood of Martin Luther King, Jr.," Grades 4-6, ed.tv 8
15	9:00, 9:30, 10:00, 11:30, 12:00, 12:30, 1:00, 2:00 — "I Have A Dream: Dr. Martin Luther King, Jr.," Grades 6-8, ed.tv 8
16	8:00, 10:15, 11:30, 1:00, 2:00 — 8:00, 10:15, 11:30, 1:00, 2:00 — "Thomas Edison," Grades 4-8, ed.tv 8
17	9:30, 10:00, 11:30, 12:00, 12:30 — "School Bus Safety," Grades 3-5, ed.tv 8
18	10:00, 11:30, 12:00, 12:30 — "First Moon, Celebration of the Chinese New Year," Grades 6-12, ed.tv 8
20	World Religion Day
21	Martin Luther King, Jr. Day — Holiday
22	9:00, 9:30, 10:00, 11:30, 12:00, 12:30, 1:00, 2:00 — "Why We Need Each Other: The Animals' Picnic Day," Grades 1-4, ed.tv 8
23	8:00, 10:15, 11:30, 1:00, 2:00 — "Florence Nightingale," Grades 4-8, ed.tv 8
24	9:30, 10:00, 11:30, 12:00, 12:30 — "New Zebra in Town," Grades K-5, ed.tv 8
25	Fall Semester Ends
25	10:00, 11:30, 12:00, 12:30 — "The Klan: A Legacy of Hate," Grades 9-12, ed.tv 8
28	Spring Semester Begins
29	9:00, 9:30, 10:00, 11:30, 12:00, 12:30, 1:00, 2:00 — "Preventing Conflicts and Violence," Grades 6-12, ed.tv 8
30	8:00, 10:15, 11:30, 1:00, 2:00 — "Helen Keller," Grades 3-8, ed.tv 8
31	9:30, 10:00, 11:30, 12:00, 12:30 — "School Bus and the Exceptional Child," Grades K-12, ed.tv 8

In Memoriam

John M. Williams
custodian, Gant
Nov. 4, 2018

Amy Sebelius
teacher, Lakewood
Nov. 24, 2018

Rosi Pedersen
former program administrator
Nov. 29, 2018