

School News

Education + Communication = A Better Nation



Covering the Los Alamitos Unified School District

VOLUME 11, ISSUE 55

www.SchoolNewsRollCall.com

FEBRUARY / MARCH 2014

SUPERINTENDENT



Los Alamitos Aims to Eradicate Bullying

By all measurable standards, Los Alamitos Unified School District is an extremely safe and nurturing place for children to come to school. But in Los Al, we want even more. Our goal is to eradicate bullying across our schools and our community. Some people believe that schools reflect the society in which they serve. I believe this, but more importantly, I believe that schools and communities can join forces and create the society in which they live and serve.

To eradicate bullying, we have to address the bully, the victim, and the bystander. Our Bullying Prevention Task Force and Program have elements in place, including a curriculum, stronger discipline measures, a counseling component, and consistency in our practices. Our top priority is the victim and doing whatever we can to stop the bullying and provide help and support from the consequences of bullying.

We need your help! We know a lot more about the role of the bystander today than ever before. We need everyone in our community to talk with young people about how important it is to Say Something when they See Something. Students should tell an adult about any and all situations as soon as possible. Students may also call the See Something, Say Something Safety Hotline at (562) 391-2193. And, when students are safe to do so, they should intervene. Intervening takes many forms, but can be as simple as telling the bully to stop. Bullies most likely have friends, and if just one friend speaks up, the bullying may stop.

It is the responsibility of all of us to help teach children how to treat one another and to stop negative and hurtful behavior. We need to speak up when we see or hear physical, emotional, or social acts of violence or bullying. We need to speak up when we see or hear threats of violence or bullying. And, we need to be mindful that we are modeling how to treat people by everything we say and do. I'm confident that, together, we will continue to make progress toward providing a safe, nurturing, and encouraging environment for each and every student in our schools and throughout our community.

See Something, Say Something: Creating An Anti-Bullying Culture



See Something, Say Something!

*By Amber Lee-Ruiz
Director of Educational Services*

Each September, there is an exciting buzz in the air as students head off with new backpacks and freshly sharpened pencils, ready to start a brand-new school year. Beyond the new classrooms and the icebreaker activities, something different and special happens in Los Alamitos Unified School District (LAUSD) that makes all the difference.

During the first two weeks of school, a district-wide event, People Exhibiting Acceptance and Compassion for Everyone (PEACE) Week, takes place. PEACE Week is designed to promote a positive school culture, model random acts of kindness, and set the tone and behavioral expectations for the school year. The week is a symbol for how students, families, and

See SEE SOMETHING • Page 11

GWAM is Everywhere!

*By Dr. Joshua Arnold, Principal
Los Alamitos High School*

High school, like life, can get difficult at times. So the more our students are able to build supportive social networks to carry them through their challenges with school, friends and family, the more likely they are to overcome these obstacles and come out from their struggles a better person.

Fortunately for Los Al, our "Griffins with a Mission" (or GWAM)) is an experience that every ninth-grader goes through during their first year

on campus. GWAM not only develops our students' relational capacities, it also gives every Griffin a toolbox from which they can address the social realities of being a teenager and attending high school.

GWAM is comprised of close to 100 student leaders who are juniors and seniors, and who facilitate a two-day diversity retreat in December. Over time, participating in GWAT at Los Al has become a cultural staple of our school.

Griffins teaching Griffins is what makes GWAM truly special!



Top-Notch Enrichment for Students

By Carrie Logue, Executive Director

The Los Alamitos Education Foundation (LAEF) provides a variety of programs that enhance the education of Los AIUSD students. Currently, spring after-school enrichment classes are running at all 6 elementary schools; Guitar is being offered at Oak Middle School, and Driver Education is coming to Los Alamitos High School. Elementary classes include subjects such as Mandarin, Spanish, Robotics, Beyblades Physics, iPad Video Editing, Art, Dance, and Drama.

On April 25–27, LAEF is very excited to welcome The Young Americans to the greater Los Alamitos community. The Young Americans are focused on providing music education and performance opportunities to young people. They promote the importance of music education by bringing music workshops to fourth- through 12th-grade students around the world, and we are excited to host them in our community. This three-day workshop will train young people in performance, share insight and understanding of different cultures, strengthen character, and develop self-esteem, self-worth and self-discipline.

LAEF's fifth Summer Enrichment Institute (SEI) will continue to offer valuable academic and enrichment classes to students in kindergarten through 12th grade. Previous offerings include: jumpstart for kindergarten through fifth grade; preparatory classes in math, science, writing and Spanish; study skills courses; art and performing arts classes; and, and Scholastic Aptitude Test (SAT) prep courses. Expanded class options and extended schedules are being developed at this time, so please visit www.laef4kids.org for updated information on SEI 2014 and all other LAEF programs!



Kay Coop
Founder/Publisher



This is our 11th anniversary publishing the excellence from LAUSD and thank you for including *School News* among your reading choices. Over the years many changes have taken place in the classroom including mind numbing advances in technology; however, one thing will never change and that is a child's need to be loved, recognized by their peers and treated with respect. Superintendent Kropp's message on the front page states the District's goal to eradicate bullying across our schools and our community. I applaud the District's efforts and

See **FEATURE** • Page 10

Covering the
LOS ALAMITOS UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com
ADVERTISING SALES:
Heidi Guiol • 562/598-1179
heidi@schoolnewsrollcall.com
Kathy Gorman • 562/889-4843
kathy@schoolnewsrollcall.com
CONTENT COORDINATOR: Barbra Longiny
GRAPHIC DESIGNER: Meshel Negrete
COPY EDITORS:
Lisa Brock, Kate Karp & Anna Zappia
CONTRIBUTING CARTOONIST:
Netragrednik by Neta Madison
P.B. & Chim by Robin Auwerd



SCHOOL NEWS ROLL CALL, LLC
P.O. Box 728, Seal Beach, CA 90740
562/493-3193
www.schoolnewsrollcall.com
Copyright © 2006, School News Roll Call, LLC
Reproduction in whole or in part without written permission is strictly prohibited unless otherwise stated.
Opinions expressed by contributing writers and guest columnists are their views and not necessarily those of *School News Roll Call*. This publication is privately owned and the right is reserved to select and edit content. The school district does not endorse the advertisers in this publication.



UCLA Extension

explore.
experience.
expand.

Become a College Counselor

Launch or advance your career with our 7-course College Counseling Certificate—offered entirely online!

Get the skills you need to counsel students and help them identify their post-high school options.

Ideal for:

- Teachers & administrators working with secondary students
- High school & junior/middle school guidance counselors
- Private & independent college counselors

Learn more. Visit uclaextension.edu/snCollege or call **Martha Hochstrasser** at (310) 983-1181.

14568-13

Los Alamitos Unified School District

We are delighted to register your child for school and begin the exciting journey of academics and personal growth together. We look forward to welcoming you to our educational community.

Kindergarten / Transitional Kindergarten Registration Week

March 3–7, 2014 for District Residents
March 10–14, 2014 for Interdistrict Permit Requests

Eligibility Dates

Kindergarten:
Child must turn 5 years old on or before September 1, 2014

Transitional Kindergarten (TK):
Child must turn 5 years old between September 2 & December 2, 2014
(Kindergarten age students can enroll in TK based upon space availability.)

Instructional programs and practices include:

- Cognitively Guided Instruction in Math
- Reader's/Writer's Workshop
- Math Wall
- Guided Reading
- Digital Literacy (iPads & Chromebooks)
- Thinking Maps
- St Math (Spatial Temporal Math)
- Depth and complexity Prompts
- Elementary Music
- Character Education

For more information: www.losal.org

Congenital Heart Defects



Dr. Shaun Setty
Medical Director,
Pediatric & Adult
Congenital Heart
Surgery, Miller
Children's Hospi-
tal Long Beach

Each year, 34,000 children are diagnosed with congenital heart defects.

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric Heart Center at Miller Children's Hospital Long Beach offers total prenatal, infant, pediatric, and adult heart care for patients with congenital or acquired heart disease.

Pediatric & Adult Congenital Cardiac Surgery Program

From birth through adulthood, patients with congenital heart defects need highly specialized care not offered at most hospitals. The Pediatric

Heart Center at Miller Children's Hospital Long Beach is one of only a few programs in Southern California to offer comprehensive cardiac care to patients of all ages.

Our expert team of board certified specialists includes a congenital cardiac surgeon, critical care physicians, pediatric and adult cardiologists, advanced practice nurses, perfusionists, anesthesiologists, pharmacists, and critical care nursing staff. We treat virtually every type of congenital heart defect, offering the latest interventional and treatment options – all under one roof, in one location, one heart at a time.

Uniquely Suited to Care for All Ages

The Pediatric Heart Center at Miller Children's is partnered with the renowned MemorialCare Heart & Vascular Institute (MHVI) at Long Beach Memorial, offering the latest in Congenital Cardiac Surgical techniques. Because the hospitals are connected, this powerful alliance has enabled us to assemble a uniquely specialized team of professionals to perform congenital heart operations on patients of all ages; from the tiniest newborn infant, to the transitioning adolescent, all the way to adulthood.



Highly Personalized Care

We understand that caring for our patients means taking good care of their family as well. At Miller Children's Hospital Long Beach, our approach is simple: to provide personalized care that is tailored to meet the needs of the individual patient and their family. Our goal is to provide attentive and family centered care, and to make the overall hospital experience as seamless and pain-free as possible.



Our specialists are the leaders in children's health care.

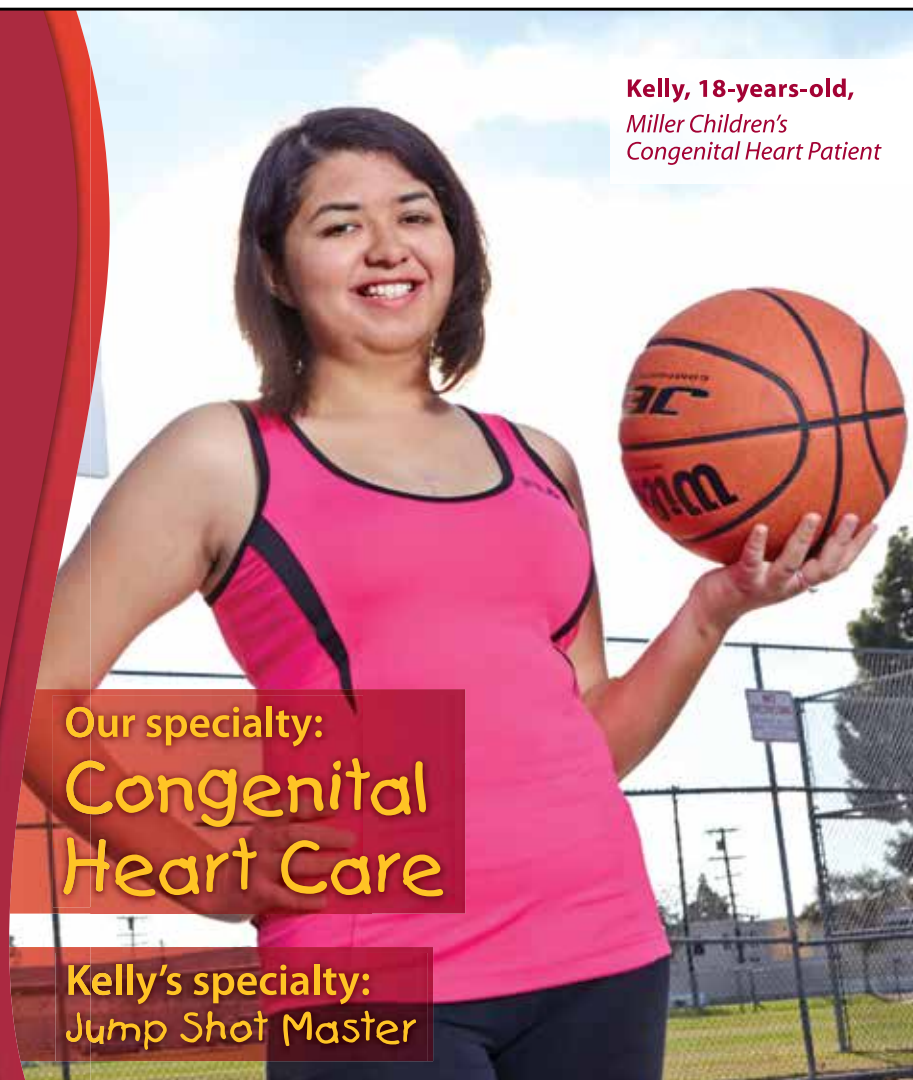
Kelly, 17, was focused on mastering her jump shot. Then severe headaches, blurred vision and lost balance set her back. She was referred to Miller Children's — where a scan revealed an abscess in her brain caused by a hole in her heart... a condition she was born with! Because Kelly was 17 when physicians found the hole in her heart, she required the expertise of both a pediatric and adult congenital heart specialist. Now she doesn't skip a beat when it comes to a game.

From tip-top head to itty bitty toes, Miller Children's is the leader in getting kids better.

Follow the leader to Miller Children's.

MillerChildrens.org/Heart

(855) 999-6241



Kelly, 18-years-old,
Miller Children's
Congenital Heart Patient

Our specialty:
Congenital Heart Care

Kelly's specialty:
Jump Shot Master

Saying Goodbye to a Trusted Companion



Robin Auwerda
Keller Williams Realty,
Cal BRE: 01509977,
contact: 562/233-3724
www.IWantRealEstate.Info

Our gentle giant Polar Bear (P.B.) unexpectedly passed away in his favorite spot at the front door. We are thankful for the time he chose to live under our roof. We will miss him.

My wife and I volunteer for the German Shepherd Rescue of Orange County (GSROC) from where we adopted PB and Chim.

We were lucky to get them in our pack.



I am a thousand winds that blow,
I am the diamond glints on snow.
I am the sunlight on ripened grain,
I am the gentle autumn's rain.
When you awaken in the morning's hush,
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the stars that shine at night.
Please stand not at my grave and cry,
I am not there, I did not die.

Publisher's Note: Our readers have enjoyed Robin's P.B. & Chim comic strip for several years. We are sorry for the loss of dear P.B. and are hopeful that in time Robin will again share with us the antics of Chim.

Seal Beach Animal Care Center

1700 Aldofo Lopez Dr., Seal Beach, CA 90740 • 562/430-4993 • www.sbacc.org

Kitten Season

By Murlyn E. Burkes, Cat Committee Liaison

It is the time of year when everyone is looking to adopt a kitten. Many shelters have very few kittens, and some have none at this time of the year. Why? When is kitten season?

First, kittens are born in cycles, hence the term kitten season. The first two waves of kittens reach the adoptable age of eight weeks or older by mid-summer. Female cats go into heat throughout the year in Southern California. Due to weather conditions, most cats will go into heat in January or February each year. Female cats can become pregnant while still nursing a litter. Most females go into heat three times per year, but in Southern California four times a year is more likely.



There are usually three seasons a year of eight-week old kittens: April/May, July/August, and October/November. Seal Beach Animal Care Center works very hard to encourage spay/neuter programs, and we ensure that all cats and kittens are spayed or neutered before adoption from our shelter.

You can help our shelters during kitten season in many ways. You can donate supplies, money, or time. You can become a foster parent for one or more kittens until they are old enough to be spayed or neutered.

Let's all do our best to control "kitten season." Adult cats need loving homes, too.

*A Valentine gift
for the body,
from the heart.*

Send all the right messages with
Massage Envy Spa gift cards.
Available in any denomination
at your local Massage Envy Spa.

\$49⁹⁹ Introductory 1-hour
massage session* **\$59⁹⁹** Introductory 1-hour Murad®
Healthy Skin facial session*

MassageEnvy.com • Convenient Hours • Franchises Available
Open 7 Days: M-F 8am-10pm, Sat 8am-8pm, Sun 9am-7pm

CYPRESS
6915 Katella Ave
In Target Shopping Center
(714) 947-1888

LA HABRA
1216 S. Idaho St
In Target Shopping Center
(714) 515-7555



HEART-
FELT

FEB
14

FOR
ME

BEST
V-DAY

RELAX



*See clinic for details. Not all Massage Envy Spa locations offer facial and other services, check with the specific location or see MassageEnvy.com. Each location is independently owned and operated. ©2013 Massage Envy Franchising, LLC.

Laurel *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4820 • www.losal.org



Heidi Olshan
Principal

Changing for the Better

Transition has been a recurring theme this year for Laurel High School. Our move to the Los Alamitos High School campus has been an evolving process for all stakeholders involved. As we wrap up the fall semester, we continue growing our “blended” program with Los Alamitos High School and are looking forward to continued transitions this spring.

In order for transition to occur, we recognize the importance of a solid foundation built on the culture of our school. Even though we are no longer on a small campus, the Laurel “family” of students is closely connected and continues to focus on developing the academic and personal skills necessary for post-secondary success. And, as we continue to expand our intervention programs to accommodate all students on campus, our family is increasing and growing stronger each and every day.

We are so grateful to all those involved in the planning and implementation of breakthrough interventions for all students. Our program now has multiple elements, including earlier interventions for freshmen in language arts, expanded academic support throughout the day, and credit recovery on campus in lieu of evening classes in adult school. Laurel students are taking advantage of the opportunity to take classes at Los Alamitos in core subjects and elective offerings. The additional support they receive in our program ensures their success in these endeavors.

And, finally, we want to celebrate the success of the two seniors who already graduated this fall as we look forward to our next Laurel graduates!

Lee *Elementary*

11481 Foster Rd., Los Alamitos, CA 90720 • 562/799-4540 • www.losal.org



Robert Briggeman
Principal

Project LEAP Supports Student Learning

Students at Lee Elementary School continue to receive support in their instruction due to the generous support of our parent funding group, Project Lee Educational Assistance Program (LEAP). With the implementation of the new Common Core State Standards and Smarter Balanced Assessment Consortium (SBAC), the need for technology is heightened.

Each year, through your generous donations, Project LEAP funds our media center teacher and many of the technological programs that support and enhance daily classroom instruction.

In the past, Project LEAP has supported the site in the purchase of classroom computers, SMART boards, document cameras, and interactive software programs for students such as the MIND ST Jiji conceptual math program. Lee will be able to continue to support these needs in addition to purchasing electronic tablets and netbooks for classroom use.



Students use technology provided by Project L.E.A.P.

Project LEAP is beginning its fund-raising season this month. On behalf of the Lee staff and student body, I humbly thank Project LEAP and our incredible, supportive parent community for making these priceless programs available to all students.

Hopkinson *Elementary*

12582 Kensington Rd., Los Alamitos, CA 90720 • 562/799-4500 • www.losal.org



Ondrea Reed
Principal

Huskies Make a Difference

Husky Leadership Council students made a huge impact at Precious Lamb Preschool (PLP) in Long Beach. PLP is a non-profit preschool program that provides educational programming for children whose families are homeless and living in local shelters or transition programs.


Leadership students worked diligently during the month of December to facilitate a school-wide collection of healthcare items, school supplies, and food for PLP. With the overwhelming support of the school community, their efforts resulted in 65 packed boxes of donations for PLP.

Leadership students personally delivered the donations to PLP and were able to meet with the toddlers in the preschool program. After visiting PLP, leadership students toured the Lydia House at Long Beach Rescue Mission, where clothing was donated for the women and children residing there.

Giving back to the local community and understanding the meaning of philanthropy is a key goal of the Husky Leadership Council.





Husky Leadership Council and Principal Ondrea Reed with the 65 packed boxes of supplies for Precious Lamb Preschool.




SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com | 800.544.5248

Please see our ad on the back page.





State Farm®

Providing Insurance and Financial Services
24 Hour Good Neighbor Service®



Eric Lenahan

(562) 598-2488
1066 Bolsa Avenue
Seal Beach, CA 90740-6211
www.ericlenahan.com
Agent Lic. # 0E82406



CAR + HOME = BIG SAVINGS
Let's Talk.

Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losal.org



Dr. Joshua Arnold
Principal

GWAM is Everywhere!

(Please see our article on the front page.)

McGaugh *Elementary*

1698 Bolsa Ave., Seal Beach, CA 90740 • 562/799-4560 • www.losal.org



Dr. Jerry Gargus
Principal

Student Stars

Where in the world can you see Bruno Mars, Beethoven, 3 Doors Down, and Taylor Swift share the same stage? Where do performances include piano, cello, violin and saxophone, as well as cup stacking, kung fu, and glow-in-the-dark dance performances to the all-time hit “What Does the Fox Say?” There is only one place—McGaugh Elementary School’s annual McGaugh Idol performance!

On January 17, McGaugh students put on a show for a nearly packed auditorium to help support our fourth-grade field trip to Sacramento. Our amazingly talented students impressed classmates, parents, and teachers with their incredible performances. McGaugh’s well-earned reputation for providing students with opportunities to develop an appreciation for the arts and share that appreciation through dynamic performances was certainly on display!

On that same note, our gymnasium is also buzzing every Thursday afternoon as our upper-grade students prepare for our 32nd Annual Pageant of the Arts, which is scheduled to take place on April 25 and 26. Our students and staff are working hard to prepare for this signature event of our arts program, which will be focused on the art of Jacob Lawrence. This is a can’t-miss event that I know our entire community will want to see!

Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losal.org



Dr. Sunghie Okino
Principal

Kindergartners Go Global

Global awareness, which includes learning from and working collaboratively with individuals from diverse cultures, is one of many 21st-century skills embraced as early as kindergarten at Los Alamitos Elementary (LAE) School. This year, all 144 kindergartners spent three weeks studying the geographies, cultures, and customs of countries such as the United States, Mexico, Israel, Germany, and Korea.

The kindergartners’ global studies culminated in a musical performance with students dressed in representations of traditional costumes, singing songs from each country, and sharing the information they had learned. After the performance, the kindergartners and their parents shared an international feast with dishes provided by each family representing their cultural heritage.

“We are having so much fun spending time with other families and sharing all of this delicious food,” commented one kindergarten parent. Dr. Okino, the principal, shared how great it was to see students, teachers, and families embracing LAE’s rich cultural diversity.



McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losal.org



Ann Allen
Principal

Technology in the Spotlight

At McAuliffe Middle School, we recognize that the implementation of new technology brings new opportunities for student learning, along with many challenges and a steep learning curve. Without the hard work, dedication, and courage of our staff, we could not provide state-of-the-art experiences for our students. These “technology pioneers,” in particular MaryKay Stephens, have led the charge in integrating netbooks in seventh-grade language arts.

Mrs. Stephens began the school year by using netbooks for word processing and quickly progressed to having students work together, creating group newspapers that connected fiction and non-fiction examples of “Heroic News.” After writing, editing, and critiquing their work as a group, they presented a finished product. The students were proud and eager to share their completed work.

Mrs. Stephens is one of many technology pioneers at McAuliffe. We value their efforts and commitment to student learning.



Students working on Chromebooks: Cole Nelson, Yewon Kim, Chris Choi, Allison Millar, Derek Goodman, Sarah Kurata

Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losal.org



Sally Neiser
Principal

Growth Mindset

“The times, they are a-changin’!” The future is no more predictable than it’s ever been thanks to the changes technology brings to every facet of our lives. As we transition to Common Core State Standards, we’ll see changes in the way teachers teach and facilitate the learning and skills that students need for their futures.

What are the college- and career-readiness skills and the 21st Century Skills that our students need to enjoy unlimited opportunities? They include information literacy, collaboration, creativity and innovation, communication, responsible citizenship, and problem solving—skills that cannot be downloaded or bought but gained only through learning, time and effort. Our standardized tests will no longer assess the recall of isolated facts. Our students will need to know how to find information, make connections, synthesize, and communicate their ideas. This type of learning and work requires levels of resilience, persistence and endurance that haven’t frequently been challenged in recent times.

In order to promote student effort and “grit” for learning, Oak Middle School teachers are learning about and discussing the value of a “growth mindset.” Through the research and writing of Carol Dweck, we are learning new strategies for communicating and recognizing the effort and work required for continuous growth and learning. As a staff, a school and a community, we aspire to develop and maintain a growth mindset in order to embrace the challenges and uncertainties that our futures hold. You can participate in our learning journey by reading *Mindset* by Carol S. Dweck, Ph.D.

Weaver *Elementary*

11872 Wembley Rd., Los Alamitos, CA 90720 • 562/799-4580 • www.losal.org



Erin Kominsky
Principal

The Arts Are Alive!

In January, the Pacific Symphony kicked off our Class Act season with a prelude assembly for all students. This year’s composer is George Gershwin, whose music and style we’ll be studying.

Students got their first taste of jazz and syncopated rhythms! Our guest musician this year is Rob Slack, a percussionist with the Pacific Symphony. Mr. Slack brought his vibraphone and played some catchy Gershwin tunes. Throughout the year, all students will attend classroom lessons with Mr. Slack in which they will get an up-close and personal look at all the percussion instruments. Students will also listen to Gershwin pieces and learn about his life as a composer.



Our culminating activity in June will be a trip to a performing arts center to hear the symphony play Gershwin. We are so grateful to the symphony and our PTA for providing such an extraordinary music experience for our students.

Rossmoor *Elementary*

3272 Shakespeare Dr., Los Alamitos, CA 90720 • 562/799-4520 • www.losal.org



Kiva Spiratos
Principal

A Million Words

At Rossmoor, our goal is for every child to earn their Million Word Medal by the fifth grade. And every one can do it! Reading a million words is not an easy task, but when you begin early enough it can be done.

Using the Accelerated Reader program, each student chooses a book that has a correlated 10-question comprehension test in a special database. After they take the quiz, the database keeps track of the student’s accumulated word total in their own personal reading account.



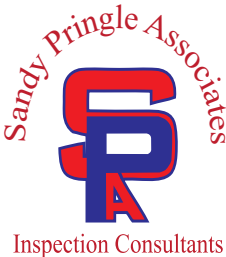
Rossmoor fifth graders earned their million word medal.

Beginning in kindergarten and first grade, the children can see how many words they have read in their personal bookshelf. An avid reader can reach a million words by the third grade, and it is definitely attainable by the fifth.

We celebrate our weekly medal achievers at the Friday spirit assemblies. It is often a great surprise for the children, and they are so proud of their achievements! This award is a great incentive to read; however, in the end, children know that the true prize is in developing a passion for reading.

Sandy Pringle Associates Inspection Consultants, Inc.

Setting the Standard for
Quality, Excellence & Professional Partnerships
in School Construction Project Inspection



Serving Southern California

(v) 310-787-8811 • (f) 310-787-8833
www.pringleassociates.com

Distracted Driving Kills



Karley Cable

“Distracted Driving is the leading cause of all fatal accidents which are the #1 killer of all young people ages 16-34” -NTSB Wilson High School student, and brand-new driver, Karley Cable, (16) has formed a new non-profit organization: The M.A.D. Movement=Making/A/Difference. “It’s a group of socially-conscious artists using their talents to make the world a better place.” She created a website: <http://themadmovement.weebly.com> and is working on her first big project: A ‘Don’t Text and Drive/It Can Wait’ awareness campaign being sponsored by Verizon, AT&T and several local businesses.

As a brand new driver, Cable was very upset by two horrible accidents that occurred in her neighborhood over Memorial Day weekend last spring. Seven teens were tragically killed due to distracted driving just days before their high school graduations.

“Every time I’m in the car, I see people texting and driving. I also see how quickly an accident can happen. I wanted to make people aware of how dangerous it is. I’m hoping to get every new driver to take the pledge not to text and drive.”

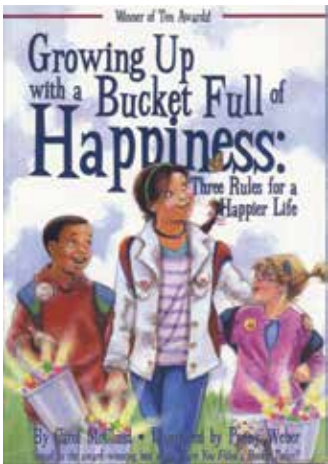
Cable rounded up the support from her friends on Wilson’s Advanced Dance Team who are also all new drivers, as well as several talented film makers from Orange County High School of the Arts and produced a powerful video piece showing the dangers of distracted driving by using music and dance to convey the important message in a creative new way. “The piece is very powerful and



different from other distracted driving videos out there. It will hopefully make the audience think before they grab their phones in the car. It’s been a lot of fun to work on and very special since all of us involved in creating the video are new drivers ourselves and we have all taken the pledge not to text and drive.”

The video short, titled “ALMOST THERE” was shot in early September in Long Beach. A screening reception was recently held at the historic Art Theatre and participants had the opportunity to view the finished product on the big screen. The video has been entered into several prestigious film festivals and will be shown this summer in conjunction with the national “IT CAN WAIT” campaign.

Cable is a junior at Wilson High School in Long Beach. She is a Kohl’s Kids Who Care Scholarship winner (2012) for her artistic and philanthropic efforts. Cable was featured in the publication for writing the award-winning children’s book, “Raisin, -A Doggie’s Tale” which has raised money for animal shelters and reading programs. She hopes to attend USC or NYU and continue her acting career while pursuing a degree in communications.



Word Search Contest A Bucket Full of Happiness

Rules!!! One word in the list is NOT in the word search.
When you have completed the word search, one word will be left and that word you email to: Kay@schoolnewsrollcall.com (Please put LAUSD subject line.)

The contest is for all ages!
Congratulations to Kaylie Su winner of the Common Core Word Search!

Entries must be received by March 15, 2014

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble and this paperback copy of *Growing Up with a Bucket Full of Happiness*

- | | |
|---------------|--------------|
| BUCKET | LID |
| CONSCIOUSNESS | MATURITY |
| DIPPING | PET ANIMALS |
| FILLING | RESPONSIBLE |
| HAPPINESS | TARGETED |
| HELP | TEAMING |
| IDEAS | VOLUNTEERING |
| INDEPENDENCE | |
| KINDNESS | |

C	O	N	S	C	I	O	U	S	N	E	S	S	W	S
E	L	B	I	S	N	O	P	S	E	R	C	H	M	C
V	I	O	N	S	D	R	V	Z	C	E	Y	Y	Q	W
G	N	I	R	E	E	T	N	U	L	O	V	P	S	G
S	L	X	V	N	P	D	C	G	N	I	L	L	I	F
V	R	A	C	D	E	G	L	V	Z	N	A	E	Z	C
B	T	J	T	N	N	U	Z	B	X	M	O	H	S	C
T	E	J	Y	I	D	Q	Y	T	I	R	U	T	A	M
N	A	V	P	K	E	Z	J	N	L	H	C	L	E	B
O	M	P	V	R	N	T	A	R	G	E	T	E	D	U
A	I	Y	I	Q	C	T	E	K	C	U	B	E	I	M
D	N	K	N	U	E	O	S	Q	C	R	C	T	L	S
K	G	I	W	P	X	I	O	X	Y	P	D	P	O	S



A one-to-one school like no other.
For students who need an alternative to traditional.

Fusion Academy & Learning Center is a middle and high school that goes beyond a tailored education. With only one student and one teacher per classroom, students can go as fast or as slowly as it takes them to master the material. Who attends Fusion? Students in 6-12th grade who are not thriving in a traditional school environment.

fusion academy Huntington Beach 657.200.2300
fusionacademy.com

Middle & High School | Mentoring | Enrichment | Tutoring | Classes for Credit




Museum-like setting makes learning history easy.

World Geography
American History
World History
Government
Economics




Grades 4th – 12th
Public/Private Schools
Homeschoolers



Hands-on Learning
After School or Saturday
One-on-One

Groups (8 or more may be at your location)

By Appointment
(562) 852-5242
225 Main Street, Seal Beach

FREE Class for all 2nd Graders on March 3rd

Social dancing, manners, etiquette, games & prizes

Led by Bobby Burgess— original Mouseketeer, ballroom dancer with Lawrence Welk, and instructor with legendary Call's Cotillion

B
BURGESS
COTILLION
OF LONG BEACH

• 3rd – 12th graders
(in the Golden Sails Hotel Crystal Ballroom)

562.598.9668
323.874.7393
burgesscotillion@aol.com
www.bobbyburgesscotillion.com

featured on
ABC's
"Eye on LA"



Sandra's TLC Child Care

Licensed Loving Child Care • 6 Weeks and Older
Monday to Friday • Evenings

- Pre-School / Toddler Programs
- Fun Home with Large Play Yard
- Nutritious Meals & Snacks



Call Sandra (562) 799-3608
www.SandrasTLC.com

Excellent References
License # 304311437
Member OC Child Care Assoc.



Golf N' Stuff®

Where the original Karate Kid movie was filmed!

(562) 868-9956
www.golfnstuff.com
10555 E. Firestone Blvd. Norwalk

Schools—ask about our FREE Student Incentive Awards

Golf N' Stuff Family Fun Park
2 For 1 Attraction
Purchase 1 Round of Miniature Golf (Reg. Price),
or 1 Ride (Reg. Price),
Get the 2nd Round or Ride FREE.

Must Present coupon before purchase.
Limit 1 offer per coupon
Not valid w/ other offers. No Cash Value. Expires 12/31/14
10555 E. Firestone Blvd., Norwalk (562) 868-9956
Other coupons at www.golfnstuff.com

SNRCLA

Bully for You



Nancy

Bullying is such a horrid thing. I often wonder how we got from using “bully for you” as an expression of doing a good thing to a bully beating or berating a weaker person.

There seems to be a “pecking order” in nature that somehow tries to establish itself in mankind too. There is always one cow who eats first and gets her choice of food before any other is allowed near, one hen that bosses the others and actually pulls feathers from her “inferiors,” one strong hummingbird chasing all others away from the food bottle. With food plentiful in these instances, one can hardly help but wonder why?

When one watches interaction of children in kindergarten there seems to be one or two children you know you can follow through their school experience and find them always in the corner, on detention, sent to the principal’s office, being expelled, winding up in jail. Why? Is it a defect in this child which leads to this behavior? Is it Mother Nature beginning early training in survival? I am among those who refuse to believe children are born evil or mean. I truly believe children model themselves after those around them, those they look up to, or in some cases those who act against the child. I have often heard it said that a man who was beaten as a child will beat his own children and that behavior continues.

With innovation moving along so quickly in our world today there is a race to always be first, to always be striving, and perhaps we are leaving some of our inherent niceness behind in that race. There is hardly enough time to teach the fundamentals to our students today.

In my four terms as a member of a high school governing board I was often chastised because some students were unable to read or to do math. My standard answer was: what high school teacher taught you to read and compute? Frankly by the time our students reach high school there is absolutely no time to teach them to read and do arithmetic. As a society we have required the elementary teachers to assume many parental roles, to teach children to share and be kind to one another, to become good citizens, to always be rewarded for the smallest achievement and never be held to account for any bad behavior. I stand in awe of an elementary teacher who can actually teach instead of parent.

If I teach my child to be a kind, generous, good person and citizen and if you teach your child the same and our neighbor follows suit, if our churches reinforce those teachings and if the schools will be allowed to instruct and teach our children and as an aside say “good job” for our children exemplifying our teachings, perhaps our children could move forward as kind, generous, good persons and citizens without having time or inclination to feel better than someone else. The act of succeeding is not standing on the head and shoulder of another person, but being able to raise yourself up and lend a hand to the person next to you.

I’d love the opportunity to say “bully for you” to a person and have them know I am appreciating a decent act or success they have made.

Publisher’s note: Nancy is a mother, grandmother, great grandmother, retired school board member, and community volunteer. Nancy is a rancher in Northern CA. I don’t think I have ever known anyone quite as appreciative of nature as Nancy. She can stand in the middle of a field of weeds and find beauty in the gentle swaying of the tassels. At the end of her busy day, rather than settle down for a much needed rest, Nancy is preparing sugar water to not disappoint the hummingbirds the following morning. After much arm twisting, I convinced Nancy to share with our readers a few tidbits of her days on the farm. Enjoy!

HOMEROOM • From Page 2

want to do what I can to support that effort. I was raised on a farm in Missouri and apparently led a sheltered life. I can’t recall a conversation about being respectful. It was just a way of life. My parents respected each other and by example my sister and I always said please and thank you. When we were finished eating, we asked to be excused from the table. There weren’t fences around the school yards. We knew we were not to leave school and so we didn’t. When we came to California in 1957, I was in 7th grade. The school was bigger, there were more students, but there were still rules and we respected them. Our favorite television show was Father’s Knows Best and The Nelson’s. There were consequences for poor behavior or unacceptable language. Fast

200 Kalmus Drive, Costa Mesa CA 92628 • 714/966-4000 • www.ocde.us

Nurturing Healthy Minds



Dr. Al Mijares
Superintendent

Sylvia is 13 years old and in the eighth grade. She was often sad and angry and felt confused. She did not have close friends and other students would tease her. Her teacher noticed that something was wrong and consulted the school counselor. Sylvia’s family was notified, and the school was able to provide resources and support.

Sylvia’s challenge is not a rare situation. Between 20-25% of children in the U.S. experience symptoms of emotional distress, such as depression, anxiety, eating disorders, and substance abuse. From 2000-2005, 3.22 million youth, ages 7-17, were

treated for depression; this is more than double the number from the previous five years.

In order for students to be successful in school, they need to be healthy mentally, emotionally and physically. Youth who have problems in these areas are more likely to have high rates of absenteeism and to drop out of school. The annual financial costs for treatment, including lost productivity, are staggering.

Educators, families, and community members have a role to play in cultivating wellness and encouraging school and life success for our youth. We can do this by learning how to decrease the stigma associated with mental health issues, build knowledge about mental health risks and protective factors, increase awareness about the signs and symptoms, and offer resources and support to students and families.

To nurture youth resilience, mental health, and well-being, the Orange County Department of Education leads a K-12 Student Mental Health Initiative. This initiative is part of a statewide effort funded by Proposition 63 and the California Mental Health Services Authority (CalMHSA) through the California County Superintendents Educational Services Association (CCSESA). The Orange County initiative focuses on prevention and early identification of youth mental health issues. The initiative provides services and conducts demonstration projects including:

- Training for school staff in prevention and identification of student mental health issues; fostering positive school climate to support academic, social and emotional development; and reducing stigma associated with behavioral health challenges
- *Eliminating Barriers to Learning through the Early Identification of Student Mental Health Issues* train the trainer program
- Collaborating across agencies to enhance mental health services for foster youth
- Providing access to information on age-appropriate, culturally relevant, evidence-based mental health programs, strategies, and resources
- Providing local referral resources and information for parents, educators, and the community
- Providing stress management education for teachers and students
- Developing an online school climate survey for middle school students to gather and assess indicators of student stress, anxiety, and depression

These efforts can prevent and reduce the risk of mental disorders, support the social and emotional health of students, and effectively place students on the path to college and career readiness and success.

For additional information, visit www.ocde.us/healthyminds. To access resources that promote the mental health and wellness of students, visit www.regionalk12smhi.org.

forward to the world of today and the family shows don’t always project respect for parents, police or authority figures. The lines are blurred between what is acceptable and not acceptable. Social media has given a new platform for expression both positive and negative. Everyone is so worried about being politically correct to the point of not upholding standards of any kind. School districts are expected to be so much more than academic institutions. Leading by example may be uncool, but future generations are depending on us to set standards and challenge society to reach up and be accountable. It is not acceptable for every player to be awarded a trophy just for showing up. Renew Accountability, Renew Consequences, while we are Recycling, Reusing and Reducing and we can save our healthy planet.



Amber Lee-Ruiz
Director of Educational Services

the LAUSD community think about, respond to, and monitor bullying and school violence. Teachers, principals, parents, and students come together for a common purpose to create rigorous, meaningful lessons designed to make our students feel safer and interact with each other in more positive ways, resulting in a richer educational environment for all. However, unlike other movements or celebrations that involve dress-up days or pep rallies, PEACE Week is about how we do business or treat each other in LAUSD. We think of it as the Los Al way.

One of the highest priorities in the LAUSD is to ensure a safe, caring, and positive educational and social environment to help all students develop the essential skills and knowledge necessary for college and career readiness. As a district, we want them prepared to flourish in whatever they choose to do after high school. Such an environment promotes innovation, inquiry, and risk taking. With these goals in mind, the district created the Bullying Prevention Task Force four years ago. The purpose of the task force was to create a comprehensive anti-bullying program that included education, counseling, updated practices, and more severe consequences for bullies. Task force participants knew that if they were going to eradicate bullying in our schools, each of the above aspects of the anti-bullying program needed to be addressed. They wanted to create a legacy and put an end to bullying. Four years later, LAUSD is on its way to accomplishing these goals.

The education component, Too Good for Violence, is a research-based curriculum that is taught at all levels, K–10. This program is taught at all schools within the district. Additionally, our elementary schools have adopted the book, *How Full is Your Bucket?* The book, written by a grandfather-grandson team, explores how using positive psychology in everyday interactions can dramatically change people's lives. The authors suggest that we all have buckets within us that need to be filled with positive experiences, such as recognition or praise. When we're negative toward others, we use a dipper to remove from their buckets and diminish their positive outlook. When we treat others in a positive manner, we fill not only their buckets but ours as well. This simple philosophy became the framework for how we treat each other in LAUSD. In fact, it is at the heart of our K–5 character education program. At the secondary level, students are encouraged to become connected in the Four As: academics, athletics, activities and the arts. Furthermore, students and staff regularly recognize each other for "random acts of kindness."

With a strong anti-bullying curriculum in place, the district needed to update its policies and regulations to ensure consistency between our schools and to foster a safe and caring culture. The Board of Education adopted and/or revised several policies, and administration implemented stronger consequences for those students who engaged in acts of bullying. Counseling for both victims and bullies is now mandatory so that students better understand how bullying affects their lives. Additionally, policies were written to protect the confidentiality of victims and bystanders, wherever possible. Reporting and tracking criteria and systems were established.

As part of a larger safety campaign and in alignment with our current vision for the eradication of bullying in our schools, the district hired Captain Don Farrell, a safety consultant, to oversee student safety, in March of last year. Captain Farrell created a See Something, Say Something safety hotline, which is intended to provide a line of communication between the district and any concerned stakeholder. It provides an anonymous process for contacting the district regarding non-emergency issues. This campaign resonated with students and compelled our middle school students to launch a See Something, Say Something poster contest.

In addition to the hiring of Captain Farrell, the district, in a joint effort with the cities of Los Alamitos and Seal Beach, hired a School Resource Officer (SRO), who is assigned to Los Alamitos High School. It was also great news for our schools when the district hired four campus supervisors at the middle school level and added a full-time psychologist and an elementary counselor.

Most recently, LAUSD has partnered with the Miss Seal Beach Pageant. The young women have made anti-bullying their platform. In an effort to distribute and market their anti-bullying message, the pageant participants are creating an anti-bullying poster campaign. The posters will be on display throughout schools in district in the coming months.

We want to encourage all district stakeholders to communicate with young people the importance of the bystander. Research tells us that when a bystander intervenes, even in a simple manner such as asking the bully to stop, the bullying usually stops in 10 seconds. In addition, please encourage young people that if they See Something, they should Say Something to a trusted adult. Like all things in our district, if all of us—students, staff, parents, and the community—come together to create a healthy, safe, and caring learning environment, we will eradicate bullying and continue to enhance the Los Al legacy of "Igniting Unlimited Possibilities for Students!"

For more information about the anti-bullying programs in Los Alamitos, please contact Amber Lee-Ruiz, Director of Educational Services, at alee-ruiz@losal.org or at (562) 799-4700 ext. 80462.

Los Alamitos Unified School District Board of Education



Dr. Jeffrey Barke
President



Diana D. Hill
Clerk



David Boyer
Member



Meg Cutuli
Member



Karen Russell
Member

Focus. Determination. Results.

Get beach ready with our high intensity classes including:

CrossFit
CrossFit Kids
Rep-X
BeachFit Moms
Personal Training

*Use this coupon to receive

25%

OFF ANY PACKAGE
(Good thru 3.31.14)
At our Los Alamitos location

CrossFit
SEAL BEACH
562.493.8426
www.crossfitsealbeach.com

eGIFTING MAKES IT EASY TO SHARE.

Share a brighter future with the child in your life.
Do it easily—by e-gifting with ScholarShare, California's 529 college savings plan. You can open a new account or contribute to an existing one; the reasons are as simple as 1, 2, 3:

- Tax-advantaged contributions
- Account owner retains control of the assets
- Age-based portfolios

Go to **scholarshare.com** to share your eGift today.



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com | 800.544.5248



Consider the investment objectives, risks, charges and expenses before investing in the ScholarShare College Savings Plan. Visit ScholarShare.com for a Plan Disclosure Booklet containing this and other information. Read it carefully. Investments in the Plan are neither insured nor guaranteed, and there is a risk of investment loss. TIAA-CREF Tuition Financing, Inc., Program Manager. The ScholarShare 529 Twitter and Facebook pages are managed by the State of California. C12797