

FREE

# School News

Education + Communication = A Better Nation



Covering the Los Alamitos Unified School District

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www.SchoolNewsRollCall.com

OCTOBER / NOVEMBER 2015

## Los Alamitos Unified Off to a Great Start



**Dr. Sherry Kropp**  
Superintendent

All of our nine schools are now in session, serving nearly 10,000 students from preschool through high school. A major tenet of our core mission and vision is to serve and support our families in every way possible. Our six

elementary schools have preschool programs for our youngest students and Kids Korner programs for before- and after-school child care. Our two middle schools also have Kids Korner programs to help provide student supervision before and after school. And, our one high school serves all students in grades nine through 12, as we currently have no students enrolled in our continuation high school, which is a testament to our dedication to all students.



This year, we made several changes to help alleviate the traffic around our schools at drop-off and pick-up times. One improvement worthy of highlighting is our commitment to students riding buses to school. In just one year, we increased ridership by over 200 students. We decreased the cost of a year's bus pass by nearly 50 percent, and now students can ride a bus to school for \$1 a ride. We also increased the numbers of locations at which students can be picked up and dropped off. We encourage all parents to consider this safe option for student transportation, and we believe it is a wonderful opportunity to serve our families.



Most importantly, we are committed to providing the very best education possible to all of our students by our highly trained and skilled teachers and support staff. We continue to provide staff development in our signature practices and are dedicated to continuous improvement. Our ambitious goals apply to all students, and we take our commitment very seriously. We strive to continue to Ignite Unlimited Possibilities for all students in Academics, Athletics, Activities, and the Arts and plan to do this The Los Al Way so that all students thrive in our schools. We know that we serve and support three very special communities, and we are grateful that they join us in our pursuit of excellence.

Los Alamitos Unified School District is a great place to live, learn, and love!

## Distracted Driver Awareness



**Michael Ezroj**  
Corporal

The Seal Beach Police Department would like the below information shared amongst all teen drivers for their safety, as well as all others on the road.

The Department of Motor Vehicles indicated that distracted drivers are four times more likely to be involved in a collision. As of 2015, texting is banned for all drivers, regardless of age in 46 U.S. states plus Puerto Rico, Guam and the Virgin Islands (*The Huffington Post*, By Erin Schumaker ). In 2015,

it was determined that nine Americans were killed every day from motor vehicle accidents that involved distracted driving, i.e. using a cellphone, texting or eating. Further studies indicated that 1 in 4 motor vehicle crashes, determined the driver at fault was using a cell phone. Research shows that on average it takes five seconds to review a text message. An example of this danger would be; if you were traveling 55mph in 5 seconds you would cover 100 yards. That is the entire length of a football field in which a distracted driver is not paying attention.

Cellphone use with your hands while driving is not only a violation of the law, but it is extremely dangerous. For more information please review this web address: [www.textinganddrivingsafety.com](http://www.textinganddrivingsafety.com).

As of 2015,  
texting is banned for all drivers,  
regardless of age...

## Because of You!

By Carrie Logue, Executive Director

Welcome to the 2015–16 school year! The Los Alamitos Education Foundation (LAEF) is the official nonprofit partner of Los Alamitos Unified School District. We work to keep our district strong and make sure that all students achieve educational excellence at a higher level than at any other district or private school.

Because of supporters like you, LAEF funds support the hiring of targeted teachers at all district schools. During the 2014–15 school year, over 40 targeted teachers were hired districtwide to ensure that all students are learning and succeeding. LAEF offers after-school, weekend and summer enrichment programs on campus that keep students engaged and learning outside regular classroom hours. Over 150 classes were provided during the 2014–15 school year, and, during our recent summer programs alone, over 2,000 students participated in LAEF learning opportunities!

Over two million dollars have been granted back to the district and invested in educational programs because of thousands of community members like you supporting LAEF. LAEF resources are extremely important to you, your children and our district. LAEF cannot continue this success without your support. Your tax-deductible contribution of any amount is welcomed and appreciated. We are asking for \$25 per family per month to continue and expand educational excellence in our community.

Please visit [www.LAEF4Kids.org/donate](http://www.LAEF4Kids.org/donate) today and find us on Facebook, Twitter and Instagram. Volunteers and committee members are needed. Thank you.

City of Seal Beach Police Department • 911 Seal Beach Blvd., Seal Beach, CA 90740  
562/799-4100 Ext. 1145 • [www.sealbeachca.gov](http://www.sealbeachca.gov)

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Each year, the Board of Education and Executive Cabinet meet for a day during the summer to update the District Priority Goals. We are passionate about these five District Priorities, offer our full support, and know that staff will work diligently to achieve these goals for our students, families, and communities.

## 2015-16 District Priorities

### 1. Passionately pursue academic excellence from all students.

- 1.1 Focus on exemplary instruction by enhancing collaboration, professional development, and signature practices.
- 1.2 Use assessment results to improve instruction, interventions, and enrichments.
- 1.3 Ensure every student is connected to school through academics, athletics, activities, and the arts.
- 1.4 Ensure all students have unparalleled preparation for College and Career Success:
  - Every student meets or exceeds grade-level/content standards on state assessments.
  - Every student completes CSU/UC a-g college entrance requirements.
  - Every student completes at least one Advanced Placement course in high school.
  - Maximize the successful completion of Algebra I in 8th grade.
- 1.5 Leverage educational technology to create transformational learning experiences for all students.

### 2. Ensure a healthy, safe, and drug-free environment.

- 2.1 Engage stakeholders in order to build robust student safety programs that focus on:
  - Positive Behavior Intervention and Supports
  - Social, Emotional, and Mental Health
  - Digital Citizenship
  - Bullying Prevention and Response
  - Substance Abuse Prevention and Response
  - Violence Prevention and Response

### 3. Enhance communication processes to engage, inform, and educate all stakeholders.

- 3.1 Effectively use various communication processes and technology tools to engage all stakeholders:
  - Utilize various technology tools, such as Aeries (ABI) and Naviance, to provide timely feedback and information regarding student performance.
  - Provide updates to the community on school and District news.
  - Provide two-way communication opportunities to exchange ideas and information with District staff, families, and communities.
  - Increase our social media presence to engage the community and all stakeholders.
- 3.2 Serve and support all stakeholders by providing exceptional customer service at all times.
- 3.3 Attend, participate in, and be visible at school, District, and community events and activities.

### 4. Responsibly manage and allocate financial resources to maximize students' educational experiences.

- 4.1 Strengthen our partnerships with LAEF, PTAs, School non-profit Groups, Booster Groups, businesses, and other community partners on grants and donations.
- 4.2 Engage in Interest-Based Bargaining as a practice and a philosophy with Associations and employees to ensure fiscal solvency, strengthen relationships, and protect our assets.
- 4.3 Engage in strong fiscal practices to ensure long-term financial stability.

### 5. Modernize, maintain, and optimize the use of District facilities.

- 5.1 Implement the District's Master Facility Plan with Measure K Support - on time and on budget.
- 5.2 Continue ongoing collaboration with our communities to enhance and improve partnerships, agreements, and communication.
- 5.3 Continue ongoing analysis and improvements of facilities and technology to address future needs.

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## Miller Children's & Women's Hospital Long Beach

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### Onset of Mental Health Conditions Start Early



**Divya Joshi, MDM, MD**  
Chief Medical Officer

Mental illnesses are not just an adult issue. According to the National Institute of Mental Health, approximately 11 percent of adolescents have a depressive disorder by 18 and half of mental health problems begin in childhood or early adulthood.

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It can affect the way your child feels, thinks and behaves. It can lead to a variety of emotional and physical problems that make it difficult for your child to function and enjoy life like they once did.

Your child's brain chemistry, hormones, biological differences, inherited traits and life events, like experiencing a loss in the family, can lead to depression.

Depression often presents differently in children and teens than it does in adults. Common signs of depression in children include:

- Difficulty with relationships • Increased irritability, anger or hostility
- Extreme sensitivity to rejection or failure
- Low self-esteem and guilt • Social isolation and poor communication
- Experiences boredom often; low energy • Hopelessness
- Decreased interest in activities; or trouble enjoying previously favorite activities
- Frequent sadness, tearfulness, crying
- Complaining often about physical illnesses, such as headaches and stomachaches
- Missing school often or struggling with school work
- Trouble concentrating
- Major change in eating and/or sleeping patterns
- Feeling or talking about wanting to run away from home
- Thoughts or expressions of suicide or self-destructive behavior

If you feel that your child is suffering from depression, seek help immediately or talk to your child's pediatrician about a referral to a psychiatrist or psychologist.

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**Kay Coop**  
Founder/Publisher



Welcome back to a new school year! By now classes are well underway and students are settled into their routines.

This issue brings you up to date on the classroom happenings or as Dr. Jerry Gargus, principal of McGaugh Elementary says, "Surf's up and students are riding the wave to success!"

As I drive I am continually disappointed at the number of drivers texting and driving. Parents please set an example for your children and don't text and drive!

Our next issue is December 2nd.



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**David Vannasdall, Ed.D. '16**  
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# Hopkinson *Elementary*

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



**Evelyn Garcia**  
*Principal*

## Huskies Have a Growth Mindset!

Our Huskies are committed to stretching their thinking and continuing to achieve, using the power of “yet.” In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work. Carol Dweck, a Stanford professor of psychology, encourages children to be praised for their efforts and not for their fixed traits. Focusing on process supports the notion that, “No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.”

Students who embrace growth mindsets view their challenges and failures as opportunities to improve their learning and skills. Our Huskies are eager to learn more, try more, and achieve more. Through collaboration, they are pushing themselves to reach higher.

We are excited that the Huskies at Hopkinson are continuing to stay ignited with unlimited possibilities!



**Mrs. Kuehnast's 5th grade class.**

# Los Alamitos *Elementary*

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



**Dr. Sunghie Okino**  
*Principal*

## Creativity and Innovation

Creativity, innovation, and exploration occur daily in the Los Alamitos Elementary School (LAE) makerspace, as student in kindergarten through fifth grade think critically, problem solve, and collaborate with each other—all essential to future success. The makerspace encourages deeper learning through hands-on experiences, as students ask and investigate questions, fail and try again, share and bounce ideas off one another, and create prototypes together based on their ideas and designs. Materials are everyday items donated by families, such as empty paper towel rolls, plastic building blocks, rubber bands, and broken electronics.

Noise and excitement are commonplace in the makerspace. One student shared, “I get to use my imagination and make anything I think of.” Other students proudly shared how they repurposed parts to create tools or took apart items to learn how they function. “I strongly encourage all parents to allow their children to tinker and play,” urged Dr. Okino, LAE’s principal. “Their learning exceeds any expectations.”



**Students Creating, Innovating and Tinkering in LAE Makerspace.**

# Lee *Elementary*

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



**Amy Laughlin**  
*Principal*

## We Love Our Fam-Lee

Welcome to the 2015–2016 school year! I am very excited about my first year as the principal of Lee Elementary School and my 17th year in education. I look forward to a great year of academic growth as we continue to build digital literacy and critical-thinking skills in order to meet the demands of the 21st century.

The community at Lee is affectionately called the Fam-Lee because of the supportive partnership of teachers, parents, administration, and students. Thanks to our strong PTA and Project Learning from Effective Ambulatory Practices (LEAP) organizations, our school has many family events planned. Events such as our ice-cream social,



**Lee students and teachers happily reuniting on the first day of school.**

Camp Lee, and the carnival give our Fam-Lee an opportunity to unite and cultivate relationships.

The staff at Lee could not wait for students to return to school! On behalf of the Lee staff, we look forward to working with our Fam-Lee for an exciting and rewarding school year.

# Los Alamitos *High School*

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



**Dr. Brandon Martinez**  
*Principal*

## Unlimited Possibilities

Los Alamitos High School is in full Four-A mode. Students are taking Advanced Placement courses and pursuing the completion of A–G requirements. The performing arts departments have performed two full productions. A few new clubs have formed based on student interests. Our fall sports programs are doing quite well in season competitions. More than 1,300 students dressed in sports uniforms for our Back to Ballin’ Welcome Back Dance.

Los Al hosted Senior College Night, which included presentations from the University of California and California State University systems as well as numerous private schools. Back-to-School Night featured performances by several student groups. The campus has gone through a beautification project, which has provided more seating areas for students and a reduction in the school’s water usage. There is much more to come, as students achieve unlimited possibilities in academics, athletics, activities, and the arts.





# McAuliffe *Middle School*

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



**Ann Allen**  
*Principal*

## International Visitors!

Staff, students, district administrators and PTA board members are hosting our international visitors from China! In September, 16 student teachers from China, four of their advisers and several academic members from the USC Rossier School of Education began a visit to McAuliffe to observe many of the rigorous classroom-instructional strategies we use.

In anticipation of their visit, the campus was alive with preparation creating banners, practicing musical presentations, and readying students to share what transpires daily in our classrooms. The objective of the visit is to provide opportunities for our guests to observe teachers across campus as they incorporate our signature practices into their lessons.

Each day of the four-day visit has its own focus. On Sept. 30, our guests got to know the campus, toured a variety of rooms, and enjoyed a staff lunch that was generously provided by the PTA. Their second visit on Oct. 7 included “Thinking with Depth and Complexity” in action as students used the prompts originated by Dr. Sandra Kaplan of USC to expand their understanding of this signature practice and probe more deeply into reading, writing and discussion of higher-level concepts. On Oct. 14, our guests observed student engagement in which McAuliffe teachers first modeled a specific skill, then practiced the skill with students, and finished the lesson with students attempting it independently so as to demonstrate mastery. The last visit on Oct. 21 will focus on student motivation, which may be the most exciting because our guests will see how students across the campus are deeply committed and engaged in learning.

McAuliffe is certainly honored by this opportunity to connect with educators who have come such a distance to expand their knowledge and enhance their strategies for instruction. Our staff and students are enjoying an interchange of ideas that will benefit everyone!

# Oak *Middle School*

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



**Erin Kominsky**  
*Principal*

## Building Connections

Welcome back to Oak Middle School. We had a special WEB activity on August 27 for our new Oak students, led by the eighth-graders (Welcome Everyone Back). Our WEB participants went on campus tours, engaged in team-building activities, and made their first new friends at Oak.

On August 31 we had our very first Lion Pride kick-off event. Prior to the school opening, this Lion event invited each student in grades 6–8 (and their families) to visit our campus and pick up class schedules, PE clothes, and map out their daily routine.

Our award-winning choir and instrumental jazz groups performed on various stages throughout the school. Parent volunteer groups were on hand to welcome our families, and our student leadership team was also made available to show the new students how to get around. The event also included a variety of food trucks to help create an atmosphere of friendship-building for the new school year.

Our Lions are off to a great start. Hear us roar!



# McGaugh *Elementary*

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



**Dr. Jerry Gargus**  
*Principal*

## Surf's Up!

The school year is in high gear right now, and our SURF club is riding the wave to success. Not the surf club found on Seal Beach's golden sands, but the SURF Club that is devouring books!

Although we are only a couple of blocks from the beach, SURF has a different meaning here. SURF is an acronym for “Students Using Reading Fundamentals,” and so this means the SURF is definitely up at McGaugh!

Over the past few years, our teaching team has been immersed in intensive training to make sure that McGaugh students will develop a rock solid foundation of reading skills. This begins in the classrooms with our “best-first” instructional program, and it extends into the SURF Club. Here students who need extra help can catch a perfectly groomed “wave” of instruction for 45 minutes a day four days a week.

These support sessions provide students with the phonemic awareness, decoding, fluency, and comprehension skills that are the backbone of successful reading. The instructional power of a balanced literacy block in the classroom, combined with an intensive focus on SURF Club reading fundamentals, is helping to ignite unlimited possibilities in our McGaugh students.

Our students are also riding the waves of technology and inquiry based learning, thanks to the expansion of our 1:1 iPad program, which now includes all of the upper grades. We have also launched our Innovation Lab built around engineering and “makers-space” principles. These 21st-century experiences serve as the ideal complement to our school's signature practices of CGI Math, Depth and Complexity Prompts, utilization of Thinking Maps, and Balanced Literacy.

As you can see, the surf is definitely up at McGaugh. We are riding the wave of success!

# Rossmoor *Elementary*

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



**Kiva Spiratos**  
*Principal*

## Enrichment Classes Return

Rossmoor is excited to begin after-school enrichment programs for all students TK–5. Children of all grades can find support their interests with the Los Alamitos Education Foundation (LAEF) and the Youth Center to enrich our four A's of athletics, academics, activities and the arts.

The LAEF offers a range of enrichment courses that include karate, science, drama, robotics and coding. New to the course list is break dancing! A second Rossmoor partner, the Youth Center, offers music lessons to children of all ages and provides instruments as well. This customer-service flexibility allows children the option to experiment with multiple instruments until they find the right fit for their musical talent.

Rossmoor is grateful for the continual enthusiasm of LAEF and the Youth Center, which encourage creative and forward thinking through offering courses to enhance the learning skills children receive in the classroom. We hope you will consider joining an after-school enrichment activity this year.



Rossmoor students watch with excitement as the LAEF instructor demonstrates and moitvates the kids to participate in the after school break dancing enrichment class.



# Weaver *Elementary*

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



**Robert Briggerman**  
Principal

## Teaching and Learning Like Pirates

To meet district priority goals in student achievement, Weaver Elementary School is focused on increasing student-centered teaching. This practice places students at the center of their learning, and the teacher facilitates more as a “coach on the side” versus a “sage on the stage.” Students are provided with greater opportunities for engagement, collaboration, creative thinking, and problem solving. Teachers additionally focus on asking the right questions to better analyze student thinking.

Two books, *Teach Like a Pirate* by Dave Burgess and *Learn Like a Pirate* by Paul Solarz are providing the staff with strategies for increased and deeper student engagement. Each month, in lieu of a regular staff meeting, the staff participates in a book chat to discuss how we can purposefully implement the ideas in these books to lead students to more frequent inquiry through increased direct engagement.



Discussing “Teach Like a Pirate” at Weaver Book Chat meeting on Sept 22, 2015.

## Los Alamitos-Rossmoor Branch Library

12700 Montecito Rd., Seal Beach CA 90740 • 562/430-1048 • www.ocpl.org

## Key to the Gate



**Sean Whittle**  
Branch Manager

I am writing right now in September, which is library card sign-up month! Much of the news is all abuzz with the various candidates for president making speeches and promises. In that group is Dr. Ben Carson, a well-known retired neurosurgeon. Of particular interest is his personal story that he has shared of growing up in a very poor and very dangerous part of Detroit. He credits his and his brother's survival and eventual successes as neurosurgeon and rocket scientist, respectively, to their mother getting them a simple library card.

Now, this is not a shameless plug for a particular candidate for president; rather, it highlights in a concrete way the power of the library card in just one well-known person's life and how there are many more silent stories throughout our country just like this. The library card for generations has been a symbol of unlocking the riches of our culture through the rows of shelves with seemingly endless amounts of knowledge in them. Or take the fiction shelves, with thousands of stories that can take you to any place or time, whether real or fantasy.

The Internet has broken down this gatekeeper status for sure, but I think that the symbolism still holds and we should still respect the power of the library card for a young person who is growing up and wondering whether horizons are open or closed in his or her life. The experience of getting a first library card for a child is memorable. It can set an impression in a young mind and create a start to a life of great accomplishment. As they grow, we can continue to foster wonder, imagination, creativity and the feeling that they have potential and can make a mark in their own way. And a library card is free!

## Girl Scout Troop 602

## Life as a Cadette



**Marissa Aldegarie**

Life as a Cadette is different than being a Junior. It's an incredible adventure because now we will have a leadership role. Our activities are now girl led instead of our Troop Leaders running the whole show. As a Cadette we will focus on three keys to leadership: Discover, connect and take action.

We discover by developing practical life skills and critical thinking skills. As we discover our special skills and talents, they will help us build confidence.

We will connect with others, learning how to work in a team and solve conflicts. This will help us build healthy relationships and work together in our local communities.

We take action by making people feel empowered to make a difference in our world. We can teach and inspire others to act. When we take action we make the world a better place by learning about our community.

As you can see, Girl Scouts is not just for younger girls in Elementary School, it can continue for girls in Middle School and High School who want to challenge themselves to do their best and build courage, confidence and character. We learn leadership skills to help us be successful.



**Troop 602 Bridges to Cadettes:**

(b) Carmen, Lauryn, Sophia. (f) Marissa, Phoebe, Summer, Payton Savannah.

## Lucy's Book Review

## Magical!



**Lucy Davis**

*The Land of Stories – Beyond the Kingdoms*

Author: Chris Colfer

The Masked man uses a portal potion to jump from story to story to recruit a powerful army of the worst fairytale villains!

Alex has been un-godmothered, so she and Conner are in trouble. No one believes her except Mother Goose. Conner, Alex and Mother Goose along with a few other friends they make along the way, follow the Masked Man through some of literature's most loved fairytales. Meanwhile, Bree discovers a family secret that you just won't believe.

The author delivers another MAGICAL book, while using different fairytales than the first three books of the Land of Stories series. The book jumps back and forth from one setting to another so you must pay attention to what's happening. For those that haven't read the first three, I encourage you to do so before reading this book.

Another five bookworms out of five, it's a brilliant read!

Lucy Davis is a 4th grade student at Beryl Elementary in Redondo Beach. Besides reading, she enjoys riding her bike, theatre, and playing guitar. Lucy will rate the books 1 to 5 bookworms with 5 being the best.





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## Orange County Department of Education

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## Communication is Vital



Dr. Al Mijares  
Superintendent

Last year, a powerful new vision was unveiled to guide the work of the Orange County Department of Education: We declared that "Orange County students will lead the nation in college and career readiness and success."

This may be ambitious, but we are not alone in our pursuit. For our vision to become reality, it must continue to be embraced daily by teachers, students, parents, administrators, volunteers, community members, business leaders and elected officials. In other words, our success hinges on collaboration and engagement.

As part of a strategic effort to strengthen both, OCDE is now in the process of enhancing and expanding its communications presence by leveraging the latest media platforms to deliver news and information that is accessible, relevant, compelling and credible.

You may already be familiar with one of our newer communications initiatives. Our staff has launched a website called the OCDE Newsroom that features education stories and videos about our local schools and programs. Recent Newsroom posts have included a breakdown of education buzzwords and acronyms, a list of strategies to keep young minds sharp over the summer and a feature on a former student from our deaf and hard of hearing program who became a college basketball coach.

The OCDE Newsroom is a place to learn more about our schools, as well as emerging trends in education, but it's not the only way to engage with our department. I would also encourage you to connect with us on Facebook, Twitter and Instagram.

Now back to why this is so important.

OCDE supports 27 school districts serving more than 500,000 students in more than 600 schools. Needless to say, there is much to be gained by making students, educators and the community more aware of the vital programs and services available.

Specifically, we want all Orange County families to know of the resources that can contribute greatly to their children's academic performance and wellbeing. We want all teachers, administrators and support staff to know of the invaluable professional development opportunities and support services that can take teaching and learning to the next level. We also want to expand our efforts to share best practices — particularly those that have proven their worth in high-achieving classrooms — while continuing to spotlight the incredible success stories that can motivate and inspire others.

All of this has the potential to contribute to positive student outcomes, which is our ultimate bottom line.

Communication and collaboration are so vital to our success that we've listed them, collectively, among OCDE's current Strategic Priorities. These objectives are driving the work of our staff, and I would encourage you to learn more by visiting our website.

In the meantime, I would also invite you to take a look around the OCDE Newsroom — and to connect with us on social media.

Exciting things are happening in education in 2015. It's time to spread the word.

## Note-ables

## 'Glory! Glory! Hallelujah!'



Kate Karp

This collection arrives just in time for the beginning of the school year, when teachers are scoping out their annual plans and parents are looking for some good, entertaining stuff to enhance their children's knowledge base. *Glory! Glory! Hallelujah!* is a real find—a brass-and-woodwind-heavy hail to the Civil War era.

The collection is a compilation of traditional songs, some familiar and others obscure, as well as tunes written by artist Lloyd H. Miller in the sense of the era and what came out of it for better or worse. In the CD, Miller tells the traditional story and sings the well-known tune of radical abolitionist John Brown and adds his own lyrics and music to flesh out the hero's activism and bravery. "Follow the Drinking Gourd," the hymn to Harriet Tubman's night-sky navigation to the land of freedom, is given a celebratory treatment. Another lesser-known Brown—Henry Box Brown—reached the North in another singular way: he shipped himself in a box to Philadelphia, and Miller thought he'd make a great subject for a song. He was right. Equally obscure and of note is the story of Weeksville, one of the first free black enclaves. Weeksville was established in Brooklyn in the 1830s by a former slave, and Miller graced it with a song, too.

A sequenced narration of Lincoln's Gettysburg Address squares the corners of this enlightening collection. And best of all, an online curriculum guide is in development to further link this rich era to our present.



Kate Karp is an editor for *School News Roll Call* and a freelance writer and editor.

## Our office tortoise, Cheeseball, carved his first pumpkin!





# Halloween Safety Tips



Jodie Lynn

There are some real threats to the safety of our kids during the highly anticipated Trick or Treat night. To make this vastly projected event run smoothly and to keep everyone safe, here are a few tips that parents need to consider and talk about beforehand with their kids.

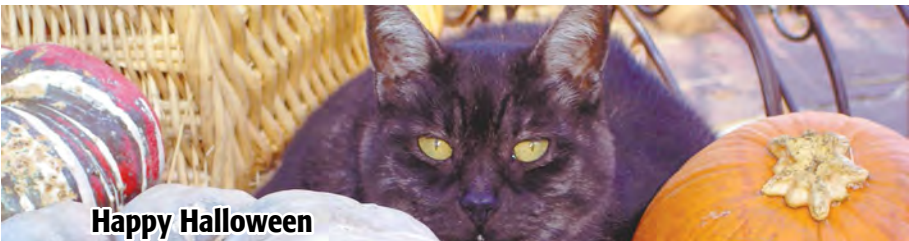
**Have your children dressed in aged appropriate costumes.** Make it large enough to wear one layer of normal clothing underneath for warmth, but if it's too big or long, they can easily trip and hurt themselves. Make sure all materials are fire-retardant.

Be sure that it has a retro reflective strip placed between the shoulders and knees to alert drivers on the street and other kids, especially large groups. Should the costume not have these types of panels woven into the material, retro reflective tape can be bought just for this purpose.

**No running.** Tell your children there will be no running allowed. Falling down is one of the number one injuries of children during trick-or-treating. Have them stay on sidewalks and/or walk facing traffic if there are none.

**Do not allow them to cross yards.** Even though many people keep their lights on during the evening, most of the time, they do not shine over the entire yard. There could be something in the yard that could trip or hurt your child. In fact, sometimes, there are holes or low points in the lawn that cannot be avoided.

**Stay with children under the age of 12.** If your child is younger than 12, stay with them. If you are allowing them to go with another adult other than yourself, be sure that your child knows the name of that person and vice versa. It's always a good idea to have the name of your child, address and phone number written on a piece of paper and tucked away in a pocket or pinned to their costume on the inside of the waist. Remember, when a child is excited, frightened or hurt, they forget facts. Tell them what the piece of paper is, what it says, why it is there and when to use it.



**Monitor toddlers and young children for putting things in their mouth.** Keep an eye on toddlers and young children as they try to begin eating their candy right away. As a rule of thumb, it is best for none of the kids to eat any treat until someone has gone through it. However, with little ones, they will instantly put goodies into their mouths, wrapper and all, possibly provoking a choking hazard.

**Establish a safe route and return time.** Draw up a simple map of your neighborhood and mark-approved houses with a red marker. These should be people that you know and trust. Give them a time of when to return home and have a “no room for discussion” rule.

**Use face paint instead of masks.** Face paint is now preferred by most safety agencies as the safest way to dress up the face for Halloween. Be sure the paint meets the Federal Standards of Cosmetics in order to prevent possible rashes or use a homemade recipe where you know which ingredients have been used. If you do go with a mask, be sure that the holes for the eyes, mouth and nose are open enough to avoid safety challenges in seeing, talking and breathing.

It's a special night so monitor your children closely by supervising the younger ones or as a sidewalk supervisor by “*hanging out*” with the older ones from a distance. Stay safe and have fun.

Jodie Lynn is an award winning, internationally syndicated family/health and education columnist and best selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 15 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer), Having Doing, and Surviving it All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

# Halloween Word Search Contest

**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 in subject line)

Entries must be received by November 15, 2015.  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

BLACK CAT	GHOST	SPIDER
CANDY	GHOUL	SWAMP CREATURE
CARVE	GRAVE	TRICK OR TREAT
CEMETERY	HAUNTED HOUSE	VAMPIRE
COSTUME	HALLOWEEN	WEB
DECORATIONS	JACK O LANTERN	WEREWOLF
FRANKENSTEIN	MUMMY	WITCH
FRIGHTFUL	SKELETON	ZOMBIE

Congratulations to **William Petkus**  
Winner of the June Word Search Contest!

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



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*“I want to express my sincere gratitude for the academic support you and your staff have provided to my son during the past year. I can attest to the significant impact the Tutoring Club experience has made in his life. As a result, he has earned A’s and B’s and is less frustrated when given difficult homework assignments. Beyond this, he has developed the academic self-confidence needed to be successful. I attribute a great deal of my son’s academic success to the team at the Tutoring Club. Thank you for making a difference!!”*

Paul R. de Dios  
Dean of Cypress College

*“I am the mother of 3 children and my oldest son was having reading problems. The Tutoring Club helped my son and myself to learn new reading strategies. With Tutoring Club’s help my 6 year old son was able to sound out words and read. He is very proud of himself and I am so happy and proud of him as well. He couldn’t have made the growth without the Tutoring Club. Thank you Tutoring Club for giving my son the help he needed.”*

Mother of 1st grader – SES Student  
Norwalk-La Mirada School District

*“My son always fought me to do homework, and this would be an all night thing. I tried everything, and then found the Tutoring Club. Putting him in the Tutoring Club’s the best thing I could have done for him. His 2011 California Standards Test was proficient in everything!!!!”*

Mother of student at  
Landell Elementary, Cypress

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