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Covering the Los Alamitos Unified School District

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Keeping Students Safe in School

*By Dr. Jeffrey Barke, President
Board of Education*

The Los Alamitos Unified School District prides itself on providing students with a robust educational environment enriched with a variety of course offerings, a diversity in extracurricular activities, and high-performing arts and athletics programs. These pursuits are foundational to the district's mission, but cannot be fully realized unless the students and staff ultimately feel safe and secure. The district has placed extra emphasis on student and staff safety through fiscally responsible, thoughtful measures.

The city of Los Alamitos, with 50 percent of the costs being shared by the district and the city of Seal Beach, has fully funded a school resource officer to provide a full-time, law enforcement presence at Los Alamitos High School. Officer Brandt, a sworn



Officer Brandt with students.

officer of the Los Alamitos Police Department, serves as a liaison between the district and local law enforcement, provides numerous hours of drug recognition expertise, and is an additional resource for students during the school day. In addition, the district continues to have committed task forces represented by multiple stakeholders in the areas of anti-bullying and Internet safety, substance abuse, and violence prevention, to ensure that the social-emotional well-being of students is maintained. Los Al Unified has also installed shatterproof window film on all school campus windows, employed a visitor management system at Los Alamitos High School to track and log all visitor information, issued district identification badges to be worn by staff, improved fencing, and

*See **KEEPING STUDENTS SAFE** • Page 8*

Measure K Modernization Projects

*By Diana D. Hill, Clerk
Board of Education*

The Los Alamitos Unified School District Measure K modernization program that began in 2008 is continuing strong as the Weaver Elementary School and Oak Middle School modernization projects are on schedule to be completed this fall. Both projects will provide tremendous renewed and updated facilities for our students' learning environment. Once these projects are completed, all of the schools will have been modernized as originally planned with Measure K. When we began modernization, all of our schools were approximately 50 years old, and we needed to provide our students with classrooms and school facilities to accommodate current learning and technology requirements. This is an exciting time in Los Alamitos Unified!

The modernization of the district office is also under way and includes needed renovations to both the main and auxiliary offices. The modernization



Lee Elementary

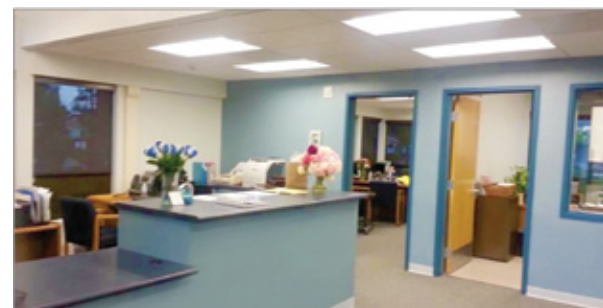
scope at the main district office includes a new Board meeting room, a large training room, and a new irrigation system on the Laurel High School field. The plans at the auxiliary office include a new compressed natural gas station for the bus fleet and improved office and warehousing space.

In addition to the modernized schools, the long-awaited, new, artificial track-and-field complex at Los Alamitos High School was completed last year,

*See **MEASURE K** • Page 8*



New track and field at the Los Alamitos High School.



Weaver Elementary newly modernized office.

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Thanks for the Support!

By Carrie Logue, Executive Director

Welcome to the 2014–15 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 to make sure that all students achieve educational excellence at a higher level than they do in any other district or private school.

Thanks to supporters like you, LAEF funds support the hiring of targeted teachers at all district schools. During the 2013–14 school year, 36 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. We provided 110 classes during the 2013–14 school year and, during our recent summer programs alone, over 1,000 students participated in LAEF learning opportunities!

Hundreds of thousands of dollars have been granted back to the district and invested in educational programs, again thanks to hundreds 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 donation of any amount is welcomed and appreciated. We are asking for \$25 per family per month to continue providing targeted teachers and expanding learning opportunities for all students.

Please visit www.LAEF4Kids.org/donate today, and find us on Facebook, Twitter and Instagram. Volunteers and committee members are needed, so please also consider giving of your time and talents to LAEF. Thank you for supporting LAEF!



Kay Coop
Founder/Publisher



Fall is here and we are ready for some crisp cool weather. The students are focused on academics and we are excited to bring you their latest classroom activities this year.

Our next issue is December 3.

Have a Happy Halloween and Happy Thanksgiving.

School News

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Covering the
LOS ALAMITOS UNIFIED SCHOOL DISTRICT

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Dr. Al Mijares
Superintendent

Orange County is a diverse and dynamic region with the human and economic resources necessary to lead the nation in college and career readiness and success. The California Career Pathways Trust grant can significantly contribute to this vision. The California Department of Education has awarded the Orange County Career Pathways Partnership (OCCPP) a \$15 million California Career Pathways Trust grant to create a countywide infrastructure to expand career pathways for students from kindergarten through college. Led by the Orange County Department of Education (OCDE) and Saddleback College,

OCCPP is one of twelve recipients awarded a \$15 million grant and represents the largest regional consortium in the state.

Orange County school districts, institutions of higher education, businesses, and community partners will make up this regional consortium to ensure that our students have the opportunity to explore their interests and participate in career pathways of their choosing. OCCPP will make career pathway programs accessible to Orange County students from all academic, socio-economic, and achievement levels ranging from Gifted and Talented Education (GATE) students, to alternative education students, foster youth, and students with physical and learning disabilities. OCCPP will provide courses and learning experiences that produce competent graduates capable of securing high-skill, high-wage jobs.

Students will participate in career exploration and on-the-job training that prepares them to earn certificates, associate degrees, baccalaureate degrees, and advanced degrees in three target sectors: Health Care/Biotechnology; Engineering/Advanced Manufacturing and Design; and Information

See **OC DEPT OF ED.** • Page 8

Pediatric Gastrointestinal Issues



Barry Steinmetz, MD

Associate Medical Director, Pediatric Gastroenterology, Hepatology & Nutrition Center, Miller Children's & Women's Hospital Long Beach

Thousands of children in the U. S. are living with pediatric digestive and nutritional disorders because symptoms aren't always recognized.

Pediatric gastrointestinal conditions involve a child's gastrointestinal tract, or organs of the digestive system, which include the esophagus, stomach, large and small bowel, liver, gallbladder and pancreas.

There are more than 50 different common gastrointestinal conditions. One of the most common conditions in babies and kids is gastroesophageal reflux disease (GERD).

GERD is a chronic disease which occurs when stomach acid or stomach contents flows back into the food pipe. Some of the most common symptoms of GERD are a burning sensation in the chest, chest pain, difficulty swallowing and dry cough. GERD often runs in the family and children with chronic lung problems are more likely to have GERD.

Five common signs of gastrointestinal problems:

- Vomiting
- Recurrent abdominal pain
- Picky eating
- Burping and heartburn
- Alternation of routine bowel patterns, such as constipation or diarrhea

If your child persistently displays any of these signs, call your pediatrician or a pediatric gastroenterologist.

The Pediatric Gastroenterology, Hepatology & Nutrition Center at Miller Children's & Women's Hospital Long Beach provides a multi-disciplinary and multi-specialty approach for consultation, diagnostic testing and medical management of children ages birth through 21-years-of-age with liver, nutritional and gastrointestinal conditions. **MillerChildrens.org/GI, (800) MEMORIAL**



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Born at 25 weeks premature, Kelli-Jain developed necrotizing enterocolitis – a serious intestinal disease common in preemies. Necessary surgery to remove a significant amount of her small bowel left Kelli-Jain with short gut syndrome and unable to absorb nutrients. She was referred to the Pediatric Gastroenterology, Hepatology & Nutrition Center at Miller Children's, where she received treatment by a specialized care team. Today, Kelli-Jain is on track to a full recovery so she can guide her own train and enjoy the ride.

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

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Our specialty:
Pediatric Gastroenterology

Kelli-Jain's specialty:
Train Conductor

Kelli-Jain, 6-years-old,
Miller Children's
Gastrointestinal Patient

Hopkinson *Elementary*

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Ondrea Reed
Principal

A Musical Icon Retires

In her three decades in the district, Mrs. Coralie Prince has bestowed the gift of music upon thousands of students. She has enriched the school cultures of both Hopkinson and Lee Elementary Schools with a love of the arts and a passion for performance.

Mrs. Prince was instrumental in starting the All-District Choral

Festival during the 1980s, and she has built a legacy recognizing the importance of music for all. But, more importantly, she has changed the lives of students by helping them believe in themselves and their unique talents.

Mrs. Prince has received countless awards for her devotion to elementary music. She celebrated the finale of her career at the end of last school year as the recipient of a lifetime achievement award from the Orange County Music and Arts Administrators.

Mrs. Prince will remain beacon in the community, as she plans to volunteer and will endlessly support music in education.



Coralie Prince and Principal Ondrea Reed
at the OCMMA banquet.

Lee *Elementary*

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



Robert Briggerman
Principal

Welcome Back, Leos!

It is my pleasure to welcome back the staff, students and parent community at Lee Elementary School for the 2014–15 school year! Lee has a strong tradition of working with families to support each child's learning needs, and we will continue to do so. With effective teaching practices, mindfulness toward continuous improvement, differentiated learning for each student, and collaboration, Lee Elementary is committed to preparing our students for unlimited future opportunities.

This year's focus is on student engagement as well as depth and complexity. By gradually shifting increased responsibility to our students and creating deeper understanding and meaningful learning experiences, we will prepare our students for 21st-century needs that we can't yet imagine.

At Lee, we continue to add technology to support student learning as well. Over the summer, we installed a brand 40 device all-in-one touch-screen lab. We continue to add tablet carts to each grade level for student use as well.

I firmly believe that a strong home/school partnership is the cornerstone of student success. I know that you chose Lee for your child's elementary experience. The staff and I appreciate and take very seriously the trust you place in us with the welfare and education of your child. That's the "Leo" and the Los Al way!

Los Alamitos *Elementary*

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



Dr. Sunghie Okino
Principal

Keeping Students and Families Safe

Stop by Los Alamitos Elementary School (LAE) before and after school, and you will see volunteers sporting red shirts assisting with drop-offs and pick-ups, walking the perimeter, checking the gates, and giving students high fives. While moms and mother figures are an important part of this program, the Kids Involved with Dads at School (KIDS) issues a special challenge to dads and father figures to get more involved. Each volunteer completes extensive training, which includes incident command roles, basic CPR and first-aid techniques, security, threat assessment, fire suppression, and light search and rescue.

Dr. Okino, principal at LAE, cannot imagine a day without them. "We look forward to seeing our volunteer safety team members every day. They play a significant role in providing additional eyes and ears to keep our students and campus safe. The students and the staff love seeing them. We are truly grateful for all of their help and support!"



KIDS Program Volunteers at LAE: Alejandro Contreras, Justin Watson, Charles Eichelberger, Lee Wofford - captain, Dr. Okino, and Scott Baker.



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Dr. Joshua Arnold
Principal

We Made It to the Top!

Rankings aren't everything, and neither are test scores. But when things like this month's *Newsweek* Ranking get published, they do seem to validate all the creativity, innovation and effort that go into making Los Al what it is each and every day for our students and families.

The 2014 *Newsweek* High School Rankings came out this week, and Los Al now ranks in the top 100 of all high schools in America! For a full list of rankings, visit <http://www.newsweek.com/high-schools/americas-top-schools-2014>.

The list is based on many components: graduation rate, college-acceptance rate, AP tests taken and passed, and SAT scores. But what these rankings really mean for Los Al is that our core values of collaborative professional development, 100 percent A-G completion for students, and AP access for all are good ideas to aspire to and ultimately lead students toward positive outcomes.



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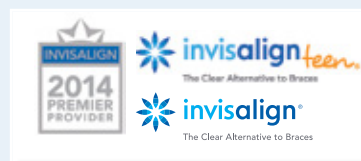


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McAuliffe *Middle School*

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Ann Allen
Principal

6th Grade Social

In addition to WEB Days designed to transition new students to McAuliffe, the 6th Grade Social, sponsored by the PTA, gives our new middle school students the opportunity to make friends with classmates from elementary schools throughout the district.

Held on September 4th after school, the social was a huge success! Over three hundred students attended this event, where they enjoyed making and eating their own ice cream sundaes in the Sackett Center. Then the group engaged in some friendly competition, working in teams to keep a beach ball in the air

using teamwork and cooperation. All students who attended earned college wristbands and the privilege of an additional five minutes for lunch the next day. Students and parents and staff had a “ball” at the 6th Grade Social.



McGaugh *Elementary*

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



Dr. Jerry Gargus
Principal

A World-Class Education

Excitement was in the air as the classrooms of McGaugh Elementary School were filled with parents at our recent Back to School Night. This traditional event, held during the first month of school, is one of the best ways to build a strong home-school connection.

McGaugh teachers had their doors open at 6 p.m. and immediately invited parents to sit in their child’s seat. This afforded them the opportunity to experience the world their child inhabits at McGaugh. Once everyone was gathered in the classrooms, the teachers then introduced themselves and highlighted their expectations. They shared the curricular objectives of their grade level, and spoke about Los Alamitos Unified’s signature practices for instruction. Classroom bulletin boards featured student work reflective of Cognitively Guided Instruction for mathematics, Depth and Complexity Prompts for extending learning, Thinking Maps for scaffolding academic language, and examples of the authentic literacy approaches of Reading Workshop and Guided Reading.

We are constantly talking about providing our students with a world-class education, and delivering on the promise of “world-class customer service” for our families. Back to School Night helps lay the foundation for a successful school year built upon both of these commitments. It also exemplifies the collaboration and commitment of the stakeholders who are reflected in McGaugh’s 2014 California Distinguished School Award. Board Members Dr. Jeff Burke, Mr. Dave Boyer, Mrs. Meg Cutili and Mrs. Karen Russell attended the event and toured McGaugh’s impressive classrooms. Director of Special Education Services Dr. Michael Keller was also impressed by our school.

Oak *Middle School*

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



Sally Neiser
Principal

A Strong Team

“Oak Lions, Team of Champions” is the theme that welcomed thousands of students, families, and staff to the start of a new school year. An emphasis on teamwork permeates every aspect of a student’s middle school career. Teams consist of students, parents, families, teachers, and support staff. Every person plays a vital role in the social, emotional, and academic success of our students.

The students’ responsibility is to participate as active learners, contributing to classroom discussions and projects and completing homework. Parents and family members help by asking the students what they are learning and assisting when they have questions. They can also look at their students’ grades to see if there are any areas in which the students are struggling. The teachers and support staff communicate with the students and parents to learn about student’s individual needs and differences. The teachers and staff also work as teams to continue learning and improving in effective instructional strategies.

One example of Oak Middle School teamwork was demonstrated on the first Friday of this school year, as students came together to contribute toward the Amyotrophic Lateral Sclerosis (ALS) Ice-Bucket Challenge. In one day, students raised over \$1,000 to support research in the fight against Lou Gehrig’s disease. They did this in honor of past and present team members who are fighting this disease. With the strength of the Oak Lions Team of Champions, there is hope that these students will continue to learn and will contribute to make our world a better place and find a cure for ALS.



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Kiva Spiratos
Principal

PEACE Week

People Exhibiting Acceptance and Compassion for Everyone (PEACE) Week at Rossmoor Elementary School was filled with smiles, bucket filling, and friendships. PEACE Week is a district-wide event and one piece of our initiative to prevent bullying behaviors. During the week, we focus on defining and providing multiple examples of behaviors displaying kindness, compassion, acceptance, friendships and inclusion toward all students. Rossmoor strives to model for children the celebration of our unique, individual qualities that make us a successful



Rossmoor teacher Gina Decker and students “put bullying behaviors to rest” during PEACE week pajama day.

community. Activities celebrated during PEACE Week included Hat Day, Mismatched Day, and Super Hero Day, and the week culminated with a spirit assembly, where classes shared their student-designed door posters signifying their classroom interpretation of PEACE at Rossmoor. The behaviors modeled to build peace, bucket-filling, and kindness are reviewed and celebrated throughout the school year. PEACE Week is a powerful way to jump start the new year in our community of learners.



Erin Kominsky
Principal

Collaboration in Learning is Key!

Weaver School is off to a great start! Students and staff returned for our new school year at the end of August. This year, collaboration will be a key component of learning and teaching. What does collaboration look like? In classrooms, students are learning to work in teams as they explore ideas and refine, polish, and redesign to make the ideas stronger. Students share thinking in literature, Cognitively Guided Instruction, science and history. Primary sources are used to dig deeper into real-life history. Teachers are collaborating, too! Each month, grade-level teams of teachers meet to design concept lessons that are used to spark interest and encourage thinking. In addition, our teachers conduct demonstration lessons in order to build our collaboration with schools throughout the state. Recently, 40 teachers and administrators from Santa Cruz and San Jose visited our campus to observe our teachers utilizing best practices in CGI.



Kids collaborating.

Animals and Heat

By Murlyn E. Burkes, Cat Committee Liaison

Hot days can be quite uncomfortable, even dangerous, for pets and people. Anytime your pet is outdoors, make sure that he or she has protection from the heat and sun. They need plenty of fresh, cold water. In heat waves, you can simply add ice to the water. A doghouse really doesn't provide shelter on hot days; rather, it makes it worse. Tree shade and tarps are ideal, because they don't trap air flow. Watch for signs of heatstroke, which can be caused by extreme temperatures. Signs include heavy panting, glazed eyes, rapid heartbeat, difficulty breathing, profuse salivation, seizures and lack of coordination, to name a few. It is not just the temperature that affects them but also the humidity. Limit exercise or play activities with your pets on hot days. Early mornings and late evenings are best times to do these things. Be careful with pets that have white ears, who may be more susceptible to skin cancer. Asphalt gets hot, so try to keep pets on grassy areas. Lastly, never leave you pets in a parked car, not even for a minute. Your pet could suffer irreversible damage or die.

A World of Words



Kelly Rowe
Child Development Coordinator / Early Learning Specialist

From the time your child was a baby then he or she has been learning to talk by listening to you and others around her. Now that your child can carry on conversations you can use everyday exchanges to help build their vocabulary. Here's how. First talk: introduce bigger words by describing what you're doing. When you wash clothes, you might say, "I'm putting in the detergent, and that's the soap." At the gas station you can say, "I'm going to use this nozzle to pump gas into the tank." Respond. Be sure to make comments that include new words whenever your child talks to you. If they say, "Look at my block tower," then you might say: "That is a tall skyscraper!" Or repeat what your child tells you, replacing one of her words with a more interesting one. An example is when your child says "This is a good snack," and you respond: "I agree. It's scrumptious." Explain. As you read to your youngster, pause to explain unfamiliar words. "Ruby was 'certain' because she was really sure." You might ask your child what she thinks that word means, and encourage her to guess based upon how it is used in a sentence, or by looking at the picture. "He put the soil in a 'wheelbarrow.' Do you see a wheelbarrow in the picture?" Tip: Don't hesitate to use big words during conversations with your youngster. If they hear them often then they'll become a regular part of their vocabulary.

Board of Education



Dr. Jeffrey Barke
President



Diana D. Hill
Clerk



David Boyer
Member



Meg Cutuli
Member



Karen Russell
Member

KEEPING STUDENTS SAFE IN SCHOOL • From Page 1



Dr. Jeffrey Barke
President

prominently painted all building numbers on major buildings for easy identification for first responders. Los Alamitos Unified is committed to ongoing staff development in the areas of campus supervision, search and rescue, first-aid/triage, and active shooter protocols to mitigate extreme circumstances.

Los Alamitos Unified understands the importance of school safety and the role it plays in student success in the classroom and the peace of mind it creates for parents and guardians. Los Al strives to provide a safe, secure, and nurturing educational environment while “Igniting Unlimited Possibilities for Students.”



New story building at Oak Middle School.



Prominently painted numbers on all buildings for easy identification for first responders.

MEASURE K • From Page 1



Diana D. Hill
Clerk

and a ribbon-cutting ceremony was held on November 12, 2013. Since this time, many of our teams now practice and play on their home field, and Los Alamitos High School athletic teams have been setting new school records ever since.



Diana Hill, Clerk of the Board of Education and previous Chair of the Measure K Committee, joined Superintendent Kropp and the Weaver Whale mascot for the Ribbon Cutting Ceremony to celebrate the newly modernized media center at Weaver Elementary School.

As each modernization project is completed, the district is working hard to improve the appeal of the fields, flower beds, and walkways. Last summer, many sites benefited from landscaping, improved irrigation, and new fences. This work will continue throughout this year. If you have not visited the schools within the district in recent years, please stop in and see how wonderful these new learning environments are for our students.

OC DEPT OF ED. • From Page 3

Communication Technology/Digital Media. The same skills necessary to navigate a college degree are required to be successful in career technical education. Students will need to master subjects at the same rigorous level of abstraction and understanding as those entering a traditional university system. These programs will also align career courses with rigorous science, technology, engineering and mathematics (STEM), California Academic Standards, and Career Technical Education Model Standards that provide real-world application of career concepts, linking the content to industry needs.

OCCPP will build career pathway partnerships among employers, schools, and colleges and improve the transition into post-secondary studies and career preparation. This initiative will develop a countywide infrastructure to prepare Orange County students for the 21st century workplace, support them in reaching their personal career goals, and equip them to lead the nation in college and career readiness and success.

For more information, visit www.ocde.us/EdTech.

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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, 2014
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 Caden VandeSteeg
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
E	R	U	T	A	E	R	C	P	M	A	W	S	R	A
T	X	O	A	H	B	R	F	K	U	N	W	M	A	F
N	I	H	C	F	E	E	T	F	T	D	G	I	C	L
A	Z	D	K	L	W	V	N	R	S	Y	A	T	E	E
L	D	E	C	O	R	A	T	I	O	N	S	Q	M	S
O	I	T	A	W	E	R	A	G	C	K	U	I	E	K
K	K	N	L	E	D	G	L	H	Y	Y	C	D	T	E
C	P	U	B	R	I	U	J	T	L	M	Y	I	E	L
A	Y	A	I	E	P	V	L	F	K	M	C	I	R	E
J	J	H	J	W	S	D	C	U	X	U	B	F	Y	T
H	C	T	I	W	K	Z	N	L	O	M	V	L	J	O
T	B	X	U	U	D	U	T	S	O	H	G	W	R	N
S	B	P	U	H	Q	T	N	Z	D	R	G	S	Q	D

Reaching Out to Boys



Sean Whittle
Branch Manager

In the attempt to achieve gender equality, boys can fall through the gap. Males trail females in graduation rates, college enrollment and college degrees. Boys and men read less than women, and women are more likely to state that they were encouraged to read when they were young.

The question is, why? The main agreement is that schools and libraries favor girls as an unintended overcorrection for past inequalities. Boys now tend to view literacy-related activities as for girls or “geeks.” They typically then check-out of academics and become immersed in the digital world. What can we do to help reverse this trend and bring out excellence in both girls and boys? The following are some ideas.

Fathers and male teachers, be models! Read where children can see you, and read to the young ones. Let them know that academics and reading are manly endeavors.

Make reading fun. Let them choose what to read, and bend a rule or two for the greater good. And offer a variety of genres: fiction, nonfiction, humor, comics, scary books, graphic novels, action/adventure, magazines, websites, audiobooks and newspapers.

Be patient, and give boys permission to be themselves. They may take longer than girls to learn and may not have the same tastes. They may require techniques different from those delivered while they sit at a desk.

We needn't eliminate video games from the scene, but encourage those with more substance. An example is the Zelda series, which has in-depth storylines and plenty of reading in the game. More information on this topic can be accessed at www.guysread.com.

On The Run

Adult Acquired Flatfoot



Dr. Doug Richie

Adult Acquired Flatfoot (AAF) is the proper term for a condition also known as Posterior Tibial Tendon Dysfunction (PTTD). AAF is a progressive, disabling condition which begins with an inflammation of the posterior tibial tendon, which is a critical structure which supports the arch of the human foot. Left untreated, this inflammation can lead to rupture of the posterior tibial tendon. The result is a collapse of the arch, causing significant chronic pain and disability. For some reason, AAF is occurring more frequently and seems to have an affinity for middle-aged women. I have seen this injury occur in active

runners and the consequences of mis-diagnosis or neglected treatment can be devastating for this type of individual. Any person who experiences progressive pain and swelling along the arch of the foot or along the inside of the ankle should seek medical evaluation. In most cases, this pain starts for no explained reason, but often is associated with wearing poorly supportive shoes.

Adult Acquired Flatfoot can be treated in the initial stages with foot orthotics or with custom ankle bracing. Often, physical therapy which emphasizes muscle strengthening and balance training will be beneficial. In later stages, surgery is required to repair the damaged soft tissue and to restore alignment of the foot. Clearly, early intervention is critical to avoid these complicated surgical procedures.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 32 years. He is president of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S. A. Track and Field. 562/493-2451



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Note-ables

No School Today



Kate Karp

With such a title as *No School Today*, there's plenty of education integrated into this CD, in one form or another. Grammy-winning composer Danny Weinkauf, whose writing credits include *They Might Be Giants* and a number of popular TV shows, has written a few theme songs for regular people both young and not so very.

The title song puts to music the decades-old saw that goes something like “I’m too sick to go to school—oh, what, it’s Saturday?” and there are also theme songs for those of us who dragged ourselves to class even when we were sick unto death. “Champion of the Spelling Bee” has been featured on telecasts of the Scripps Spelling Bee as an expression of a young contestant’s insecurity, hard work and pride in being a winner. In the Did You Know? department, there are 260 species of marsupials, as disclosed in the song of the same name. “Cast Your Vote” stresses the importance of expressing your choice at the ballot box, and in a philosophy that will no doubt delight anyone who’s either taught or learned about the food pyramid and its positive effects on health, there’s a number that hails the importance of food making you feel good—“Ice Cream.” Strawberry has two food groups, you know.

In the short but clever “Ambivalent,” Mr. Weinkauf sings, “I’m so ambivalent—or maybe not.” No matter how any of the tunes make you feel, you’ll surely find a theme in them for yourself.

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

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Paul R. de Dios
Dean of Cypress College

"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!!!!"

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