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Social-Emotional Learning a Top Priority



Kay Coop
Founder / Publisher



Neta Madison
Netragrednik



This is our 15th edition of the Orange County Superintendent K-12 public schools publication, which we publish annually in July. Thank you for including *School News Roll Call* among your reading choices.

The quality of our communities are directly related to the quality of our public schools and we have much to be proud of. The brief articles herein are only an introduction. Each of the district web sites are in their mastheads where you can go online to read in-depth information.

To receive emailed copies of our individual publications, sign-up on our web site www.schoolnewsrollcall.com.



Dr. Al Mijares
Superintendent

There was a time when social-emotional learning was considered a detour from regular classroom instruction. But today's educators are acutely aware that the ability of students to understand and manage their own feelings has a direct impact on learning.

The conversation carries even more weight as we welcome students back to schools at the tail end of a global pandemic that forced many to face sickness, isolation from peers, income insecurity and, in some cases, the loss of loved ones.

So how can we ensure that students who have suffered through more than a year of pandemic-related trauma are ready for learning? It starts with building an infrastructure of social-emotional support.

Social-emotional learning is generally based on the five competencies of self-awareness, self-management, responsible decision-making, social awareness and relationship skills. These competencies can be modeled, embedded into regular lessons, or taught on their own. Either way, there's a mountain of data to show how improved social and emotional competence correlates with academic engagement and performance.

In partnership with our local districts, the education and health teams at the Orange County Department of Education have made it a top priority to support the mental and physical health and wellbeing of all students, and that encompasses social-emotional learning. In practical terms, much of our work centers on providing robust training and technical assistance aligned with California's Multi-Tiered System of Support to schools and districts.

MTSS predates the pandemic, but the framework feels like it was made for this moment. It can be thought of as a schoolwide commitment to a set of proven strategies that address academic, behavioral and social-emotional needs. Essentially, staff members collaborate to provide a baseline of support for all students, additional assistance for some, and targeted interventions for those with the greatest needs. Since 2016, OCDE has led the statewide implementation of MTSS based on the maxim "All Means All." It's become our flagship for the simple reason that it is effective in all educational settings.

In the COVID-19 era, our staff has also developed an array of resources and trainings for school employees and families who have experienced pandemic-related trauma. And with funding from the Orange County Health Care Agency through Proposition 63 — also known as the Mental Health Services Act — the Orange County Department of Education has hired seven regional mental health coordinators, creating a countywide network to strengthen mental health procedures and protocols.

All of this is based on a simple concept that has been proven true time and again: Healthy communities lead to improved outcomes for students.

Another OCDE-led program is taking a more direct approach by empowering student leaders to serve as school-based champions of mental health. The Student Advocates for Mental Health initiative, also funded through Proposition 63, trains young people to raise mental health awareness and reduce stigmas at their schools through peer-influencer campaigns, workshops, activities and an annual video contest. To date, 36 schools are participating from 18 school districts.

Meanwhile, OCDE has partnered with CHOC, a pediatric healthcare system in Orange County, to pilot a number of school-based "WellSpace" centers that will encourage students to take a break from life's daily stressors in supervised settings that are safe, calm and inclusive. Two centers have already opened this year, and plans are underway for additional sites throughout the county. Each campus WellSpace has been thoughtfully designed with comfortable furniture and a soothing, natural aesthetic, allowing students to recenter and reset for 10 to 15 minutes based on a teacher's referral or by request.

There have been numerous scientific studies that show how calming the amygdala — that is the part of the brain responsible for intense emotions — impacts learning and cognition. "Giving a student who is having a rough day 10 to 15 minutes to reset essentially gains more focused learning time," says OCDE Mental Health and Wellness Care Coordination Manager Mayu Iwatani, who holds a master's degree in social work. "Every campus needs a space of calm where students can come and reset."

Mental health experts across the country have been sounding alarms over the rates of youth depression and anxiety, which were spiking even before COVID-19 entered our lexicon, and we as educators have taken on increasingly larger roles in service of healthy communities. At the same time, we will rightly be judged by our capacity to bridge learning gaps caused by pandemic-era disruptions. But these should not be viewed as distinct or competing pursuits.

We know that the ability of students to understand and manage their feelings has a direct bearing on their learning. That alone positions social-emotional learning and mental health supports as prerequisites to effectively delivering instruction in the wake of the pandemic and beyond. Just as important, the social-emotional investments we make now are essential to helping our students build resilience and self-confidence, make responsible decisions, establish healthy relationships and find purpose throughout their lives.

School News

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Anaheim Elementary School District

1001 S. East St., Anaheim, CA 92805 • 714/517-7500 • www.anaheimelementary.org

Purpose: To Help Kids Thrive



Christopher Downing
Superintendent

As we prepare for the upcoming 2021-2022 school year we find ourselves in the middle of a transformational period in education. History teaches us that the most transformative periods are usually not planned but rather brought upon suddenly, followed by human innovation, resiliency, and purpose. At the end of last school year, our schools transitioned and adjusted overnight to continue serving students as previously unimaginable safety limitations were put in place. Our district's previous investment in 1-to-1 technology allowed for equitable access to technology that supported student Distance Learning. Our commitment to social-emotional well-being meant that students at all schools continued to have access to psychologists and counselors. Our dedicated teachers adapted to provide daily engaging lessons to students. And our community partnerships made it possible for students to have access to meals every day at all of our 23 traditional school sites. These are the commitments we had in place before the school dismissals last March, that we maintained during the school dismissals, and that we will continue during the new school year, regardless of what the school day looks like. Community provides support during challenging times and it is in our amazing Anaheim Elementary School District community of educators, staff, parents, Board members, and community partners that we have found the support needed to move forward with our own innovation, resiliency, and purpose. Although there are many variables influencing the transformation of education right now, the purpose that drives our decisions, and our direction remains the same: to help kids thrive.

Anaheim Union High School District

501 Crescent Wy., Anaheim, CA 92803 • 714/999-3511 • www.auhsd.us

Living in a VUCA World



Michael B. Matsuda
Superintendent

American businesses use an acronym to describe the post pandemic world: VUCA, an acronym first coined by the military after the collapse of the USSR in the 1990s. VUCA stands for Volatility, Uncertainty, Complexity, and Ambiguity. Corporate survival strategies in the VUCA world are based on the principle of continuous adaptation and permanent learning of organizations, ideas pioneered by MIT's Peter Senge, author of *The Fifth Discipline*.

For businesses to survive, VUCA quite simply means to be nimble or die. They need system elasticity that can respond to volatile events as "opportunities." More than ever, corporations that will thrive in the post-Pandemic world have to become "Learning Organizations."

What does VUCA mean for schools? It means we cannot prepare for a new future based on past mental models, models based on standardized tests, top-down governance, bureaucratic operations, and lack of collaboration with higher education, business, non-profit, and community partners.

Like businesses, schools must transform into nimble learning organizations. Let us not squander this opportunity by just focusing on playing "catch-up" with traditional metrics. Let us be aspirational and truly transform our system.

For educational leaders who realize the urgency in shifting drivers to align with the needs of workforce and life preparedness, AUHSD's Career Preparedness Systems Framework (CPSF) provides a cohesive and concrete way to implement the new vision. The CPSF encompasses three areas that schools need to focus on: 21st century skills (development of relational and emotional intelligence); Technical skills (mastery of specific job related skills through certificates and dual credit community college course completion); and development of Student Voice and Purpose.

Through implementation of the Career Preparedness Systems Framework, we can build a new transformative educational model that will help our country continue to be a world leader in innovation and job creation into the next century.

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Brea Olinda Unified School District

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Lessons Learned Makes BOUSD Stronger



Dr. Brad Mason
Superintendent

The question I always ask during difficult times is, “What can I learn from this to make me better or stronger in the future?” I am using that same approach for the past year as Brea Olinda Unified School District looks ahead to an exciting 2021-22 school year.

One example of taking the knowledge of the past to build the future is the fact we spent this past school year learning and leveraging new technologies that were required to execute our educational program with the students sitting in front of us, as well as those that were learning in a remote format. Those new skills learned over the course of the year will be implemented moving forward.

Communication was also highlighted during the pandemic. This was showcased during the decision-making process, as well as the implementation of district plans. As we enter the new year, we will continue a high level of parent engagement that guided us through the 2020-2021 school year.

Witnessing the resolve of our students, families, and staff demonstrated our commitment to adjusting our routines in order to execute our academic program. We did not merely intend to get through the year, rather we chose to capitalize on every opportunity available to restore normalcy in our classrooms as the health metrics allowed. Likewise, we spent time planning for enhanced academic offerings and support, as well as additional social-emotional student resources for the 2021-22 school year. Additionally, BOUSD added a 10th school, Brea Online Academy, which will enter its second year of providing a distance learning option for families.

While there are many things about last year that won't be missed, with the lessons learned, there is an abundance of positivity ahead for BOUSD.

Buena Park School District

6885 Orangethorpe Ave., Buena Park, CA 90620 • 714/522-8412 • www.bpsd.us

Ignite the Passion for Learning!



Dr. Ramon Miramontes
Superintendent

Every BPSD School has a unique focus such as STEM, Visual and Performing Arts, Gifted and Talented Education, College and Career Bound readiness, Physical Education and Wellness, and Honors Academy. Both Beatty and Buena Park Middle Schools offer Academic Honors classes, Gifted and Talented Enrichment, Computer Science, Engineering, Arts, Leadership, Debate, as well as a variety of Technology classes and clubs. All schools are equipped with the necessary resources to 21st-century teaching and learning. Our state-of-the-art classrooms each featured technology that allows for the implementation of innovative strategies designed to enhance the learning of grade-level standards through personalized instruction.

The focus on rigorous academics allows for the students to be highly engaged in activities that lead to increased levels of critical thinking, emotional intelligence, creativity, strong character, active civic participation, as they develop a spirit of collaboration. For we believe that our students will continue on the path of great citizenship and stewards of their community in the years to come. There is something for everyone in the Buena Park School District!

Strong partnerships with our parents and the community are key components of our success. Our collaborative partnerships with Cal State Fullerton, BIOLA University, Fullerton College, St. Jude Hospital, and the Boys and Girls Club, provide additional opportunities for our students to grow and thrive as we all work together to develop the whole child.

As the Superintendent of the Buena Park School District, I am honored to serve the community and would like to thank all of the wonderful people within our incredible district who help Ignite the Passion for Learning!

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Capistrano Unified School District

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Committed to Student Success



**Kirsten
Vital Brulte**
Superintendent

While the events of the 2020-2021 school year were endlessly changing, one thing remained constant within Capistrano Unified School District (CUSD) – our unwavering commitment to student success.

Despite a challenging year, we have many wonderful achievements to celebrate:

- On September 28th, 2020, CUSD made history as one of the very few school districts in the state of California to proudly welcome our students back onto school campuses, providing flexible learning options for all our 47,000 students by delivering curriculum in both a traditional school setting and online
- Engaged elementary students and parents in scientific investigation through several virtual STEAM nights thanks to our partnerships with Child Creativity Lab, Crystal Cove Conservancy, Discovery Cube, and Inside the Outdoors
- Four CUSD schools were nationally recognized as recipients of the 2021 RAMP Award from the American School Counselor Association (ASCA)
- Continued to place a strong emphasis and integration on mental health, emotional support, and social emotional learning, while continuing to foster cultural diversity
- Received the 41st annual Golden Bell Award for excellence in public education and school board governance
- Established a Cultural Proficiency Task Force to ensure an inclusive environment where students, staff, and the community value diversity
- Debuted our revamped high school College and Career Centers for a new generation of students

Every school year is the opportunity for a new beginning, and this upcoming year is no exception. We look forward to welcoming our students, families, staff and teachers back to school full-day, every day in 2021-2022!

Centralia School District

6625 La Palma Ave., Buena Park, CA 90620 • 714/228-3100 • www.cesd.k12.ca.us

Building on Success!



**Norma
Martinez**
Superintendent

Many words can be said about the 2020/21 school year. The one word I choose to use today is success! This past year has been incredibly successful as it showcased the tremendous dedication of our staff, the responsiveness of our board, the extraordinary resiliency of our students and the incredible love and concern from our families! As challenging as it was to begin the year in distance learning, it was completely exhilarating to end the year with full in-person instruction for all who wanted this program. Kudos to each school for holding such highly meaningful 6th Grade promotion assemblies for our students! My favorite part was seeing our students proudly sitting with their family unit during these assemblies.

As we prepare for the new year, we must take into consideration all that our students have demonstrated: They are tech-savvy, flexible, resilient learners who have reminded us of the importance of relationships and human connection. We celebrate our caring and confident scholars!

As we begin the new year, Centralia ESD's focus is simple, yet far-reaching:

- We will continue our efforts to build the strongest foundations through strong academic programs, intentionally using one-time moneys to extend learning and provide afterschool supports. After all, academic excellence is part of our tradition.
- We will be intentional in supporting our student's social emotional development so that they can be confident learners who are able to adapt to life's circumstances. We know our students will be future leaders one day!
- We understand that today's children need more than reading, writing and arithmetic and will continue be intentional in providing learning opportunities to develop the 6 C's of Global Competencies: Character, Citizenship, Communication, Critical Thinking, Collaboration & Creativity. This past year demonstrates that our students are well on their way to being future-ready scholars!

Centralia ESD is ready to welcome our students back!



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Cypress School District

9470 Moody St., Cypress, CA 90630 • 714/220-6900 • www.cypsd.org

Inspiring and Empowering



Anne Silavs
Superintendent

The success of the Cypress School District is grounded in our mission to inspire and empower every student, every moment, for every opportunity, and we remain steadfast in our commitment in spite of challenging times, including a worldwide pandemic.

We look forward to the 2021/22 school year as we begin the process of returning to our normal school program and restoring our district's signature programs and services, some of which include...

STEM – Hands-on learning in science, technology, engineering, and mathematics. Students apply knowledge during project-based learning in dedicated STEM labs on each school campus. The program is designed so that our students question today for a better tomorrow.

Music – Weekly music instruction taught by credentialed music teachers during the regular school day. Students learn fundamental concepts and how to play wind, string, and percussion instruments. Band, choir, drumming, and music composition/music mixing classes are also offered for upper-grade students.

Smaller Class Sizes – Smaller class sizes in transitional kindergarten through third grade. We value the importance of smaller classes in primary grades when students are first learning to read and develop number sense.

Professional Development – Staff training in evidence-based instructional practices. Our teachers keep current with professional learning opportunities that promote exceptional levels of student achievement.

State Preschool – Free part-time and full-day classes for income-eligible families. The district's State Preschool Program ensures all children in our community have access to high-quality early learning programs.

It is with great excitement that we look forward to the coming school year in the Cypress School District. We proudly provide our community with an enriched and well-rounded educational program that prepares students for success in a dynamic and ever-changing world!

Fountain Valley School District

10055 Slater Ave., Fountain Valley, CA 92708 • 714/843-3200 • www.fvdsd.us

Thank You FVSD Family!



Dr. Mark Johnson
Superintendent

While the 2020-21 school year was one marked with great challenge, it also was a year where we truly saw our FVSD Family come together to support one another. You inspired us with your resiliency, motivated us to go forward with your strength, and demonstrated success, no matter what.

Our students showed a determination to excel, despite so many challenges. They worked hard, harder than maybe any other year of their educational careers, and inspired so many around them to do the same.

In addition, this year required flexibility, creativity and resiliency. Our teachers worked tirelessly to ensure this year was a success, that learning continued, students felt safe and families connected. And our classified staff continued to be dedicated to our students, staff and campuses. All hands were on deck to ensure the safety of our students and that learning was supported!! And, we thank our administrative team for their leadership, their commitment and their determination in getting our kids back on campus for full days.

More so, we want to thank our parents for their flexibility and willingness to support a strong partnership between home and school. They took on countless additional roles this year and with their support, their children thrived. We are so grateful for each of them. And, we are blessed to be a part of a community that lifts its schools up and celebrates our students and families and we thank them for their ongoing support of our schools

To our entire FVSD Family, THANK YOU. We look forward to returning to the classroom, in person for full days in the fall. And until then, we wish you a restful summer!

Fullerton Joint Union High School District

1051 W. Bastanchury Rd., Fullerton, CA 92833 • 714/8702801 • www.fjuhsd.org

Providing The Best Possible Education



Dr. Steve McLaughlin
Superintendent

As we begin the 2021/22 school year, I am honored to have been selected as superintendent of the Fullerton Joint Union High School District. Serving over 13,000 students, FJUHS has a long history of providing the highest quality educational programs around, supported by a deeply committed and diverse community. Over the past year and a half, our dedicated staff of approximately 1,100 certificated, classified, and management employees banded together like never before to work together to adapt and innovate; all with a common purpose of ensuring all students were taken care of as they created new methods of supporting both academic and social/emotional success.

Moving forward, as we return to more normal life, FJUHS remains committed to reconnecting with our students and families, with our site and district staff members, and with all of the various activities that make high school so memorable.

The District's outstanding academic programs include: Advanced Placement; Agriculture, AVID, Adult Transition Program, Early College, Engineering, Computer Science, International Baccalaureate, JROTC, Marketing and Business Academy, Forensics Science, Performing Arts Academies, Cambridge Academy, and Troy Tech. The District's outstanding extracurricular programs include: Speech and Debate, Science Olympiad, Cyber Security, Visual and Performing Arts, Graphic Production, Coding, and Robotics. A variety of outstanding ROP programs are also offered including: Culinary Arts, Video Production, Medical Careers, Sports Medicine, Fire Technology, Engineering, and Automotive Repair.

Seeking to provide the best possible education for every student is exhilarating and compelling. We look forward to an exciting and productive 2021/22 school year.

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Fullerton School District

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Personalized Learning in FSD



Dr. Robert Pletka
Superintendent

For the past few years, Fullerton School District has worked toward preparing students to be successful in high school, college, and career by fostering students' personalized interests and passions. The PATH Finder program is geared to guide students through strengths assessments, exploration, and discovery to prepare students with the necessary background, knowledge, and skills that lead them to higher education and future career choices. FSD is working collectively to foster agents of change and empower our students to find their passion and to explore and follow a pathway to success.

FSD works to provide students with personalized learning tools, resources, and opportunities to discover their pathway to success and happiness. PATH Finder was just the beginning; FSD has also launched Dream Catchers (students who are pursuing their passion and making their dreams a reality), and complementary programs for younger students.

The personalized learning approach is further enhanced in FSD by the MyFSD Academy. The Academy was launched in Fall 2020 as a homeschool alternative to in person and virtual learning. *MyFSD Academy is the Fullerton School District's Homeschool program* intended for families who are interested in the homeschooling concept, where the parents are involved in most aspects of the student's learning and schooling process. MyFSD Academy provides the support of a credentialed teacher for goal setting, one-on-one meetings, and hands-on symposiums or project-based learning times. This program is designed to help students discover their interests, find their strengths, and engage in a personalized approach to learning.

FSD is committed to the motto of Great Schools and Successful Kids and further enhances educational opportunities through personalized learning opportunities and focus on student voice and choice.

Garden Grove Unified School District

10331 Stanford Ave., Garden Grove, CA 92840 • 714/663-6000 • www.ggusd.us

Supporting ALL Students



Dr. Gabriela Mafi
Superintendent

Garden Grove Unified School District students, families and staff endured an unimaginable year of challenges and emerged stronger than ever. Looking back, I'm proud of what our staff accomplished including deploying tens of thousands of Chromebooks and implementing a high-quality distance learning program to begin the school year; providing more than 7 million Grab and Go meals since the onset of the pandemic; implementing successful protocols that led to a safe return to in-person instruction (which were showcased by State Superintendent Tony Thurmond as a model for other districts to emulate); operating the county's first education sector vaccination pod; but most of all, maintaining our focus on serving the needs of ALL students.

To address learning loss brought on by the pandemic, we launched district-wide Summer Bridge and Summer School programs where thousands of students are provided centrally located and school-based support to prepare all students for full-time instruction in the fall. Beginning August 16, all schools (other than the Virtual Learning Academy) will provide 5 full days of in-person instruction. Robust extended learning programs to address learning loss with targeted intervention and tutoring will be conducted through the school year at all schools and school-based mental health counseling will be greatly expanded.

Through the challenges, we persevered and achieved undeniable outcomes, equipping students with the academic and personal skills for lifelong success. More than 3,300 Class of 2021 high school seniors graduated, ready to grab hold of their dreams and pursue their college and career goals. We could not have done any of this without the patience and partnership of our families, staff and students!



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New Appreciation and Optimism



Dr. Leisa Winston
Superintendent

During the 2020-2021 school year we have experienced challenges and obstacles but also created significant opportunities. As we reflect on this school year, we look at our relationships and social connections with new appreciation and optimism, which we may have taken for granted before the pandemic. Our committed teachers and staff learned brand new technology platforms and developed new ways of performing their work, never losing sight of keeping students healthy and engaged in learning. Our community partners, such as our Parent Teacher Associations (PTAs), creatively identified ways to keep our school community connected. While we are headed toward what appears to be a more “typical” year ahead, let us not forget how grateful we are to be connected, in person, as a community.

The Huntington Beach City School District has many exciting plans as we head into the next school year. In the fall, we will begin to develop a new strategic plan for the District. As part of this process, we will refresh our vision and mission and develop a learner profile to determine what skills and qualities our stakeholders collectively desire for our students during their time in HBCSD. As part of the strategic plan, we will develop short and long-term goals based on priorities, which will allow us to focus deeply on the most important work in supporting our students academically and social-emotionally. This will be an exciting opportunity for our community to dream big and develop a long-range plan that aligns our resources with our priorities.

Huntington Beach Union High School District

5832 Bolsa Ave., Huntington Beach, CA 92649 • 714/903-7000 • www.hbuhsd.edu

A Moment of Gratitude



Dr. Clint Harwick
Superintendent

As we end the 2020-21 school year, and what a historic year it has been, I want to formally acknowledge our students and staff who pushed through a pandemic and supported each other to the very last day. Before March 13, 2020, our students and staff never used words such as pandemic, quarantine, personal protective equipment and physical distancing. They all learned new skills, found new ways to support each other, learned to accept change and adjust on the fly, and worked together as a team to keep our safety a priority. Our staff worked hard to make this year as productive as possible for students by meeting their needs in new ways and providing them opportunities to participate in athletics,

performances, activities, and in-person graduations. The care, concern, humility, and fellowship that our students and staff have shown one another is what makes our district special. It's what makes our district a FAMILY. Thank you to all who have contributed to make 20-21 a remarkable year, a year we will never forget.

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Irvine Unified School District

5050 Barranca Pkwy., Irvine, CA 92604 • 949/936-5250 • www.iusd.org

Our Success is Based on the “US” in IUSD



Terry L. Walker
Superintendent

The critical role of schools, as the heart of our communities, has never been more apparent. Working in partnership with our teachers, staff, students and families, IUSD was one of the first school districts in California to reopen for in-person instruction in September 2020 and to remain open. To meet our community's diverse needs and with stakeholder input, we offered a traditional K-6 academic model, along with TK-12 hybrid and online options, while preventing or limiting the spread of COVID-19 on our campuses.

What we accomplished during the 2020-21 school year would not have been possible without the support of the IUSD community. I have long said that the success of our school district is based on the “US” in IUSD. It is a blend of talented teachers and support staff, active parents, engaged students, dedicated leadership and passionate community members. For nearly 50 years, this collective “US” has collaborated to provide IUSD students with the highest quality educational experience we can envision. Never, in our school district's history, has this partnership been so vital as during this past school year. On behalf of the IUSD Board of Education, I would like to thank the IUSD community for standing with us to continue the important work of educating and serving our students.

IUSD is truly grateful for our students, families and staff, who demonstrated character, resiliency and adaptability. As we prepare for the 2021-22 school year, this partnership will be critical in meeting the social emotional and academic needs of our nearly 36,000 students. We look forward to seeing our students on campus this fall and to continuing our legacy of excellence together.

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Laguna Beach Unified School District

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Recharge Renew Reimagine



Dr. Jason Vioria
Superintendent

As we look ahead to the 2021-2022 school year, I want to express my deepest gratitude and appreciation to all of our families, students, staff, and community members who united together through the pandemic to recharge, renew, and reimagine teaching and learning in LBUSD. I am pleased to share the Power of Laguna Beach Unified has never been stronger.

Our team recharged to enter Fall 2020 head on with a positive mindset and focus on the significance of mental health. Fostering deep relationships between our staff, teachers, and students has always been at the forefront of LBUSD, and supporting our students' mental health through communication and available resources has been a key element in the success of this school year.

While we had to navigate through uncharted waters this year, we discovered the importance of reimagining what teaching and learning looked like at Laguna Beach Unified. Our staff came together to implement new learning techniques to support all students. Our community and staff played integral roles in the success of our students to help keep them engaged and connected and allowing them to thrive in a time when it would have been easy to give up. The resiliency I have seen among our district is incredible, and I couldn't be more proud.

This upcoming school year will have a renewed energy surrounding equity and the importance of accessibility for all students across LBUSD. While the road may have been bumpy at times, our passion for ensuring ALL students gain the knowledge, experience, world perspectives, and skills needed to become a lifelong learner and producer in a competitive and interconnected world has never wavered.

La Habra City School District

500 N. Walnut St., La Habra, CA 90631 • 562/690-2305 • www.lahabraschools.org

Putting Students First



Dr. Joanne Culverhouse
Superintendent

As we wrap up the 2020-21 school year, it is important for all of us to take a moment to acknowledge and thank our wonderful students, families, and staff in La Habra City School District. Throughout this unique and challenging school year, our staff and the Board of Education continued to do what they do best.... putting students first. Teachers and staff provided a rigorous educational experience for students, ensured daily grab-n-go lunches, provided technology and on-going support for all, hosted student meetings such as IEP's on zoom to meet the needs of our working families, and took on the responsibility of addressing the social-emotional health for our students during this difficult time.

Together we were able to navigate and overcome many challenges that the pandemic caused through deliberate and dedicated support from our families, staff, and community.

As a long-term educator, I can say without a doubt this school year was like no other! Through it all, our students have become resilient, flexible, and stronger than ever. For most of us, all these changes all at once did not come easy. For that, I applaud each of you. I thank you for entrusting me with making tough decisions day after day.

During the summer break, the La Habra City School District Administrators and Board of Trustees are beginning to dive into in-depth conversations related to equity, diversity, and inclusion. These topics are now at the forefront of our strategic planning. As educators, it is our job to discuss these topics, share ideas, provide input and properly inform our community. Stay tuned for more information.

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Los Alamitos Unified School District

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Students Thrive in Los Alamitos USD!



Dr. Andrew Pulver
Superintendent

Students in Los Alamitos Unified continue to thrive in Academics, Athletics, Activities, and the Arts. Our unwavering commitment to our students and families drives us to provide the highest quality educational programs we can envision. Together, we faced one of the most extraordinary challenges. Through it all, we remained strong, flexible, resilient, creative, and innovative. The successful growth of our students would not have been made possible without the dedication of our educators, staff, and administrators, coupled with our continued partnership with our families and our students' personal determination.

The diligent efforts we took last summer to maximize in-person instructional opportunities positively affected our students academically and their well-being. Our students were among the first in the state to safely return to in-person instruction last fall. We partnered with CHOC, OCDE, and the Los Alamitos Education Foundation to successfully open the first WellSpaces in the county at Oak and McAuliffe Middle Schools. Additionally, McAuliffe Middle School was honored as a California Distinguished School and both Lee Elementary and Los Alamitos Elementary were nominated as a National Blue Ribbon School.

We are eager to welcome the start of the 2021-22 school year where students will attend a traditional in-person instructional model at all schools. We are doubling our mental health team and will be providing access to free daily tutoring with credentialed teachers for all high school students in all academic areas. We are blessed to be part of an extraordinary community of students, staff, families, and Board of Education who work together to ensure our students thrive and are prepared for their future dreams. We are Better Together!

Lowell Joint School District

11019 Valley Home Ave., Whittier, CA 90603 • 562/943-0211 • www.ljsd.org

Destination District



Jim Coombs
Superintendent

The Lowell Joint School District strives to be among the leading districts throughout the State of California, holding true to our traditional American core values since 1906. Our students receive a quality education from outstanding teachers whose #1 priority is the success of their students. This is evident in the fact that the students of LJSD exceed the scores of Los Angeles and Orange County as well as the State of California in all grade levels. We are honored to serve the families from the communities of La Habra, La Habra Heights, and Whittier. Each of our six schools are Gold Ribbon, Distinguished, and California Business Excellence Schools. Rancho-Starbuck Intermediate School is also recognized as a

“Schools to Watch” and CSBA Golden Bell award winner. LJSD has also received a Magna Award from the National School Board Association. The importance of education, family, and traditional American values are the bedrock to LJSD, as is our emphasis on higher education, personal integrity, and Character Education.

Specialized academic programs are provided at our schools for all students such as: 1:1 instructional technology, AP Computer Science (7th-8th), coding & robotics, STEAM Innovation Labs, and ARTS FOR ALL: vocal music, instrumental music, fine-art, dance and strings. Rancho-Starbuck Intermediate School is proud to provide students with enhanced educational opportunities through the Pre-AP/IB Honors Academy, Conservatory of the Arts (COFA), AP Computer Science, Robotics and Engineering, Audio Engineering, and Green Architecture. Each of these programs prepares our students to transition into our local high schools and onto post-secondary education. LJSD continues to focus on 21st Century learning, while assuring that we keep our attention on the whole child. This ensures that our students have the foundation to be globally competitive and grounded in their traditional American values. Together, it is the people of Lowell Joint that make Lowell a Destination District for our community.



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Magnolia School District

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High Expectations



Dr. Frank Donovan
Superintendent

While the Pandemic changed the way we educate children in the Magnolia School District, it did not change our focus on high expectations, rigorous academics and the importance of social-emotional learning. When we transitioned from virtual learning to our hybrid model this past April, students and staff were very happy to return to school. We have added additional custodial, health, counseling and food services support to ensure our schools are safe and the needs of our students and staff are met.

This summer we will offer a comprehensive program that will run for five weeks. We are once again partnering with the YMCA, and we added the Boys and Girls Club to make sure we have many options for our students and their families. Students will continue to study their core academic subjects as well as Science, Technology, Engineering and Math, with additional options in physical education, sports and other group activities.

When students return to school in the fall they will be back to full-day, pre-pandemic schedules. We will continue to have additional staff members including counselors to address the social-emotional needs of our students and staff. We will also have after-school options at all of our schools to provide additional academic support and help with homework. All of our classrooms and work spaces will continue to have air purifiers with HEPA filters and regular sanitation of our campuses will continue. All students will continue to be assigned their own individual Chromebooks. While we are still waiting on guidance from the State of California on what virtual learning options we will be able to offer.

We are so proud of our students and staff for their perseverance and resilience over the past year and a half. We are looking forward to a new beginning with the start of the 2021-22 school year. We will continue to inspire all students to extraordinary achievement every day!

Newport-Mesa Unified School District

2985-A Bear St., Costa Mesa, CA 92626 • 714/424-5000 • www.web.nmusd.us

District Continues to Move Forward



Russell Lee-Sung
Superintendent

I have been extremely honored and grateful to serve the Newport-Mesa Unified School District and our school community. These past six and half years I have had the privilege to observe amazing accomplishments by our students and dedicated staff, with the support of parents and a community that truly cares about education and our future generation. I am proud to be associated with this District and thankful overall to have the opportunity to serve in public education. With this in mind, I made an important decision in my life to retire after 36 years in public education, effective August 3, 2021.

As our District conducts a superintendent search, we remain fully committed to offering full day, in-person instruction for the 2021-22 school year, and provide families the option of a 100% virtual school, Cloud Campus.

Newport-Mesa is recognized as an outstanding District, offering quality education and extracurricular opportunities to meet the needs and interests of all students. Our District has a rich history of success and award-winning programs. Our instructional materials adoption processes have been lauded by multiple industry experts; our award-winning student support services and mental health programs focus on the holistic development of all students; we offer exceptional career technical education, arts, athletics, and extracurricular activities, all offered in modern learning environments and well-maintained facilities.

While this past school year was quite a challenge for us all, we continually strive to inspire students and provide exceptional learning experiences. There is no doubt this district will continue to thrive, knowing there are dedicated leaders, staff, and trustees, as well as a supportive community who will carry on the mission and keep the district moving forward on behalf of our students.

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Ocean View School District

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Ocean View's Got Grit!



Dr. Carol Hansen
Superintendent

Well, we did it! We made it through one of the most challenging years in our lifetime. I commend our staff, students and parents for the fortitude and resiliency that was demonstrated this year. Ocean View's got GRIT and we didn't let a global pandemic prevent us from accomplishing some truly amazing things this year!

Here are just a few of our achievements in the 2020-21 school year.

- Opened all school campuses for in-person instruction in September 2020.
 - College View Elementary reopened after a beautiful and transformative modernization.
 - Opened the District's first Spanish Dual Language Immersion Academy at Harbour View Elementary.
 - Opened a K-8 Virtual Academy with over 2,000 students.
 - OVSD received a prestigious Golden Bell Award for Hope View Elementary's "Community of Caring."
 - Vista View Middle School was named a 2021 California Distinguished School.
 - Enhanced our strong commitment to social emotional health. We established a Virtual Wellness Room, placed Social Emotional School Teams at every site, teachers employed emotional check-ins at the beginning of class, distributed wellness kits to every student in the District, and more!
 - The Nutrition Services Department provided 616,668 Grab-n-Go meals to children during the 2020-2021 school year.
 - Brought students back to school 5 days per week beginning in March 2021.
- I hope everyone has a fantastic summer - you sure have earned it - and I look forward to seeing you all back in September!

Orange Unified School District

1401 N. Handy St., Orange, CA 92867 • 714/628-4040 • www.orangeusd.org

Success through Collaboration



Dr. Gunn Marie Hansen
Superintendent

As the 2020-2021 school year comes to a close, I would like to congratulate our graduating Class of 2021 as well as acknowledge our wonderful Orange Unified community. On behalf of the OUSD Board of Education and District leadership, thank you for your resilience, adaptability, and perseverance during the challenges we have faced this school year. We would not have been able to successfully continue the important work of educating and serving our students without you and your support.

We were able to meet our community's diverse needs by offering a traditional in-person K-6 academic model along with a TK-12 hybrid and 100% virtual options, and free devices and internet hotspots for our student to use thanks to our partnerships with our talented teachers and support staff, active parents, engaged students, dedicated leadership, and passionate community members. All of this was accomplished while we worked effectively to prevent the spread of COVID-19 on our campuses and continued to provide food and other resources to our families. It truly takes a village, and we are honored by your collaboration in support of our efforts to serve the diverse needs of our students and families.

Best wishes for a safe and relaxing summer break. We look forward to seeing our students on campus in August for the start of the 2021-2022 school year!

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Placentia-Yorba Linda Unified School District

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Gain the Advantage in PYLUSD



Dr. James Elasser
Superintendent

The Placentia-Yorba Linda Unified School District (PYLUSD) is a dynamic learning community that prepares each and every student for success now and in the future. Across 34 school sites, PYLUSD serves over 24,000 students in the cities of Placentia and Yorba Linda as well as portions of Anaheim, Brea, and Fullerton.

After a year replete with change, our district looks forward to resuming a traditional, full-time, on-campus instructional model at all of our elementary, middle, and high schools beginning with the start of the 2021-2022 school year. Students who wish to access their instruction through an alternative setting in the fall are encouraged to enroll at our K-12 online school, Buena Vista Virtual Academy, or our K-12 homeschool program, Parkview School.

Buena Vista Virtual Academy and Parkview School are just two opportunities among a long list of trademark programs that make PYLUSD a unique place to learn. This includes our high school CareerLink Academies, Dual Language Academy, and state-recognized transitional kindergarten program, known as Preppy-K.

These future-ready programs and initiatives have sprung from the district's strategic plan titled, The PYLUSD Advantage. Created with input from families, community members, and staff, this dynamic document guides our decision-making and ensures that our students will have the advantage of an outstanding education. The PYLUSD Advantage is actively used by both the Board of Education and district leadership when crafting policies, implementing programs, and making decisions.

While the district continues to grow and evolve over the years, one thing will remain steadfast—our focus on a student-centered approach to continued and improved academic achievement. This is the core of the PYLUSD mission and vision. I look forward to another year of serving as the proud superintendent of PYLUSD and preparing students for success now and in the future.

Saddleback Valley Unified School District

25632 Peter Hartman Wy., Mission Viejo, CA 92691 • 949/586-1234 • www.svusd.org

Excellent Educational Experience



Dr. Crystal Turner
Superintendent

As we wrap up a historic 2020-2021 school year, I am proud of so many things as I reflect on all that our students and staff were able to accomplish through such trying circumstances. While we pivoted through three instructional models throughout the year, our staff and students continued to show why SVUSD is such an amazing district. While traversing a pandemic, we were able to continue building upon the excellence that SVUSD is known for while remaining true to our vision of SV Innovates: focusing on intentional lesson design and engaging strategies for students, all supported through innovative practices to produce successful students now and in the future.

Some of the highlights throughout the year include:

- California School Board Association Golden Bell Award winner for the 3rd year in a row (La Paz Intermediate School)
- Mrs. Alondra Diaz (Gates Elementary), named a 2022 Orange County Teacher of the Year by The Orange County Department of Education.
- Three SVUSD teachers recognized by *Parenting OC Magazine* as Top 10 Teachers (1) and Top 25 Teachers (2) in Orange County
- Four SVUSD staff recognized by *Parenting OC Magazine* as Top 10 Employees in Orange County, with one named the winner of the Top School Employee award
- 51 Two-Way Language Immersion Graduates
- 75 Full International Baccalaureate Diploma Candidates
- 71 Full Advanced Placement Capstone Diplomas

These are just a few of the great things happening in SVUSD and thanks to the support of our staff, families and community, we continue to provide an excellent educational experience for our students. As we busily plan for a more normal 2021-2022, I wish all of our stakeholders a restful and relaxing summer.



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Santa Ana Unified School District

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Academically Rigorous Education



Jerry Almendarez
Superintendent

Santa Ana Unified School District remains committed to providing an academically rigorous education in a nurturing and supportive environment. As we resume in-person instruction, supporting the whole student will play an even larger role. That is why the district is working to bring in additional teachers, counselors, school psychologists, and other support staff for the 2021-22 school year.

This last year has provided tremendous challenges. At Santa Ana Unified School District, we are using this pandemic as an opportunity to reinvent how we teach children. We are reviewing several initiatives to better support 21st century learning, and better prepare our graduates for the careers of the future workforce. These initiatives include offering more online learning options, improving the use of technology, changing traditional classroom schedules, and similar ideas. Our world continues to change rapidly, and we have to change with it.

I remain proud of our accomplishments even through challenging times. This spring, we had more than 3,500 high school graduates despite campus closures that forced students to continue instruction from home. Nearly 900 graduates received Seals of Biliteracy. Our graduates will be attending top colleges and universities across the country including Harvard University, Georgetown University, the University of Pennsylvania, all of the UC and CSU campuses, and Santa Ana College where they will receive free tuition freshman year as part of the District's partnership with the college.

We continue to provide a variety of college readiness programs including dual enrollment in college courses, dual language immersion, International Baccalaureate (IB), expanded Advanced Placement (AP), and 55 career pathways. Sixty-four seniors graduated with AA degrees from Santa Ana College. We also offer free programs from Pre-K to high school to meet every family's needs. To stay up to date on our district and schools, follow us on social media.

Savanna School District

1330 S. Knott Ave., Anaheim, CA 92804 • 714/236-3800 • www.savsd.k12.ca.us

A Special Place to Be!



Dr. Sue Johnson
Superintendent

What a special place Savanna School District is! We're excited as we look forward to the 2021-22 school year as students return to full-time on campus learning! We can't be more excited to welcome students back as we continue to focus on the implementation of our English Language Arts/English Language Development program, taking a 'deeper dive' into data to drive the instructional program, our continuing commitment to STEM-Science, Technology, Engineering, and Mathematics, and the implementation of a social-emotional learning curriculum!

A combination of a rich, well-rounded curriculum, highly qualified and caring staff and a long-standing commitment to excellence is continuing to prepare our students to be successful 21st Century citizens. Our dedication to integrating STEM across the curriculum ensures we provide students with real-life applications to meet the demands of an ever-changing global society as we create the workforce of tomorrow.

Because student and staff safety are paramount, we are continually assessing the safety and security needs of our campuses and are proud of the systems we have in place. With the added focus to ensure healthy campuses, we're very proud we've been able to ensure student safety at every level.

The entire Savanna School District staff and Board of Trustees welcomes you to the 2021-22 school year and look forward to a wonderful opportunity to ensure that today's learners will indeed be tomorrow's leaders as we continue to prepare our students to be successful, contributing members of the community. Savanna School District truly is a special place to be!

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Savanna School District

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Register online at www.savsd.org

Tustin Unified School District

300 South C St., Tustin, CA 92780 • 714/730-7339 • www.tustin.k12.ca.us

Getting Students Ready for the Future



Dr. Gregory A. Franklin
Superintendent

Tustin Unified School District teachers, administrators and support staff did an outstanding job of responding to every twist and turn in an incredibly unique and challenging school year in 2020-21.

The District responded in ways that kept students safe, maximized teacher-student instructional time and provided parents with choices for their children's instructional model. Teachers and staff worked extra hard and creatively to meet the needs of students.

The high schools held 13 in-person graduation ceremonies, sending almost 2,000 graduates into the world. It was heartwarming to hear the gratitude expressed by student commencement speakers for the staff care and concern that saw them through to the end of their high school experience.

Many students thrived under these circumstances, but we know many others struggled. What lies ahead for the 2021-22 school year?

Tustin Unified is using additional state and federal resources to address the student consequences of the pandemic by offering opportunities for students to complete the unfinished learning through tutoring, summer school and a variety of intervention strategies. We know learning is not the only area needing attention. There will be additional counselors, psychologists, social workers and nurses available to help students and families as we orient toward a "new normal" school year. These additional resources will be in place to help all students and staff move forward successfully.

Through all the challenges and obstacles, Tustin Unified continues to prepare its students for a bright and successful future in college, career and life. Go TUSD!

Westminster School District

14121 Cedarwood Ave., Westminster, CA 92683 • 714/894-7311 • www.wsdk8.us

Foundation for Leaders of the 21st Century



Dr. Cyndi Paik
Superintendent

At WSD, we're committed to the Board's vision of "Building Tomorrow's Leaders Today." To make this a reality, we've created a school community that is a stable, academically rigorous and emotionally safe environment for students. Every day, we focus on preparing students with 21st Century skills: perseverance, digital citizenship, empathy, and growth mindset. To teach these lessons, we have 17 exceptional schools and signature programs such as: GATE Magnet at **Sequoia Academy** and GATE cluster programs at all elementary schools. Dual Language Immersion programs at **DeMille** (Vietnamese) and **Willmore** (Spanish). Computer Science program at **Finley Computer Science School** as well as exploratory STEAM/Coding programs. Music, Band, Visual and Performing Arts programs as well as life and college preparation programs such as AVID and PAL. And, our first Environmental Science school at **Fryberger**. As the results of the relentless pursuit of excellence, we were honored with the following recognitions this year:

- WSD as an Honor Roll District and the following Honor Roll schools: Anderson, Clegg, DeMille, Hayden, Schmitt, Schroeder, Sequoia, Webber, Willmore, Johnson, Stacey, and Warner.
- California Distinguished School: Stacey Middle School
- Common Sense Digital Citizenship Honor: Willmore Language Academy
- Golden Bell Award: Willmore Language Academy
- Green Ribbon Award from the U.S. Department of Education and California: Fryberger, School of Environmental Science.
- Orange County's PAL Award: Warner Middle School

These honors are tied directly to our school community working together towards a shared vision. Although it's been the most challenging time in educational history, I want to sincerely thank our staff, parents and community for a job well done to make WSD a special place for our students.

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Encourage, Engage, Enhance



Carol Hume
Superintendent

In March of 2020, we responded to a pandemic that changed almost every aspect of our lives. The terms distance and hybrid learning became our reality. While we will continue to embrace virtual options when appropriate, there is tremendous value in connecting in person. So, the question is: How do we reconnect with our staff, our students, our parents, our business partners, and our colleagues? From my perspective, the answer is to encourage and engage our stakeholders and enhance their experience.

To start, we need to recognize the individual and collective toll the pandemic has had on us and encourage and support our stakeholders as they adjust to a new normal. We will need to be patient as people venture out, “unmute” themselves, join in and are present. It is imperative we reconnect with our students and business partners by offering engaging educational opportunities that lead to college and career success and meet our local workforce needs. This engagement will include students collaborating with business partners to solve real-world problems and participating in work-based learning opportunities utilizing academic and technical skills.

Enhancing every student’s high school journey with a career technical education experience has been and continues to be our goal. In addition to utilizing academic and technical skills, students learn the importance of adaptability, communication, teamwork, collaboration, critical thinking, and problem-solving skills. It is the academic knowledge and technical skills coupled with mastery of the professional skills that leads to post-secondary success. Visit our website at <http://www.coastlinerop.net> to explore a vast array of experiences that will enhance the future for students.

North Orange County ROP

385 N. Muller St., Anaheim, CA 92801 • 714/502-5800 • www.nocrop.org

Celebrating 50 Years



Dr. Terri Giamarino
Superintendent

North Orange County ROP is celebrating 50 years of career technical education in Orange County. As we look ahead to the 2021/2022 school year, we do so with excitement and reflection. The challenges and lessons of the past year have proven that our teachers, staff and students are resilient and persistent. Every experience and opportunity we faced has been done so with grace and determination to achieve success. The team ensured that our students were equipped with the resources needed to complete their pathways. While the past year presented us with challenges no one could have imagined, we embraced these challenges as opportunities

to showcase the creativity and innovation that exists among our students, teachers and leaders. As we reflect on this past year and its challenges, I can’t help but praise the staff at NOCROP. The teachers pivoted from in class hands-on instruction to remote and hybrid learning, greatly altering their engagement strategies with students through this new teaching model. They never skipped a beat. Yes, it was challenging, how could it not be? We asked our teachers to change their pedagogy, environment and curriculum. Our support staff was the foundation that made it happen—they provided support where and when needed. And lastly, our students. The class of 2021 has worked hard to take the lessons learned to become stronger and wiser—their grace and determination is commendable. As we move into the new school year and celebrate 50 years of career technical education, we will take what was learned and make the 2021/2022 school year the best yet!

College and Career Advantage (ROP)

33122 Valle Rd., San Juan Capistrano, CA 92675 • 949/234-9464 • www.ccadvantage.org

Economic Recovery through CTE



Patricia Romo
Executive Director

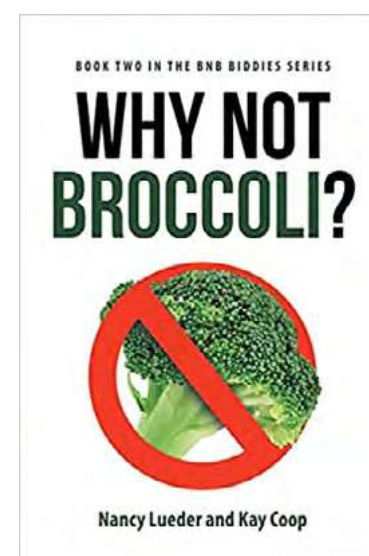
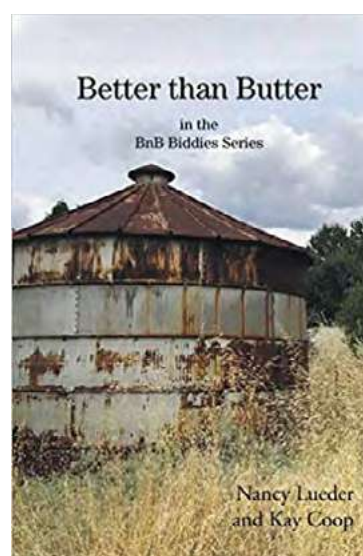
As the world emerges from a global health crisis, students will need to be better prepared for an ever-changing future. One of the best ways to do that is through career training in multiple areas. College and Career Advantage (CCA) provides Career and Technical Education (CTE) pathway courses to K12 and adult students through the Capistrano and Laguna Beach Unified School Districts. Classes are taught by industry experts in sectors such as Engineering and Architecture, Healthcare, Public Services, Teacher Preparation, Dental Assisting, and many others. CTE courses provide students an opportunity to apply their academic knowledge toward a variety of career options, making academics feel more relevant to life.

Students can earn college credit, meet UC a-g entrance requirements and earn honors weighting. In fact, 100% of CCA courses are UC a-g approved. This added value helps to prepare students for the world beyond their K12 education. CTE students can graduate from high school with a diploma, college credit, industry certifications, community college awards and certificates, as well as having completed internships with local business and industry partners (500+ partners).

CTE students will be better prepared for both college and careers, and for the economic recovery that we are working towards in California. Students who take CTE courses in high school are more successful in earning a degree, earning higher wages and being successful in life beyond high school, wherever their path may lead.

Learn more at www.ccadvantage.org

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ABOUT THE AUTHORS

Sisters, Nancy and Kay, have enjoyed a close relationship and enjoyed collaborating to write the BnB Biddies Series *Better than Butter* and *Why Not Broccoli?*

Cyber Safety



Jodie Lynn

Due to the COVID-19 pandemic, often our kids were on their devices upwards of eight hours per day. What can parents do to keep them safe online and on their cell phones? It seems like more than ever, kids are getting spam emails, calls and texts from unknown sources. This is not acceptable, quite scary and exhausting to try to constantly monitor.

COVID-19 has isolated the majority of us and leaves us with levels of uncertainty, unusual scariness and frequent loneliness. Individuals are in a vulnerable place, especially our kids. This is the perfect time for sexual predators to approach them as it can come in many forms.

Give your kids a set of online safety rules that they will understand with explanations that they will believe and take to heart.

It's important for you to know which online games that your kids are playing. Many are multiplayer games where several online players can be together playing at once or just watching. These games have text and voice chat capabilities from around the world. This is highly dangerous because people can pretend to be someone else and of a certain age and can expose kids to unsuitable and unacceptable predatory language and content. These individuals can develop friendships with kids and eventually encourage them to meet in real life. It's important to recognize that each game has specific settings which you should check out and change for better online safety.

Remember not only to talk with your kids frequently about staying safe online, but also explain that anyone at any age can be cyberbullied. If a person or group want them to chime in about someone, tell them to ignore the request and don't return to that area and group. Explain why it's so important to think about what they are going to post at any given time or in any area before doing so, to keep their passwords safe, to always log off and not to click on links from people that they don't know. The right thing to do is to report the cyberbullying to an authoritative figure as well. They may just save a life.

You could also take their electronic devices away for a few hours each day, but for those hours that they're on them, rules and guidelines still need to be in place. Even if your kids seem to have level heads on their shoulders and you feel like you can trust them, they can still be sneaky.

It's easy to hide all kinds of online activities from parents with various apps: Snapchat is a program where people can send images, videos, etc. to friends which will disappear within 10 to 30 seconds. It's pretty popular among teens. The hidden danger is that those "private" moments are not really deleted. They're hidden in files on most phones. Even more devastating and scary is that if someone takes a screen shot, the message, image or whatever can be posted anywhere.

Finsta is a fake Instagram account where anyone can create photos, conversations, etc., staying anonymous and keeping everything private through sharing with a few close friends and can be hidden on devices. But again, just like anything else, if a screen shot is taken, boom, it can show up anywhere online.

Be sure to read about popular apps and arm yourself with knowledge for options that you as the parent can do to help your kids be safe. Below you'll find a few but there's many others that you can find by doing an online search: Instagram, YouTube, Kik, Telegram, TikTok

There's also several phone apps offered to parents to help them monitor their kids' phone and online activities.

For unwanted calls or texts, it's simple to register landlines and cell phone numbers with the office of your state Attorney General's No-Call list for unwanted calls or texts. It's available online, free and will cut down on both. While it does take a few weeks to actually go into effect, it's best to get that done straight away. Do a little research and you'll also find several other government agencies where complaints can be made. Unfortunately, it's not going to totally eliminate them and that is even truer for robot calls. Learning some basic rules to share with your kids can also help.

For example: Don't answer any calls that are not in your contact list. If it's truly someone trying to reach you, they'll leave a message. If they don't, the number can quickly be blocked. The same goes for unwanted texts. The exception in this situation is going to be from "Unknown" or "Private" numbers, which are really hard to trace because no number shows up. However, there are phone apps to help with this. As far as spam email goes, if it's opened, don't click on any links. Look up how to set up filters and teach your kids how to recognize, delete and block it.

As you are well aware, this whole cyber safety situation is extremely exhausting. But, there's no way of getting around it if you're going to be proactive in protecting your children.

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 20 years. She is a regular contributor to several sites including *School News Roll Call* and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. *Mom CEO (Chief Everything Officer)*, *Having Doing*, and *Surviving it All!* and *Syndication Secret—What No One Will Tell You!* www.ParentToParent.com

Positive Parenting

Change is Difficult



Sandy Spurgeon
McDaniel

Even if change is for the better, it is difficult. We love our routines, the safety in predictability. There hasn't been a lot of consistency in the year now past, so we need to build the future on a wobbly platform. For instance, before the pandemic, teens and parents rehearsed letting go of each other. The teens moved from home-bodies to peer-buddies; teens bypassed parents to talk to their friends. Some of that still happened with the pandemic, and many are suffering at the "abrupt" change of a child going off to trade school or college.

I think is important that we talk to all of our children during these fluctuating times, and it is even more important to listen. Perhaps your usual conversation begins with the question, "How was your school day?" And the

usual response is "Fine." Instead don't ask a question that can be answered with a one word response. You might each share at dinner their high points and low points of the day. Ask your child if they had a magic wand, what one thing would they change about their life? The more you let the child participate in any solutions, the more likely they will talk to you.

Letting go of children, letting go of grandchildren, letting go of siblings is hard! Talk! Listen to each other! Were it not for cocoons, the world would be filled with butterflies! Change is difficult for everyone concerned.

Sandy Spurgeon McDaniel is an author, taught school, raised two children, worked as a consultant to schools and has worked with children and families for 52 years. Sandy now lives in Meridian, Idaho. ParentingSOS.com.

IS TXTNG Ruining SPELNG?



Dr. Shari Sweetnam

Dear Dr. Shari,

I heard that the habit of texting is destroying our ability to spell. That terrified me. My kids are constantly texting. Do you really think texting is that bad? I don't know how to view this or what to do!
—Mari, NY

Hello Mari!

Think about this: one of the ways you learn to spell is viewing and writing the word. You learned the words of our language by seeing them, reading them, and writing them, correctly, over and over again.

Now, let's say you are seeing horrific simplifications, even "made-up" words... over and over again. Logic tells us we are subconsciously "re-learning" to improperly spell words by "short cutting" and abbreviating frequently in texts, tweets, and emails

In the old days, anyone over the age of ten, when seeing a misspelled word, would view it as something to be corrected. The non-word "thot" or "laf" would elicit a giggle and a quick correction. No longer! Now, it is expected.

Our brain is constantly at war between what we know is a proper spelling and our desire to communicate more expeditiously. The average adult might have a stronger sense of differentiation between the correct spelling of T-H-O-U-G-H-T and incorrect spelling T-H-O-T...but what happens to a child who experiences the shortcuts as the norm?

If you see a "non-word" like "thot" one hundred times, does it register in your brain as the correct spelling? Eventually, the brain has to pick one.

I suppose that depends on a few factors. Let's consider these:

Age: I, for example, am a classic offender.

I text and tweet daily. I rarely bother to punctuate a quick text. Then again, I was deep into adulthood before texting, tweeting and emailing. Does my core knowledge of spelling and grammar remain dominant? Let's hope so.

What about an eight year old who is learning (and feverishly using) text spelling on a daily basis before a solid framework of spelling and grammar is developed?

Comparative Frequency: If a child is texting and tweeting more often than "real" reading and writing, is he destined to become a terrible speller?

Mari, we both know that texting, tweeting and punctuation shortcuts are here to stay, given how many machines we use to communicate these days. And with the desire to communicate IMMEDIATELY, we have moved into symbols and emojis. That doesn't mean you should give up!

Fortunately most teachers won't allow the shortcuts and are diligent about taking a red pen to a misspelled word.

More reading results in improved spelling ability and improved grammar. Read to your kids, have them follow along and read with them.

Writing real letters and making use of the rules of grammar is an important skill to develop if you expect to be taken seriously in the professional world. Practice it!

in shrt, i thnk U R rite its bad, We R rsing kds who wnt be abl to spll.

Good luck Mari!

Motivational Speaker, Founder of *The Brainpower Programs for Schools*, Author, Consultant, Radio Host contact: info@doctorshari.com, www.doctorshari.com, twitter: DrShariS, Youtube: Dr. ShariS, LinkedIN: Dr. Shari Sweetnam

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The Fluoroscope

If you lived in the United States from the 1930s to the early 1950s, shopping with your mother was not an adventure for young children. The only thing for those of us who were young was getting into trouble by asking questions or wandering off and getting lost in the store. Yet, there was that one day that the shopping trip was a step into a world of wonder and amazement, and that was the trip to the shoe store.



The salesperson would take you over to a machine that measured your feet scientifically, measuring the length and width of your foot for the perfect fit. At the huge machine, you would stick your feet into the base, look into a view port at the top of the machine, and see with Superman vision the bones in your feet. Other children would stand around the machine waiting for a turn to see their feet or each other's hands. The machine was a place of wonder and excitement, and it often turned into a fight over who would be next.

Machines like these showed up in the 1920s for a variety of medical problems. The shoe fluoroscope was advertised as visual proof that fitting your child's feet with shoes was done with scientific precision. Early in the 1920s, concerns were raised about the exposure to X-rays. Yet, real concerns only came after the atom bomb was dropped on Japan and radiation concerns became more evident. Real warnings were published in 1948. Then, in 1953, more warnings were reported, and the Food and Drug Administration placed a ban on the machines. Pennsylvania was the first state to ban the use of the machines in 1957. The one in use in the United States was in Boston in the 1970s.

I still have fond memories of visiting the shoe store and the machine that had nothing to do with the way my shoes fit. The only reason for the machine was to entice mothers and their children to the shoe store by giving us the thrill of seeing the bones in our feet, just like Superman.

The Art Below Your Feet

During the 1950s and 1960s, "stop and smell the roses" was a popular saying, which had more meaning than just taking the time to smell a rose. It meant that life is full of wonderful little things that should be enjoyed.



One of those things is right below your feet, if you take the time to look down. It is the manhole covers you see in sidewalks and streets. Their circular shape is perfect for the simple reason that it is the only geometric shape that will not fall into itself.

Some manhole covers are imprinted with a word to identify the type of manhole that is hidden beneath. Others have designs that share a location, while still others are used to display art. So, next time you are walking, take the time to stop and look down. You may see more than just a circular metal plate covering a hole. It may open your eyes to a whole world of possibilities!

D.H. Coop is a retired fire/paramedic and retired teacher having taught IB and AP World History 30 years. He continues to substitute, tutor and consult. www.HistoryDepot.com



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