

FREE

# School News

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Covering the Hawthorne School District

VOLUME 6, ISSUE 31

www.SchoolNewsRollCall.com

MARCH / APRIL 2016

## Meet Our Family Outreach Teachers

The Hawthorne School District recognizes the importance of family involvement for the success of students. In order to facilitate this initiative we have created two positions for family outreach. Meet Jezabel Salas and Mytress Middleton. They are both seasoned teachers in our school district and have recently been selected to spearhead our family outreach efforts.

They spend their time working with all of our school sites to enhance our family involvement activities and create a family friendly environment. They have been working with the counselors at each site to plan and promote the Hawthorne Parent Academy (HPA). HPA is a program designed to provide targeted seminars that support parents at key transitional points in their child's educational experience. The program is currently in full implementation at all elementary and middle schools, and we are excited to announce the implementation of the program at Hawthorne Math and Science Academy beginning in February.

They are working with parents to build knowledge regarding the new standardized tests administered in California. They give parents tips for preparing their child for the computer-based assessment. They have also presented parents with information focusing on Physical Fitness Test (PFT) and the link between physical fitness and academic success, the areas of fitness assessed, the goals of the assessment and the ways parents can promote fitness at home.

They are working with sites to plan special family events to promote involvement in our schools and developing positive relationships with families, schools, and the entire community. I am confident Mrs. Salas and Mrs. Middleton will continue to work hard to build our family involvement throughout our school community.



**Dr. Helen E. Morgan**  
Superintendent

## Conozca a Nuestros Maestros de Alcance Familiar

El Distrito Escolar de Hawthorne reconoce la importancia de la participación de la familia para el éxito de los estudiantes. Para poder facilitar esta iniciativa hemos creado dos posiciones de alcance familiar. Conozca a Jezabel Salas y Mytress Middleton. Ambas son maestras con experiencia en nuestro distrito y recientemente han sido seleccionadas para dirigir nuestros esfuerzos de alcance familiar.

Elas pasan su tiempo trabajando con todos nuestros planteles escolares para mejorar nuestras actividades de participación de la familia y crear un ambiente familiar amistoso. Ellas han estado trabajando con los consejeros en cada uno de los planteles para planear y promover la Academia de Padres de Hawthorne (HPA). HPA es un programa

designado para promover seminarios específicos que apoyan a los padres en puntos clave de transición en la experiencia educativa de su hijo. El programa está actualmente en completa implementación en todas las escuelas primarias y secundarias, y estamos muy contentos de anunciar la implementación del programa en la Académica de Matemática y Ciencias de Hawthorne comenzando febrero.

Elas están trabajando con los padres para construir conocimiento con respecto a los nuevos exámenes estandarizados administrados en California. Les dan a los padres ideas para que preparen a sus hijos para la evaluación basada en computadora. También han presentado a los padres información enfocándose en el Examen de Aptitud Física (PFT) y el enlace entre aptitud física y el éxito académico, las áreas de aptitud física evaluadas, las metas de la evaluación y las maneras que los padres pueden promover la aptitud física en el hogar.

Elas están trabajando con los planteles escolares para planear eventos familiares para promover participación en nuestras escuelas y desarrollar relaciones positivas con las familias, escuelas, y la comunidad entera. Estoy segura que la Sra. Salas y Sra. Middleton continuarán trabajando arduamente para desarrollar la participación de nuestra familia a través de toda nuestra comunidad escolar.



**Family Outreach teachers, Jezabel Salas (left) and Mytress Middleton (second from right) assist with Family Fitness Night at Prairie Vista Middle School.**

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Hawthorne School District partners with LAUP to provide high-quality preschool for all four-year-old children. We believe all children deserve the best start in life and a quality preschool education.

*El Distrito Escolar de Hawthorne está asociado con LAUP para proporcionar educación preescolar de alta calidad para todos los niños de cuatro años. Creemos que todos los niños merecen el mejor comienzo en la vida y una educación preescolar de calidad.*



## Preschool Sites

### **Eucalyptus Universal Preschool**

12044 Eucalyptus Ave.  
Hawthorne, CA. 90250  
(310) 219-2837

### **Zela Davis Universal Preschool**

13434 Yukon Ave.  
Hawthorne, CA 90250  
(310) 219-2821

Every child deserves a chance to succeed!  
*¡Cada niño merece la oportunidad de triunfar!*

### **Dramatic Play Develops Important Life Skills**

Pretend or dramatic play not only offers a variety of learning opportunities for children in their early years, it also reinforces the idea that young children learn best through play.

One place for a child to engage in active pretend play is a high-quality preschool program like LAUP. Our LAUP Preschools provide an educational and nurturing environment where the teachers incorporate dramatic play to develop a child's cognitive, motor, social and emotional skills. Dramatic play is a tool used to help develop all these skills in a fun and engaging way.

Dramatic Play helps children foster the following:  
Social and Emotional Skills, Language Skills, Critical-thinking Skills, Problem-solving Skills, Empathy

Research shows that children regularly involved in positive dramatic play will use the skills they have developed throughout their lives.

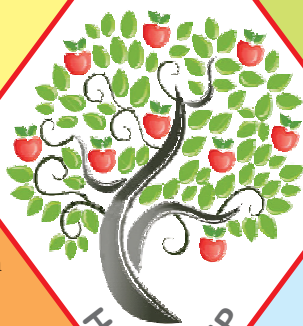
### **El Juego Dramático Desarrolla Habilidades Importantes**

*El juego imaginativo o dramático no sólo ofrece una variedad de oportunidades de aprendizaje para los niños en sus primeros años, también refuerza la idea de que los niños pequeños aprenden mejor a través del juego.*

*Un lugar para que un niño participe en juegos activos de simulación es en un programa preescolar de alta calidad como LAUP. Nuestros Preescolares LAUP proporcionan un ambiente educativo y enriquecedor, donde los profesores incorporan dramatización para desarrollar habilidades cognitivas, motoras, sociales y emocionales del niño. El Juego dramático es una herramienta utilizada para ayudar a desarrollar todas estas habilidades en una forma atractiva y divertida.*

*El Juego dramático ayuda a los niños promover las siguientes habilidades: Emocionales y Sociales, Lenguaje, Razonamiento Crítico, Resolución de Problemas, Empatía*

*Las investigaciones demuestran que los niños que regularmente participan en el juego dramático positivo utilizarán las habilidades que se han desarrollado a lo largo de sus vidas.*



### **Preschool Schedule**

HSD Preschool is a free 3.5 hour school readiness program for 4 year old children

Preschool Classroom Schedule:

AM Session 8:05 to 11:35

PM Session 12:15 to 3:45

### **Programa de Preescolar**

*El Preescolar del Distrito Escolar de Hawthorne (por sus siglas en inglés HSD) es un programa gratuito de preparación escolar de 3.5 horas, para niños de 4 años*

*Horario del Salón de Clases del Preescolar:*

*Sesión de la mañana 8:05 AM - 11:35 AM*

*Sesión de la tarde 12:15 PM - 3:45 PM*

### **Preschool Information**

Each child receives one nutritious meal during the classroom program

Certified Teaching Staff

CPR and Emergency First Aid Trained

Excellent Student/Staff Ratio

Imagine It! Language Arts & Harcourt Math Curriculum

### **Información del Preescolar**

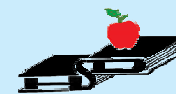
*Cada niño(a) recibe una comida nutritiva durante el programa del salón de clases*

*Personal docente certificado*

*Entrenados en resucitación cardiopulmonar y primeros auxilios*

*Proporción excelente de niños y personal*

*Plan de Estudios de Lenguaje (Imagine It!) y Matemáticas (Harcourt)*



### **For more information contact:**

**Reina Robledo**, Project Facilitator, LAUP Preschools  
robledo@hawthorne.k12.ca.us

### **Para más información póngase en contacto con:**

**Reina Robledo**, Facilitadora del Proyecto, LAUP Escuelas Preescolares  
robledo@hawthorne.k12.ca.us



# Bud Carson *Middle School*

13838 S. Yukon Ave., Hawthorne, CA 90250 • 310/676-1908 • www.budcarsonmiddle.org



**Mark Silva**  
Principal

## After School

At Bud Carson Middle School, we are proud of the many after-school extracurricular activities that are designed to help our students feel connected to school.

We offer a variety of sports activities, as well as academic and artistic endeavors. We have boys and girls teams in soccer, basketball, and cross country. We also have girls volleyball and boys flag football. We even have a girls cheerleading team to encourage them on.

For soccer instruction we have Coast to Coast Soccer.

Academically, our students can also participate and compete in MESA, make APPS in our APP-making class, or receive after-school tutoring. Artistically, we also offer Hip Hop dancing, the SLAM music program, and an after-school art class.



All of these programs are made possible through the dedication of our hard-working teachers who are willing to coach or teach after school. At Bud Carson, school is fun. But after school is even better!



**Kay Coop**  
Founder/Publisher



This issue is so fun to read starting with Bud Carson Middle School. I just think it would be so exciting to learn to make APPS in class, learn Hip Hop dancing and art after school. School has come a long way since the 3 R's were the only subjects. You will read about students giving back to their community, family fitness and much more. As always we thank you for including School News in your reading choices.

Be sure to enter the Word Search Contest on page 10...all ages may enter!

Our next issue is May 4.

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# Eucalyptus *Elementary*

12044 S. Eucalyptus Ave., Hawthorne, CA 90250 • 310/675-3369 • www.hsd-ca.schoolloop.com



**Mike Goldstein**  
Principal

## Koala-ty Supervision

This year, thanks to Local Control Accountability Plan (LCAP) funding, we've been able to bring about many positive changes to our school—and recess is no exception! Since the start of the year, we have had the pleasure of welcoming four new yard supervisors, increasing our team to a total of 12.

These supervisors work to ensure a safe and positive environment for our students. They participate in monthly meetings to receive training on implementing our school's positive behavior program as well as district training through COPA. The focus is to promote increased student activity at recess time.

Our supervisors can be spotted in their bright yellow safety vests, ensuring that they are easy to find for any student in need. They do an outstanding job of reinforcing our school-wide behavior expectations of Effort, Safety, Respect and Responsibility by using positive praise and green Koala-ty Kid tickets to motivate students to always be their best!







**Rudy Salas**  
Principal

## Student Activists

The seventh-grade students at HMS recently read the novel *A Long Walk to Water*, by Linda Sue Park. Based on true events, this book details a young girl who has to walk all day to scoop water from a dirty lake.

Our students were shocked and saddened to learn about the struggles that some children have to access fresh, clean water. And so they immediately wanted to help. For two months they actively collected and recycled plastic water bottles. In the end they earned close to \$100.

When our HMS staff members heard about their efforts, they then matched these student contributions for a total donation of over \$1,000!

The money will go to the "Water for Sudan" organization. Our school will help build a well in Sudan so that the children there do not have to travel a full day to get fresh water. Way to go, HMS Hawks!



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(800) 595-0838

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\$25 current SOS students

### To Register:

Download Registration at: [www.schoolofskills.net](http://www.schoolofskills.net) (for daily schedule)





# Hawthorne *Math & Science Academy*

4467 W. Broadway, Hawthorne, CA 90250 • 310/973-8620 • www.hawthornemsa.org



**Esau Berumen**  
Principal

## ACT Award Recipient!

*By Martha Castellanos, Assistant Principal*

Hawthorne Math and Science Academy (HMSA) is proud to announce that it was selected as the sole California recipient of the ACT College and Career Transition Award. HMSA was honored in February at the California ACT State Organization Conference on the California State University, Fullerton, campus. HMSA was recognized for its rigorous curriculum, student accountability, and college awareness and readiness programs.

At the conference, staff shared a presentation that featured the HMSA Summer Bridge program for incoming ninth-graders, mentoring opportunities in partnership with local universities and professionals, and college-preparation programs. The award is sponsored by ACT, an organization that provides assessments used by colleges and universities to determine admission. The ACT College and Career Readiness Campaign honors one exemplary high school per state.

As the California awardee, HMSA will be considered for national semifinalist status by the ACT Selection Committee, which comprises national education and workforce leaders. Semifinalists will be evaluated on student college readiness, the school's success in encouraging students of underrepresented ethnic and socioeconomic backgrounds to attend college or career-training programs after graduation, and leadership opportunities for students outside the classroom. Four National Exemplars will be named and honored at the National Gala on College and Career Readiness in June 2016 in Washington, D.C.

This recognition is further proof of the passion and dedication of HMSA staff that drives programs to support student success.

# Kornblum *Elementary*

3620 W. El Segundo Blvd., Hawthorne, CA 90250 • 310/970-4294 • www.hsdkornblum.org



**LaTima Jones**  
Principal

## 'Kornblum's Got Talent!'

Kornblum held its inaugural talent show, "Kornblum's Got Talent," in February. Mr. Gary, our dean, along with Mrs. Nunn held auditions for the show in December. The students practiced for the performances at home with parents and at school under the direction of Mr. Gary. Our talented students were ready to play their instruments, dance and sing by the time of the show.

There was a variety of musical genres performed, including classical, reggae, hip-hop, African gospel, pop and Latin. The students performed for the entire student body throughout the day and culminated with an evening performance for parents.

During the student performances, the audience sang along, clapped, and danced in their seats in support of the participants. At the evening



performance, Ms. Taylor and Ms. Mathis helped facilitate a smooth show. At that time, some families brought their own cheering sections with posters demonstrating encouragement for the performers. Parents showed great appreciation for another opportunity to connect with the Kornblum School community.

# Jefferson *Elementary*

4091 W. 139th St., Hawthorne, CA 90250 • 310/676-9423 • www.hsdjefferson.org



**Wendy Ostensen**  
Principal

## Eagle Expectations Soar!

*By Mr. Rosato, Dean of Students*

Lunch reservations, anyone? Jefferson students can now reserve an outside lunch table where they can dine privately with their friends! This is one of our new Positive Behavioral Interventions and Supports (PBIS) program incentives.

PBIS has gained traction over the last couple of years. It was developed to teach appropriate behaviors and reward students who are following the Eagle Expectations: Be Respectful, Be Responsible, Be Safe, and Best Effort. When a teacher or staff member notices a student demonstrating any of these expectations, the student is awarded a voucher redeemable for numerous privileges or prizes at the voucher redemption store, open Mondays at recess. Favorites include Reservation for 4, Principal for an Hour, Lunch with Your Teacher, and a variety of small toys, stuffed animals, student equipment and raffle tickets.

Jefferson students, continue to show us how respectful, responsible, and safe you are, and we'll see you at the voucher redemption store!



**These eagles combined PBIS vouchers to participate in lunch reservations for 4.**



# Prairie Vista *Middle School*

13600 Prairie Ave., Hawthorne, CA 90250 • 310/679-1003 • www.prairievistamiddle.org



**Patricia Ray**  
Principal

## Family Fitness

PVMS held its first-ever Family Fitness and Nutrition Night in February. The purpose was to provide information about the Physical Fitness Test (PFT) that all fifth-, seventh-, and tenth-graders must take.

We had the following stations set up in the gym: push-ups, modified pull-ups, curl-ups, trunk lift, sit and reach, shoulder stretch, and pacers. Students were placed at each station to explain and demonstrate the exercises. Parents, staff, and students had the opportunity to try each activity. The event ended in the cafeteria with a yogurt bar and displays and pamphlets containing nutritional information.



Students ready to demonstrate how to do a modified pull-up.

We had a great turnout, and heard many positive comments throughout the night. One father said that he was very impressed with how well the students explained each exercise before doing them. One mother wrote that she is very happy about how we value physical education and take the time to teach our students the importance of health and nutrition.

# Prairie Vista *South Campus*

13928 Kornblum Ave., Hawthorne, CA 90250 • 310/970-7550 • www.hawthorne.k12.ca.us



**David Mallchok**  
Site Administrator  
Assistant Principal

## Welcome Back!

Prairie Vista South Campus is happy to welcome Mr. Winston Canizales back to the PREPARE Preschool staff. Winston earned his bachelor's degree in Spanish grammar and literature and completed post-graduate studies in communication disorders at California State University, Dominguez Hills.

Mr. Canizales brings more than 16 years of experience working with children from preschool through the middle school grades to Prairie Vista South. For the past 10 years, he has worked as a speech specialist and with special-needs students. Winston previously worked at PREPARE Preschool for five years.



Mr. Canizales has worked with a variety of school psychologists, occupational and physical therapists, principals, and project facilitators and with many, many students and parents. Winston is researching graduate schools to begin studying for his master's degree in school counseling.

Prairie Vista South is pleased to welcome Mr. Winston Canizales back to our campus!

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# Ramona *Elementary*

4617 W. 136th St., Hawthorne, CA 90250 • 310/675-7189 • www.hsdramona.org



**Michael Collins**  
*Principal*

## School and Neighborhood Connection

*By Germaine Paredes, Literacy Coach*

In December, Ramona School's first-grade classes participated in their "Our Neighborhood at Work" language arts study. On December 11, they were introduced to Judy Neeb, the children's librarian from the Hawthorne Library. She shared information about her job and the resources available at the library. In addition, she read a story about responsibility.

On December 14, they received a visit from Officer Bell and K-9 Officer Scottie. Officer Bell informed the first-graders about

how she and Scottie help citizens, and Officer Scottie entertained them with several tricks. Students and teachers watched in amazement as their police car transformed into Gabby, the talking squad car. Officer Bell even distributed prizes, including books, stickers, and pencils. Before students returned to class, they were given the opportunity to pet Officer Scottie or shake his paw in gratitude for his service to our community.



# Washington *Elementary*

4339 W. 129th St., Hawthorne, CA 90250 • 310/676-3422 • www.hsdwashington.org



**Maritza Cruz-Brown**  
*Principal*

## Our PBS Team

At Washington Elementary School, Positive Behavior and Support (PBS) promotes positive behaviors and teaches our students the "Wildcat Way" through behavioral expectations. The PBS team and staff, led by Victor Hatten, our school's new dean of students, created a series of Wildcat Expectation posters. The posters illustrate how to "Be Respectful, Be Responsible, and Be Safe" around our campus. These posters are displayed in the cafeteria, restroom, hallway, playground and office.

In addition to the Wildcat Expectation posters, the PBS team has also established the Young Men's Achievement Academy (YMAA). The focus of the YMAA is to provide mentoring to fourth- and fifth-grade at-risk students. Through mentoring, we aim to teach responsibility, improve communication skills, and cultivate positive self-esteem. Teachers at Washington nominate students that would benefit from the program. Students must follow the Wildcat Way and adhere to schoolwide behavior expectations to remain in the academy.

Our dean meets at lunch with members of the YMAA. During lunch, skills and strategies are taught. Our dean closely monitors academic progress, homework completion and citizenship, and he regularly communicates with parents of YMAA students. Various incentives are also incorporated into the YMAA for students showing monthly progress and completion of the program.

We are excited to implement PBS at Washington Elementary School. We are very proud of the progress made by our students. We look forward to more new ideas and programs created by our PBS Team to make our school a fun place to learn.

# York *Elementary*

11838 S. York Ave., Hawthorne, CA 90250 • 310/675-1189 • www.hsdnyork.org



**Jennifer Beekman**  
*Principal*

## Playground Fun

York Elementary School's students are very active and involved at recess. Earlier this year, our playground supervisors participated in trainings to learn how to keep our students engaged during the recess times. Training included how

to target specific play areas and how to encourage students to play instead of sitting on the benches or standing around. Our goal is to keep our students moving, active, and healthy.

Our playground has been separated into play areas. Play equipment, including balls, jump ropes, and containers, have all been color-coded by play area. Students were trained during lunch meetings earlier in the year. Students also have volunteered to be play-area monitors. These monitors put away the equipment and assist the supervisors in each area.

A big thank you to our outstanding supervisors for making this happen every day. It is very exciting to see our students engaged and having fun!



**York Supervisor, Mrs. Diaz assisting our students.**



# Zela Davis *Elementary*

13435 S. Yukon Ave., Hawthorne, CA 90250 • 310/679-1711 • www.hsdzeladavis.org



**Kathy Carbajal**  
Principal

## Hawthorne Parent Academy

By Ms. Robinson,  
School Counselor

Zela Davis welcomed parents to the Social-Emotional HPA in January. Parents learned about the importance of social emotional development and how to help their children develop skills salient for positive interactions with peers and teachers. During the second half of the seminar, Kindergarten students from Mrs. Cortez's, Mrs. Casillas', and Ms. Teal's class treated parents to a fantastic song performance led by Mrs. Sakata. Students performed two songs: "Number Rock" and "Do You Wanna Build a Snowman". Zela Davis was pleased to see so many parents in attendance and we are looking forward to our next seminar on effective communication skills between children and parents.



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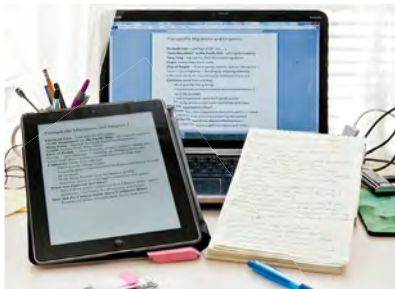
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# Owl Singalong



Kate Karp

Adult Beluga Grads whose younger lives were enriched by Raffi's music will be very happy, particularly if they're parents, teachers or involved in any way with children. The beloved artist and children's advocate emerged from a 12-year hiatus in 2014 with his collection *Love Bug*, and he's following up with another planet- and child-centered theme in *Owl Singalong*.



The album was inspired by Raffi's little grandniece, Lucie, and her owl stuffed toy and also by the chorus of live hooting critters in his backyard. Those birds open the title song, a jaunty little melody inviting us to sing along. Choruses of human children and one or two adults join in on standards such as "The More We Sing Together" and other beloved songs that he's monkeyed—or verb-formed other animal species—with: "The Lion Pokey" and "The Dog on the Bus" are rendered with Raffi's brand of gentle silliness that has always endeared him to children.

Raffi presents his versatile voice in so many different ways, whether it's imitating a gruff lion, crooning like Rudy Vallee on "See the Moon," or entertaining with Pete Seeger's celebrated retelling of the South African folktale "Abiyoyo."

And as always, Raffi will leave gentle lessons for little Belugas and Grads of any age: "Green Dream" is his wish for the future for all his young listeners. And from "I'm Not Small": "I carry the world on my back. When it turns, I'll turn, too."

So simple, so wise, and so very Raffi.

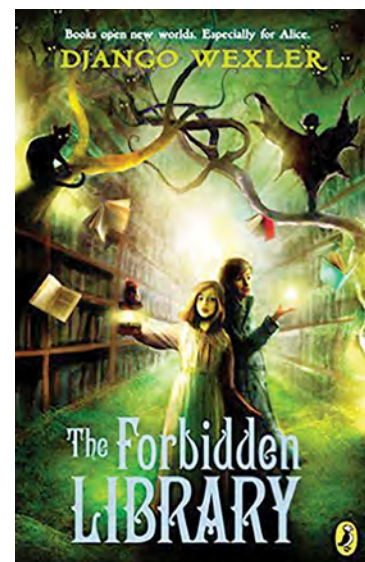
Kate Karp is an editor for *School News Roll Call* and a freelance writer and editor.

# Thrilling!



Lucy Davis

*The Forbidden Library*  
Author: Django Wexler  
Alice wasn't supposed to up so late. She had been studying, and lost track of time. Usually she would be asleep, but on this night, something would change her life forever.



Her father came home late that night, and Alice went to greet him. It was the high, nasally voice that made her stop dead. When she peeks in the door and sees a fairy threatening her father, Alice is terrified. Her father goes on a trip two days later, and his ship sinks. Alice is then instructed to live with her "uncle" near Pittsburgh, and he helps her discover and control powers that she never knew existed. With the help of Geryton, Isaac, and Ashes the cat, Alice will have many spectacular adventures.

I think grades 4-6 would enjoy this book. As a note to readers, the second and third sequels have come out. (*The Mad Apprentice* and *Palace of Glass*). I give this book 4 bookworms out of five because of the cleverness and suspense.

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

# We Love Our Dogs 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](mailto:Kay@schoolnewsrollcall.com) (Please put HAW in the subject line)

Entries must be received by April 15, 2016.  
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- |            |                    |                |
|------------|--------------------|----------------|
| Akita      | Dalmatian          | Puli           |
| Basenji    | Doberman           | Rottweiler     |
| Beagle     | Great Dane         | Saint Bernard  |
| Bloodhound | Labrador Retriever | Samoyed        |
| Boxer      | Malamute           | Shiba Inu      |
| Bulldog    | Mastiff            | Shih Tzu       |
| Chihuahua  | Pinscher           | Siberian Husky |
| Chow Chow  | Poodle             | Weimaraner     |
| Collie     | Pug                | Xoloitzcuintli |

**Congratulations to  
Andrew Carranza and Henry Ballesteros  
Winners of the January Contests!**





## Keeping Our Students Safe



**Arturo Delgado, Ed.D.**  
Superintendent

Recent events have renewed the sense of urgency among education communities in keeping our schoolchildren safe.

Shortly before the holidays, Long Beach school officials received a terrorist threat – only two days after Los Angeles Unified School District shut down its schools over a similar threat.

Both threats were later determined to be a hoax, but with the memory of the San Bernardino attacks still fresh in everyone's mind, precautions had to be taken.

In our communities, school and public safety personnel have made progress in implementing school security protocols, but there is – and may always be – more work to be done.

At the Los Angeles County Office of Education (LACOE), we have reviewed security measures and discussed options to further enhance safety and emergency preparedness.

We are also planning to hold a workshop to better prepare LACOE, as well as districts and schools, in dealing with an active shooter situation.

In many cases similar to the San Bernardino tragedy, there was no pattern or method to the selection of victims by an active shooter.

These situations are unpredictable and they evolve quickly, so we have to raise awareness of behaviors that represent pre-incident indicators and characteristics of active shooters.

LACOE has collaborated with community agencies in promoting school safety. We help county K-12 schools comply with all local, state and federal school safety laws.

We also offer workshops to train mental health professionals and other school personnel in the recovery process after traumatic school events.

I hope that we can all continue to work together to keep our students safe because it will take sustained commitment and resources from all of us to meet this challenge.

With headquarters in Downey, the Office is the nation's largest regional educational agency, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children.

## College 4 Less

### Keeping Ahead of the Game



**Susan D. Marshall**

Cards are a favorite pastime when our family goes camping or whenever we get together. If you were with us as we sit around a big round oak table, you would hear laughter and teasing. We love to tease Uncle Glynn, accusing him of making up new rules as we are learning his favorite game of Mau Mau. Good times...

As our nation is moving into a new year, the rules of the financial game are changing in a tremendous way. Uncle Sam is still not showing his cards and we are not laughing. Currently, we are wondering what the impact will be when the dust settles.

How will all of these changes affect the big ticket decisions we will be making; buying a home, sending our kids to college, paying our taxes, and funding our retirement?

Now is not the time to give up, bury your head in the sand or take the "wait and see" approach. Stay sharp and educate yourself. Information is easier and faster to obtain than it has ever been. Focus on your end game. Know how colleges determine what your Expected Family Contribution (EFC) will be. Consult with trusted advisors that take into account your future financial aid eligibility when they make recommendations and can help you strategize knowing your personal family situation.

When your child goes to college you are going to want to reduce the potential out of pocket expense your family might have. EFC Planning and Tax Planning are powerful tools that will save you thousands of dollars in the long run.

EFC Planning is much like tax planning as it is a formula driven process. Similar to the savings that occurs when working with a CPA to legally pay less tax; you can take advantage of certain financial aid strategies by understanding the formula that maximizes the money available to you.

When the dust settles, take note of the tax strategies and tax credits that your family can still utilize. Investigate how the new laws and your investment decisions will affect your aid eligibility or your ability to save and pay for college. Be an active participant in the game and you will come out on top.

Susan both educator and advisor specializes in college planning. She helps families save for and pay for college. If you have questions you would like answered in a future article contact her at Susan@College4Less.com or on her Web site at www.college4less.com

## Remember When?

### Happy Days are Here Again!



**Charlene Ashendorf**

We were not driven to school two blocks away; we walked to and from school with our classmates. We didn't need computer games; we played pick up, tag or anything that included a ball.

Those were simpler times. My parents would say that they were safer times. Those were days when everyone knew their neighbors and folks looked out for each other; those were "happy days."

I promised my grandparents I would not only remember those good old days, but keep community alive. Our children are grown and out of the house. Older folks have moved out and younger families have moved into the neighborhood. So how could I keep that promise as an empty nester on our cul de sac?

Everyone loves food, so we began with a neighborhood bar-b-que. We delivered flyers, asked folks to bring a dish, a chair and a beverage. We'd provide the meat. Getting to know each other was an important first step. Kids and adults were now ready more...for the basketball hoop we placed in our front yard it became open play with a bring your own ball requirement. Next we built a little free library and placed it in on our entry wall. Filled with books for young and old alike, with a take one leave one policy, kids were found sprawled out under the shade of our liquid amber with books and snacks while dog walking adults would snap up a paperback or two.

Last year we began a question of the day experiment. What started out with two young neighbor kids knocking on the door for a homemade cookie or after school treat has become a 4:00 PM ritual with up to eight elementary schoolers who are given a science, math or history question and rewarded with a piece of candy. It's like Halloween with a purpose all year long.

We have made ours a neighborhood, a safe place for kids, where we look out for each other, just like the good old days. Happy days are here again.

Charlene remembers growing up in Chicago with hot and humid summers, leaves that turned colors in the fall and endless winters. Active in her community and church, she advocates for seniors, affordable housing, literacy and libraries. Her hobbies include reading, writing and visiting art galleries. <http://about.me/cmash>





# What is in My Drink? ¿Que contiene mi bebida?

MILK is full of calcium and vitamins • WATER keeps us hydrated  
LECHE está llena de calcio y vitaminas • AGUA nos mantiene hidratados



Sodas, energy drinks, and other sweetened drinks are packed with **hidden sugars** and are unhealthy for us.

Sodas, bebidas energéticas y otras bebidas azucaradas están llenas de **azúcares ocultos** y no son saludables para nosotros.

540, 5th grade students were surveyed @ HSD.  
Here is what they said about beverages at home!

- 32 % drink regular soda daily
- 42% drink sweetened drinks daily
- 78% intend to drink more water

Esto es lo que 540 estudiantes en el 5to grado dijeron sobre las bebidas en el hogar!

- 32 % beben sodas diariamente
- 42% beben bebidas azucaradas diariamente
- 78% tienen la intención de beber más agua

**Do not buy soda or sweetened beverages at home!** If you don't bring it home, they will drink it less. You are in charge of the home environment. Encourage your child to drink more low fat milk and water so they can grow healthy and strong!

At school, soda is not served or allowed at school during the school day. Even 100% fruit juice is limited in portion sizes, (4-8 oz) and frequency. We serve mostly whole fruits. Our milk is 1% or nonfat white. And nonfat flavored milk is only offered at middle and high school.

**No compren bebidas azucaradas para el hogar!** Si usted no las trae a casa, beberán menos. Usted está a cargo del ambiente en su hogar. Anime a su hijo a beber leche baja en grasa y agua para que puedan crecer sanos y fuertes!

En la escuela, no se sirve, ni se permite sodas durante el día escolar. Incluso hasta el jugo 100% de fruta está limitado en tamaño de porciones (4.8 oz) y las veces que lo toman. Generalmente servimos frutas. Nuestra leche es de 1% o sin grasa. Leche sin grasa con sabor sólo se ofrece en la escuela secundaria y preparatoria.



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