

FREE

School News

Education + Communication = A Better Nation



Covering the Hawthorne School District

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www.SchoolNewsRollCall.com

NOVEMBER / DECEMBER 2014

The Local Control Accountability Plan (LCAP)

As I highlighted in the April, 2014 article school funding has changed significantly with the introduction of the Local Control Funding Formula, more commonly referred to as LCFF. A major component of the LCFF is accountability. School districts are required to develop a plan outlining the spending of these funds. This plan is called the Local Control and Accountability Plan or LCAP. We developed our LCAP with the input of all of our stakeholder groups. We gathered data through surveys, meetings, and in-depth conversations. The following are the goals that have been developed and approved for implementation:

- All students will demonstrate increased achievement in English language arts and mathematics.
- The rate of suspension for students will be reduced by six percent over the next three years.
- The attendance rate for students will increase by one and one half percent over the next three years.
- The percentage of parents and families participating in activities will increase by six percent over the next three years.
- District and school facilities will be well-maintained and any necessary repairs will be in a timely manner.
- Students will have access to current, standards-aligned instructional materials and other necessary tools for learning.
- The Common Core State Standards will be fully implemented in all classrooms where the core English language arts and mathematics programs are utilized.
- All students will be enrolled in a broad course of study that will serve to prepare them for college and career.
- The percentage of students who indicate that they feel safe and supported at school will increase by five percent over the next three years.

Our schools have been allocated funds to help them to achieve these goals. Each school site now has the ability to offer extended learning opportunities to our students to both support and enrich their learning. Staff has been added at all sites to enhance our rigorous programs and provide supports to both students and staff. We are building on our already strong programs to better serve our students and our community. We look forward to reaching and surpassing these goals. We will continue to refine and develop our programs as we evaluate progress toward our goals. I urge you to be part of the process as we revisit our LCAP on an annual basis. To view the entire LCAP document please visit the Hawthorne School District webpage at www.hawthorne.k12.ca.us

El Plan de Responsabilidad de Control Local (LCAP)

Como recalqué en el artículo de abril, 2014 el financiamiento escolar ha cambiado significativamente con la introducción de la Fórmula de Financiación de Control Local, más comúnmente conocida como LCFF. Un componente importante de LCFF es la rendición de cuentas. Se requiere que los distritos escolares desarrollen un plan delineando los gastos de estos fondos. Este plan se llama el Control Local y Plan de Responsabilidad o LCAP. Desarrollamos nuestro LCAP con la participación de todos nuestros grupos de interés. Reunimos los datos a través de encuestas, reuniones, y conversaciones a fondo. Los siguientes son las metas que se han desarrollado y aprobado para la implementación:

- Todos los estudiantes demostrarán un aumento en el logro del lenguaje inglés y matemáticas.
- Se reducirá el índice de suspensión de los estudiantes en un seis por ciento en los próximos tres años.
- Se incrementará el índice de asistencia de los estudiantes por uno y medio por ciento en los próximos tres años.
- Se incrementará el porcentaje de participación de padres y familias en las actividades en un seis por ciento en los próximos tres años.
- Las instalaciones del distrito y escolares se mantendrán en buen estado y las reparaciones necesarias se harán de manera oportuna.
- Los estudiantes tendrán acceso a materiales de instrucción actuales, alineados con los estándares y otras herramientas necesarias para el aprendizaje.
- Los Estándares Estatales Common Core se implementarán completamente en todas las aulas donde los programas comunes del lenguaje Inglés y matemáticas son utilizados.
- Todos los estudiantes serán inscritos en un programa de estudio extenso que servirá para prepararlos para la universidad y carrera profesional.
- Incrementará en un cinco por ciento el porcentaje de estudiantes que indican que se sienten seguros y apoyados en la escuela en los próximos tres años.

Se han asignado fondos a nuestras escuelas para ayudar a alcanzar estas metas. Cada escuela cuenta ahora con la capacidad de ofrecer oportunidades de aprendizaje a nuestros estudiantes para apoyar y enriquecer su aprendizaje. En todos los sitios se ha añadido personal para optimizar nuestros programas rigurosos y proporcionar apoyo para los estudiantes y el personal. Estamos construyendo sobre nuestros programas que ya son fuertes para servir mejor a nuestros estudiantes y nuestra comunidad. Esperamos poder alcanzar y sobrepasar estas metas. Continuaremos refinando y desarrollando nuestros programas al evaluar el progreso hacia nuestras metas. Yo les invito a ser parte del proceso ya que revisaremos nuestro LCAP anualmente. Para ver el documento completo LCAP por favor visite la página web del Distrito Escolar de Hawthorne en la www.hawthorne.k12.ca.us



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Happy Thanksgiving

31st Annual
Holiday **TORRANCE MEMORIAL** *Festival*
DECEMBER 2-7, 2014
Located in the parking lot at Medical Center Dr. and Skypark Dr.

Enjoy this one-of-a-kind event that includes beautifully decorated holiday trees, boutique, food court and local entertainment. Funds raised by the Holiday Festival support the new Lundquist Tower.

Public Exhibit and Boutique Shopping Hours

- **Tuesday, December 2**..... 1:30 - 3:30 p.m.
- **Wednesday, December 3**..... 10 a.m. - 9 p.m.
"Senior Day #1" – Free admission to seniors 10 a.m. - 2 p.m.
- **Thursday, December 4**..... 10 a.m. - 9 p.m.
"Senior Day #2" – Free admission to seniors 10 a.m. - 2 p.m.
Community Service Group Night – Special Rate \$2..... 4 p.m. - 9 p.m.
- **Friday, December 5** – **Closed to the Public**
- **Saturday, December 6** 10 a.m. - 9 p.m.
Community Appreciation Day / Free admission
- **Sunday, December 7** 10 a.m. - 4 p.m.
\$5 General Admission – Children 2 and under are free.

Special Event – Reservation Required

Santa Lunch – \$10 per person – Sunday, December 7, 11 a.m. - 1 p.m.

 **TORRANCE MEMORIAL
MEDICAL CENTER**

3330 Lomita Blvd., Torrance, CA 90505 • www.TorranceMemorial.org/HolidayFestival • 310.517.4606



Kay Coop
Founder/Publisher



This publication is so much fun to publish as the superintendent and principals have so much enthusiasm it is contagious.

Thank you for entering our word search contest. We had a record number of entries and the winner is announced on page 7, where you will find the new contest. The contest is open to all ages. Have fun!

Our next issue is January 14, 2015...yes, 2015! Have a Happy Thanksgiving and Happy Holidays.

We are always mindful of the men and women in our armed forces.

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Covering the
HAWTHORNE SCHOOL DISTRICT

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www.matteltoystore.com

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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!



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

Brain Development

By enrolling your child in preschool, you are giving your preschooler the chance to develop the brain at an amazing rate through age-appropriate, play-based learning opportunities. From talking, singing, and playing, your child will rapidly develop their learning capacity and social skills. Our LAUP classrooms provide a nurturing and educationally enriching environment where children are encouraged to explore, experiment, and expand their learning every day.

Desarrollo Cerebral

Al inscribir a su hijo(a) en el preescolar, usted le da la oportunidad de desarrollar el cerebro a una velocidad increíble a través de oportunidades de aprendizaje apropiadas para su edad, basadas en el juego. Hablando, cantando y jugando, el niño(a) desarrollará rápidamente su capacidad de aprendizaje y habilidades sociales. Nuestras aulas LAUP proporcionan un ambiente acogedor y educativamente enriquecido donde los niños son animados a explorar el experimento y ampliar su aprendizaje cada día.

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
rrobledo@hawthorne.k12.ca.us

Para más información póngase en contacto con:

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

Bud Carson *Middle School*

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



Mark Silva
Principal

New Resource for Students

Bud Carson Middle School is excited to welcome a dean of students to the staff. Gina Cardillo works with student discipline, the positive-behavior-incentive program and student attendance.

Ms. Cardillo was born and raised in Rhode Island, which actually isn't an island at all. She graduated from Clark University with a bachelor's degree in sociology and elementary education. She later obtained a master's degree in education with a focus on special education from Providence College. The cold weather back east eventually drove her to California, where she most recently spent five years as a special education teacher at York Elementary in Hawthorne.



Ms. Cardillo has had an immediate impact on reducing the suspension rate at Bud Carson Middle School. She says that the best part of her job is "building relationships with students, seeing them change, and knowing that the conversations we are having are making a difference."

Hawthorne *Middle School*

4366 W. 129th St., Hawthorne, CA 90250 • 310/676-0167 • www.hawthornemiddle.org



Rudy Salas
Principal

Having an Impact

Hawthorne Middle School's AVID program is in its fourth year. As our first community event for the 2014–2015 school year, we volunteered at the Heal the Bay Coastal Cleanup Day in September. Our students learned about the effects that humans have on the environment. It was also the biggest turnout for our seventh- and eighth-grade AVID students and families!

In late September we also had the Hawthorne Family and Pet Extravaganza. Here our students enthusiastically helped the HMS booth by providing services to the community. Not only did our students enjoy time with their classmates, families and teachers, they also got to learn about the impact an individual can have on their community.

As Oprah Winfrey says, "The best way to succeed is to discover what you love, and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you."

Eucalyptus *Elementary*

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



Mike Goldstein
Principal

New Koalas On Campus

There's an excited buzz on our campus this year! Smaller class sizes in the HSD has resulted in Eucalyptus opening several new classrooms and welcoming new and returning teachers to our staff. Ms. Melzian (3rd) follows in her mother's teaching footsteps and joins the Koalas for her first year. Ms. Forsyth (2nd) comes to us from Florida and Ms. Wilkes (4th) is returning to the district after teaching abroad. Mrs. Moon (2nd) is an HSD veteran starting her first year at Eucalyptus. Ms. Hastings (2nd) and Mrs. Moore (5th) are returning Koalas. We are also happy to announce that we have hired Mrs. Tran as our full time Math Coach and Mrs. Villa as our full time counselor. Please make sure to welcome our new Koalas on campus!



(B) Mrs. Tran, Ms. Hastings, Ms. Forsyth, Mrs. Moore,
(F) Ms. Wilkes, Mrs. Moon, Ms. Melzian and Mrs. Villa.

Hawthorne *Math & Science Academy*

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



Esau Berumen
Principal

Class of 2019 Application Process

By Eleanor Reese, Projects and Activities Coordinator

"How do I apply to HMSA?" is definitely the number-one question asked by students hopeful of attending the school and by their parents. The answer is a lengthy one. The HMSA application can be obtained in two ways: one is at an informational meeting held at one of the HSD middle schools in November or December for the school's eighth-graders; the other is to attend one of the two informational meetings at HMSA that will be held on Dec. 11, 2014 and Jan. 8, 2015. The school and application process are

thoroughly explained at these meetings. Completed applications are accepted Jan. 14–16, 2015, at HMSA.

In January, the question becomes "How are students chosen?" HMSA gives preference to siblings of current HMSA students. Priority is then given to current HSD middle school students. Whenever a group cannot be accommodated, a public random lottery will be held.

We are currently accepting wait-list applications for the classes of 2016, 2017 and 2018. Please visit the HMSA office to receive a wait-list application.



School News

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To place your ad in our January issue
and reach **YOUR** target market:

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Jefferson *Elementary*

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



Wendy Ostensen
Principal

In Our Second Year!

By Ely Arencibia, Counselor

The Hawthorne School District is always looking for ways to improve the lives of its children. Last year we implemented the Hawthorne Parent Academy with the hope of making our families a more integral part of the educational process. Last year HPA was a huge success, and we are expecting an even greater level of participation this year.

The Hawthorne Parent Academy supports parents with children in the transition years of kindergarten and sixth grade.

There are workshops on topics from everything to technology to reading to discipline. Parents are encouraged to participate in school events, conferences, and the various workshops offered throughout the year. We also encourage our parents to volunteer at their children's school.

HPA gives parents an opportunity to meet other parents with children in the same grade. They are able to offer support, share strategies, make friends, and in general have a good time while also gaining valuable information. Anyone interested in participating in this wonderful program can contact the counselor at any one of the schools for dates and times.



Mrs. Arencibia leads the Jefferson HPA.

Kornblum *Elementary*

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



LaTima Jones
Principal

We've Got the Cardinal Spirit!

The Kornblum Cardinals celebrated their first spirit assembly of the school year during the last week of September. The entire student body gathered together in front of the amphitheater to honor the students of the month who exemplified "Trustworthiness" and to select winners for the monthly raffle. Two students were selected from each class for student of the month. These students received a brag tag and an award. The students also had their photos taken to be displayed in the office during the month of October.

Next was the Gotcha Ticket Raffle. Students receive Gotcha Tickets for following the four school rules: Be Respectful, Be Responsible, Be Safe, Give Your Best Effort

Two students from each grade level were selected to win a great prize displayed at the assembly. At the conclusion of the assembly, the entire school danced to celebrate our winners and show our school pride.



Prairie Vista *Middle School*

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



Christine Fagnano
Principal

New Counselor and Dean of Students

Francisco Diaz, the new dean of Prairie Vista Middle School (PVMS), brings over 10 years of experience in education. Mr. Diaz was a physical education/ health teacher at Animo Leadership Charter High School. Mr. Diaz was reared in the city of Hawthorne, attended York Elementary School, Hawthorne Intermediate School, and Leuzinger High School. He received a bachelor's degree in kinesiology with an emphasis in teaching from San Jose State University and his teaching credential and master's degree from National University. He is excited for the

opportunity to work for the Hawthorne Unified School District and give back to his community. He has a passion for education and the impact it has on changing futures. He looks forward to working with the students, the district personnel and the community. He and his wife currently reside in the city of Hawthorne.

Angel Rodriguez, the new school counselor at PVMS, received his bachelor's degree in history from Whittier College and eventually earned his master's degree in counseling from California State University, Los Angeles. Mr. Rodriguez has 10 years of experience working in the field of education. He served various schools in the East Los Angeles area as an academic counselor for the college-access program Project Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP). Prior to coming to PVMS, Mr. Rodriguez also worked as an educational counselor for the The East Los Angeles Community Union (TELACU) Upward Bound Program, where he served high schools throughout Los Angeles. Mr. Rodriguez currently lives in Los Angeles and enjoys playing basketball and running.



David Mallchok
Site Administrator
Assistant Principal

New Resources

On Monday, August 25, the Pre Pare preschool program welcomed students and staff back to the classroom for the 2014–2015 school year. Students and parents were eager to meet their teachers and classroom aides. The children have already begun to develop good learning skills in their supportive, inspiring and encouraging classrooms.

Congratulations go to Pre Pare teacher Aimee Mendoza and Classroom Twenty on the successful funding of her Donor's Choose classroom project called "Preschool Circle Time Learning." Ms. Mendoza recently earned funding for her project, and is now implementing the resources into her daily lesson plans, direct instruction, and small-group curriculum. The class received an Apple iPad, iPod, iPhone speaker dock and mini Wi-Fi tablet.



Prairie Vista South is excited for Ms. Mendoza and her students. Many true and valid learning experiences will be created by this classroom project both this year and in future years to come. Great job, Aimee!

Ramona *Elementary*

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



Michael Collins
Principal

Parents Make a Difference

Here at Ramona School, we realize that to build a strong educational program, we need to reach out to the community and invite parents to participate with us in bringing out the very best in each child. If parents show interest in their children's education, the children will learn to appreciate their school experience even more.

Ramona parents have definitely shown their children that school is important. One hundred forty families have already signed up for their PTA membership! Parent volunteers come in regularly to assist in the classroom or at schoolwide events. Families pour onto the campus for family nights, and parents have shown great participation in the various fund-raisers.

We encourage you to come and volunteer at school to make a difference in being a part of your children's educational experience. We are so fortunate that we have your support!

Zela Davis *Elementary*

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



Kathy Carbajal
Principal

Hip Hip Hooray, Homework Workshop Today!

By Erika Cortez, Teacher – Kindergarten

On Wednesday, October 1, our fantastic Zela Davis Elementary School teachers led their first Parent Homework Workshop for the 2014 –2015 school year. It was a great success! Parents, along with their children, were able to meet with their children's teachers to review weekly homework assignments. Teachers were able to explain how assignments supported the implementation of the new Common Core State Standards and answer questions regarding our new math adoption.

This workshop was offered due to the large parent request for homework support on our Needs Assessment Survey. Our parents walked away with many tips and strategies to help their children at home. Zela Davis has a dedicated staff and works closely with parents to establish a good parent-teacher relationship. Teachers and parents look forward to future parent workshops. Hooray for parents and the Zela Davis staff!



Kindergarten class.

Washington *Elementary*

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



Angela Ortiz
Principal

Wildcat Gold Rush

There is a "gold rush" occurring at Washington Elementary, and the students and staff couldn't be more excited! The gold isn't the precious mineral but rather the Gold Slips that students are earning for following the Wildcat Way every day.

We have implemented a schoolwide positive-behavior incentive in which students can earn Wildcat Gold Slips for following our school rules: Be Respectful, Be Responsible, Use Your Best Effort, Be Safe and Be a Buddy! Students turn in Gold Slips in their classroom for a weekly drawing to receive a prize from the principal. At the end of each month, all Gold Slips that were not drawn are entered into a schoolwide drawing for a larger prize.

Students are highly motivated to do their best to earn Gold Slips. Ask your children when the last time they got a Gold Slip was, and encourage them to live the Wildcat Way!



York *Elementary*

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



Jennifer Beekman
Principal

A Great Incentive

York students love receiving Gold Slips! As part of our Positive Behavior Support System (PBIS), the entire school staff is encouraged to give Gold Slips to those students who are "caught" exhibiting the expected behaviors at school.

Our school-wide expectations for students are to be respectful, safe, responsible, helpful, honest, friendly, and to use their best effort daily. Students who receive Gold Slips can later place them in the grade-level boxes for our Treasure Chest Drawing. This year our students are also being asked to take their Gold Slips home and brag to their parents about receiving them.

All students want to show their parents that they are following expectations, and so if your child brings home a Gold Slip then it's a really big deal. Congratulate your child and sign their slip!



Students LOVE Gold Slips!

We want to recognize our students for their outstanding efforts and/or contributions while at school. So every Gold Slip selected for the Treasure Chest drawing is also placed in another drawing. Staff members who give Gold Slips can also win a \$5 gift card to Starbucks! Everyone at York loves our Gold Slips.



Hedging College Costs



Susan D. Marshall

Hedging is also a practice that every investor should know about to protect their portfolio.

People hedge to protect themselves against an unforeseen event. They buy car insurance to hedge against the negative event of an accident. Unfortunately, it doesn't keep the undesirable event from happening, but it can reduce the impact it has on our lives.

There are a variety of insurance products on the market today. Some will help you fund the cost of college while protecting your students' ability to get financial aid. Other types are designed solely for protection.

We all know college costs are outrageous. You must start early if you plan to fund college with life insurance and there are other strategies that can add to your success in the amount of cash you are able to accumulate.

Two other important components regarding life insurance that can protect your family to consider are: How inexpensive it is to have life insurance on yourself so in the event you are not around, your child can still continue and complete their education. The other is that if you are going to take loans against your home, a 401(k), or co-sign on a loan for your student it may be prudent to have life insurance on the student. It's very inexpensive to purchase and this could help reduce the financial impact it could have on the family in an already unthinkable situation.

Life insurance, disability insurance and other types of insurance may be a relatively small price to pay to protect your dreams and your family's financial future. Make sure you meet with a qualified life insurance agent and find out how affordable it can be. Look for products that offer living benefits. My recommendation is to go to an agent who has the ability to offer products from several companies. You will be more likely get the product that is right for you and your loved ones.

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

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Bicycle Parts—Word Search Contest

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

Entries must be received by December 15, 2014
From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- | | | |
|-------------|------------|-----------|
| BASKET | GLOVES | REFLECTOR |
| BRAKES | GOOSENECK | SEAT |
| CHAIN | GRIPS | SPOKES |
| CHAIN GUARD | HANDLEBARS | TIRES |
| CRANK | HELMET | WHEELS |
| FENDERS | KICKSTAND | |
| FORK | LIGHT | |
| FRAME | PEDALS | |



Congratulations to Nathale Juarez
Winner of the September Word Search Contest

Standards were adopted by the District for all foods and beverages sold to students during the school day, including foods and beverages provide through student stores, vending machines, classroom parties, and fundraisers.

- No soda
- No candy
- ≤ 35% calories from fat (except for nuts and low fat cheeses)
- ≤ 10% saturated fats
- ≤ 35% sugar by weight
- Trans Fat Free
- ≤ 230 milligrams sodium
- ≤ 175 calories per serving for elementary snack
- ≤ 200 calories for middle and high school, for a snack
- Must be one of the five food groups: fruit, vegetable, dairy, protein, or a whole grain
- Water, 100% fruit juice, low fat dairy products at all grade levels
- Non-calorie electrolyte drinks at high school only

Los estándares fueron adoptados por el Distrito para todos los alimentos y bebidas que se venden a los estudiantes durante el día escolar, incluyendo alimentos y bebidas proporcionadas por medio de tiendas estudiantiles, vendedoras automáticas, fiestas en el salón, y recaudadores de fondos.

- No refrescos
- No dulces
- ≤ 35% de calorías de grasa (a excepción de los frutos secos y quesos bajos en grasa)
- ≤ 10% de grasas saturadas
- ≤ 35% de azúcar por peso
- Sin grasa trans-fat
- ≤ 230 miligramos de sodio
- ≤ 175 calorías por porción de bocadillo para la escuela primaria
- ≤ 200 calorías por porción de bocadillo para la escuela secundaria y preparatoria
- Debe ser uno de los cinco grupos de alimentos: Frutas, verduras, productos lácteos, proteína, o grano entero
- Agua, jugo de fruta 100%, productos lácteos bajos en grasa para todos los niveles de grado
- Solamente bebidas con electrolitos sin calorías en la escuela preparatoria solamente

EAT
WELL



Hawthorne School District FOOD SERVICES

Student Wellness Board Policy 5030

The Governing board of Hawthorne School District recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Hawthorne SD provides nutrition and physical education and healthful meals.

Parents are encouraged to support the District's Wellness Policy in school and at home.

A complete copy of the Board's Wellness Policy can be found on [Http://www.hawthorne.k12.ca.us/](http://www.hawthorne.k12.ca.us/)

Or you may call 1-310-263-3990 for a copy, or to provide suggestions for Wellness Policy updates.

Distrito Escolar de Hawthorne, Normade la Mesa Directiva para el Bienestar de los Estudiantes 5030

La Mesa Directiva del Distrito Escolar de Hawthorne reconoce la conexión entre la salud y el aprendizaje del estudiante y desea proveer un programa integral de promoción de alimentación saludable y actividad física para los estudiantes del Distrito. El Distrito Escolar de Hawthorne provee nutrición y educación física y alimentos saludables.

Animamos a los padres a que apoyen la Norma de Bienestar del Distrito en la escuela y en el hogar.

Puede obtener una copia completa de la Norma de salud de la Mesa Directiva en [Http://www.hawthorne.k12.ca.us/](http://www.hawthorne.k12.ca.us/).

O puede llamar al 1-310-263-3990 para obtener una copia, o para proporcionar sugerencias para cambios en la Norma de Bienestar.

Nutrition guidelines for student meals available on campus have the goal of promoting student health and reducing childhood obesity.

Our school meals are:

- Trans-fat free
- ≤ 30% total fat
- ≤ 10% saturated fat
- Include enriched whole grains and lean proteins
- Include a variety of kid friendly fruits and vegetables
- Include low fat or fat free milk and dairy products
- Are nutrient dense in iron & calcium, Vitamin A & C



Las guías nutricionales para las comidas de los estudiantes disponibles en la escuela tienen el objetivo de proporcionar salud a los estudiantes y reducir la obesidad infantil.

Nuestras comidas son:

- Sin trans-fat
- ≤ 30% total de grasa
- ≤ 10% de grasa saturada
- Incluye granos enteros y proteínas sin grasa enriquecidas
- Incluye una variedad de frutas y verduras apetitosas para los niños
- Incluye leche y productos lácteos bajos en grasa o descremada
- Nutrientes ricos en hierro y calcio, vitaminas A y C

**Hawthorne School District, Food Services
14120 South Hawthorne Blvd., Hawthorne, CA 90250 • (310) 263-3990**

