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**Covering the Los Alamitos Unified School District
and the communities of Los Alamitos, Rossmoor, Seal Beach and Sunset Beach**

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www.schoolnewsrollcall.com

FEBRUARY / MARCH 2011

Mandarin Chinese Classes



Weaver students enjoying the first after school Mandarin Chinese classes.

*By Erin Kominsky, Principal
Weaver Elementary School*

January marked the launch of a new after school Mandarin Chinese class for students in grades K-5.

The Los Alamitos Education Foundation, a non-profit entity designed to support the changing needs of the Los Alamitos Unified School District and its students, is offering this fee-based after school program for all interested students.

As a result of the overwhelming response from Weaver families, approximately 60 students have enrolled and filled four after school classes. The classes are part of the Los Alamitos Education Foundation's Language Enrichment Institute. The

SEE MANDARIN CHINESE • PAGE 10

SUPERINTENDENT



Dr. Gregory A. Franklin
Superintendent

The District's facilities improvement program is moving ahead on-schedule and on-budget. The results are beautiful media centers and classrooms that are ready to service students in the 21st century. All of the classrooms, offices and media centers are fully wired for the internet and multi-media instruction. The schools' infrastructure – including electrical power, gas, sewer and communications – are completely renovated so that the buildings can meet student and teacher needs for the next several generations.

SEE SUPERINTENDENT • PAGE 11

BOARD OF EDUCATION



Meg Cutuli
Clerk

January is the start of a new year and, in education, it gives us an opportunity to reflect on how well the school year is going. January is also the time where school districts hold their breath and wait for the governor to unveil the proposed budget. The last years have not been kind to education where we have taken a cumulative 20% cut to our budgets. The promises given this year are based on hope, speculation and future actions so we are still waiting to see what will actually happen to us.

SEE BOARD OF EDUCATION PAGE 11



Teacher Kim Jordano working with students during morning literacy centers. Small group instruction in a full day kindergarten program supports scholarly learning and fun at Lee Elementary.

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LAUSD Educational Services page 3 • Schools pages 4–5, 10 • Contest page 8



Our Big Idea

By *Randy Hill, Vice President*

The Los Alamitos Educational Foundation (LAEF) has turned up the heat! We couldn't be more pleased with the turn out at our "Big Idea" meeting in December and were astonished at the great ideas that community members and district personnel brought to the table to help further our goal of sustainability. We are grateful for those who took time out of a busy holiday season to support our cause and goal of supporting every student in the Los Alamitos Unified School District (LAUSD).

December was also bitter sweet as the foundation saw Diana Hill, former LAEF board president and current LAUSD school board member, pass the torch over to Tom Stretz, former Los Alamitos Youth Center Executive Director. Diana has been part of the heart and soul of the foundation for many years and her efforts and time couldn't be more appreciated. We wish her the best as she continues to serve the students of the LAUSD. On the same note, we are ecstatic to have someone with Tom's experience in the non-profit sector heading things up during this exciting time for the Foundation.

We launched our first session of after school classes through our Language Enrichment Institute this month and were overwhelmed by the response, 60 students are taking Mandarin Chinese after school at Weaver Elementary.

Our second year of the Summer Enrichment Institute is on the horizon. Last summer, over 600 students participated and we expect even more this year as we expand our course catalog. Look for program registration and course scheduling information in March.

As always, be sure to monitor our website at www.loaledfoundation.org for more information and to contact us.



Kay Coop

Founder / Publisher



This is our seventh anniversary publishing *School News* covering the LAUSD. Thank you for being such loyal readers. We have enjoyed meeting many of you over the years personally as you have stopped at our office located in Brita's Gardens on Main Street in Seal Beach.

We had a record number of entries for our December Word Search. The winner is announced on page 8. The Coffee Bean & Tea Leaf is sponsoring the Word Search Contest this issue.

This issue you'll learn about physical fitness in the schools, the ambassador program, sprinting sea lions, recycling and much more. Enjoy!

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Covering the
LOS ALAMITOS UNIFIED SCHOOL DISTRICT



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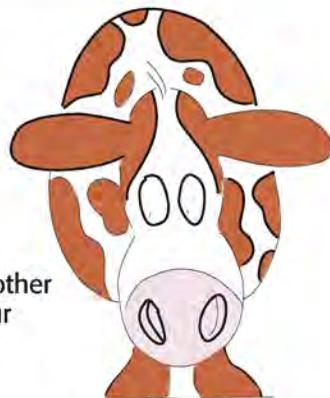


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Implementing Quality Preschool Education



William M. Habermehl
Superintendent

If we could do one thing to improve education for all children, it would be to implement a high-quality preschool program for all four-year-old children. Research tells us that such programs provide children with the foundation they need to enter kindergarten prepared to learn and to succeed. Yet we invest very little, from an educational standpoint, in early childhood programs.

Kindergarten is not what it used to be. We have far higher expectations for five-year-olds who enter the school system today. Kindergarten teachers are often faced with the challenges of meeting the varying needs of students who are delayed in the areas of language development and school readiness skills. Quality preschool programs allow children to receive an advantage in both of these areas.

Children who start kindergarten after having high-quality preschool experiences are much further ahead academically and socially than children who have not, and they have a greater chance of success. The Chicago Longitudinal Study examined the long-term benefits of high-quality preschool programs and found that such early interventions improved students' later

performance on standardized tests in reading and math, decreased the likelihood of special education placement, and minimized the risk of repeating a grade.

In addition to providing benefits in the area of academic achievement, high-quality preschool yields returns to our economic and community well-being. Every dollar invested in early childhood education produces significant benefits to society, including a lower dropout rate, a higher graduation rate, a more highly skilled workforce, and reduced crime rates. In looking at the data from the Chicago study and other longitudinal research, we see that for every dollar spent on high-quality preschool, there is a return on investment of \$7–\$16 from increases to tax revenue and reductions in government spending on education, the criminal justice system, and public assistance.

With all of the talk about education reform, now is an opportune time to think creatively and stretch the conventional thinking of educators, board members, and community leaders to find new and different ways of making our existing dollars work better for us.

It is time to think differently about getting children a quality preschool experience and finding an affordable way to do it. By involving educators, families, and community members in exploring this concept, a workable solution could be developed. Let's start the dialogue on how we can invest in high quality preschool now so we can begin to experience the benefits sooner than later.

Let's start the dialogue
on how we can invest
in high quality preschool
now so we can begin
to experience the benefits
sooner than later.

Bullying Prevention Task Force



Dr. Sherry Kropp
Asst. Superintendent
Educational Services

The Los Alamitos Unified School District is fully committed to student learning – but students cannot learn unless they are safe and healthy. To help ensure a positive environment for all students, the District created a Bullying Prevention Task Force comprised of teachers, counselors, administrators, and parents, who are creating a comprehensive Bullying Prevention Program. The major goal of the task force is to eliminate bullying in our schools and community by educating students, staff, and parents to recognize and report bullying, support the victim, change the behavior of the bully, and empower the bystanders to intervene and stop bullying.

The task force has made tremendous progress in the area of curriculum. The Board of Education recently approved a K-12 curriculum, *Too Good for Violence*, which helps students learn to prevent and stop acts of violence. To help create school cultures that support all students, *Have You Filled a Bucket Today*, by Carol McCloud, was approved as a classroom reading selection for all elementary classrooms. Soon the group will recommend an Internet safety curriculum, a staff and parent education program, and a revised Board Policy regarding student conduct, which will have a greater emphasis on bullying.

The Bullying Prevention Task Force is a follow-up to the District's successful Substance Abuse Prevention Task Force that was formed three years ago. As a result of their work, there has been a 50% reduction in substance abuse related incidents on our campuses. As we begin to implement the components of the Bullying Prevention Program, we expect to see the same outstanding results. The District's highly dedicated staff and parents are committed to creating and implementing a strong, effective program that ensures that all students can learn in a safe and caring environment.

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Dr. Linda Stewart
Principal

Physical Fitness is a Priority

As the Spring and summer months come upon us, we typically think about more outdoor activities and the expectation of a day at the ball field or at the beach. We are fortunate to live in an area where so many opportunities exist for physical pursuits. At the elementary level, we believe these are the years when foundations of a lifelong commitment and dedication to a healthy life style is instilled in our children...or so we hope.

Physical Fitness at Hopkinson begins in kindergarten with children learning the eight locomotor movements: walking, jogging, hopping, jumping, skipping, sliding, galloping and leaping. The games in which they are instructed are scramble, switch, four square, handball, tetherball and jailbreak. When was the last time you tried to keep a hula hoop spinning or played with a jump rope or spin-it? You may want to ask your child to explain the game and its rules to you so you can spend a Saturday "playing" with your youngster.

Our first, second and third grade students begin their P.E. activities with traditional stretches and aerobic warm up exercises, usually ending with Jumping Jack elimination and a quick jog. Once a month, our third graders are jogging around our field to earn a Hopkinson Happy Miler certificate. They will be continuing the year with America's favorite pastime...almost... tennis softball.

Upper grade children are completing track & field and volleyball units. They should be finishing the state required physical fitness testing by May. I'm sure you remember the "Presidents" testing of bygone years, well now it's Prudential Fitness Testing where upper body strength, flexibility and endurance are being tracked. Softball will round out the year. Since the fifth grade students challenge the teachers to a special game during the final week of school, they are highly motivated to learn all the techniques and strategies to ensure a victorious end to their years at Hopkinson.



All in all, physical education places its emphasis on healthy choices, healthy living, team work, social responsibility and skills training. Practicing these strategies and putting them into action now will allow our children to be healthy, active adults. Besides, when you think about it, these team building characteristics and social interactions make any goal, whether in the world of sports, the world of academia or ultimately the business world attainable. So the next time your child asks you to *play*, remember you are helping them to become responsible citizens of tomorrow. Have fun and try not to get tangled in the jump rope!



Laurel *High School*

10291 Bloomfield St., Los Alamitos, CA 90720 • 562/799-4820 • www.losalusd.k12.ca.us



Mark Johnson
Principal

Discovery Class Helps Students Plan for the Future

One question that every high school senior must eventually ask is "What does life hold for me after graduation?" While a majority of Laurel High School students already know they want to go to college and earn a degree, other students are left to consider trade schools, apprenticeships, and even the current job market. To help students make this critical decision, Laurel seniors take a required course called Discovery. Although the course has been in existence for years, the curriculum is modified each year to meet the needs of the current student population.

One of the most important components of the Discovery class includes the use of guest speakers from various post-secondary institutions, local businesses, and community groups. Recently, students have listened to presentations on: personal finance, made by a representative of a local credit union; creating a budget, offered by a representative from a beauty school; admissions and financial aid, presented by representative from California State University, Long Beach; and career opportunities, shared by representatives of the Orange County Fire Department. One of the school's newest partnerships is with the Los Alamitos Rotary Club, which has already provided three guest speakers this year and has another three slated to speak this spring.

Students have reported that the Discovery class provides them with information on careers that they have never heard of, a different perspective on what the real-world is like, and information on college admissions and financial aid requirements. Mrs. Jolly, the Discovery teacher at Laurel, believes that the class opens the students' eyes to new opportunities after high school.

Anyone interested in being a guest speaker at Laurel should contact Mrs. Jolly (cjolly@losal.org) for more information.

Lee *Elementary*

11481 Foster Road, Los Alamitos, CA 90720 • 562/799-4540 • www.losalusd.k12.ca.us



Andrew Pulver
Principal

A Tradition of Excellence

Lee's Kindergarten and Developmental Kindergarten program are exciting and challenging programs designed to meet the needs of each child.

Early school experiences should provide children opportunities to mature intellectually, physically, socially, and emotionally at a rate of growth that is compatible with his or her unique abilities. Lee appreciates and practices this philosophy while maintaining a rigorous curriculum focused on reading, writing and math.

Teaching strategies are focused on The Writer's Workshop, Cognitively Guided Instruction (CGI) in math, MIND's Math program, math wall and a balanced reading program which includes: phonemic awareness, phonics, poetry, sight word development, vocabulary skills, literacy centers and reading workshop.

Our kinder students utilize our state of the art technology media center with two computer labs, and are taught music by a credentialed music teacher. Lee's Kindergarten team is made of six highly skilled teachers who are child centered and have a passion for this remarkable age group. This unique group of teachers includes published authors and national educational presenters.

Lee's K-team keeps the "magic" in learning while providing rigorous instruction as is evident when you walk into their vibrant child created classrooms! Lee classes are known as models of educational innovation centered in developmental environments.

We welcome you to join the Lee family and Lee's tradition of excellence as a National Blue Ribbon School and California Distinguished School. Kindergarten tours are February 7, 25, and March 2 at 8:10AM. Kindergarten registration is March 7-11. Call the office for more information or to sign up for a tour (562) 799-4540.

Los Alamitos *Elementary*

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Dr. Sunghie Okino
Principal

Ambassador Program

Los Alamitos Elementary (LAE) School, working in partnership with Weaver School, has launched a new leadership program called the Ambassador Program for fourth- and fifth-grade students. Like many schools, LAE has traditionally offered an elected student council. This format oftentimes results in a group of students who campaign and win on popularity. This model also allows only a limited number of students to serve in leadership positions.

The new program invites any fourth- and fifth-grade student who is interested in developing leadership, team building, human relations and communication skills. The seriousness and commitment of each student is reflected in the extensive application form, which includes a statement of intent, a letter of recommendation from a faculty member, and a letter of recommendation from a community member outside of the school.

The inaugural group of ambassadors began late January and is laying the groundwork for a more extensive program in the fall. At the core of the program is community service, not only at school but also in the community at large. Students participate at school by taking on jobs on campus, such as parking lot greeters and lunchtime helpers. Community-based projects include collecting supplies for the local food bank.

"The decision to start the Ambassador Program comes on the heels of a two-year implementation of Lessons in Character that draws lessons from multicultural stories around the world. In addition, student interest required a more inclusive program. We are looking forward to widespread involvement and learning regarding true leadership for our students," stated Dr. Okino, LAE's principal.

Los Alamitos *High School*

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Dr. Grant Litfin
Principal

Work Behind the Scenes – A Huge Part of LAHS Success

With over 450 events taking place on the LAHS campus each school year, it takes a talented group of people working behind the scenes to make things run smoothly.

At Los Al we are lucky to have great boosters and great staff that provide quality opportunities for our students. However, the one group that rarely gets accolades in all of this is our custodial and maintenance crew. Over the past 10 years I've worked with people who could fix anything from lawn mowers to computers, troubleshoot antiquated utility systems, and make fifty year old floors shine. But this group at LAHS is freakishly good. They take tremendous pride in their work, go well beyond their job descriptions, come in early, stay late, communicate well, and do everything with a smile. They know what they do makes it possible for our events to run well and for our programs to perform beyond what is traditionally expected at a high school.

The experience students get at LAHS would not be nearly as special without Anthony Olvera, Jim Poper, Patti Meyer, Steven Smith, Mitch Banales, Ben Ceniza, Tom Flores, Ankou Kanou, Ken Magy, John Mariano, Mel Regeon, Richard Remijio, Moises San Miguel, Bill Scott, John Buezis, Kim Wilson, and Larry Wall. We expect excellence from everyone on our campus regardless of position because we are all a team working for the kids and community. These folks help us to set the bar extremely high each day, and that spirit of excellence is contagious for our students, faculty, and staff. It is another reason it is great to be a Griffin!

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McAuliffe *Middle School*

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Dennis Sackett
Principal

The Eagle has Landed

One small step for man, one giant leap...Ok, the eagle did not land on the moon, but "Ed," McAuliffe's EDucational eagle, has landed at McAuliffe. The school's Modernization Project has complete two phases and is well on its way into Phase 3. An add on to Phases 1 and 2 has been the work of Boss

Graphics and the application of the school's mascot, the eagle, to the front of the school (facing Cerritos Avenue). McAuliffe has additional graphics around the Multipurpose Room that will enhanced by the Renovation Project. Everything is looking good!

Phase 3 is our 'middle' phase with numbers 4 and 5 to follow. The 40's wing that houses the staff lounge, copy/work room, and six classrooms and the entire PE building comprise Phase 3. The classrooms will mirror rooms in the first two phases with new walls, ceilings, floors, and state of the art technology items. A major change in Phase 3 is the renovation of the girls' and boys' PE rooms that house all the lockers and storage for PE equipment. The shower structures will be removed and lockers will be installed around the perimeter with the center of the PE rooms open. That layout will permit staff to use the PE locker room as a "classroom" and also use the locker room during inclement weather conditions.

McAuliffe staff and students have met the challenge of maintaining a high quality teaching/learning climate in the face of major reconstruction. Floors are coming up, ceilings and interior walls are coming down, equipment is racing around, and in the midst of all that exciting activity, staff and students are Taking Care of Business, TCB. The American Bald Eagle is our national bird (Benjamin Franklin wanted the turkey) and like the bald eagle, the McAuliffe educational community exhibits bravery and glory.



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Parent to Parent

Sign Up Now for Spring & Summer Activities



Jodie Lynn

Q. We have four kids in school, ages six to twelve, and are being bombarded with sign up forms. Is it really necessary to get our kids signed up in February for spring and summer activities? With as many kids as we have, it gets expensive very quickly. Are there any other options when a family is on a budget?

A. While it may currently be financially overwhelming, getting kids signed up in February for activities that begin in the spring and summer can be crucial in securing a spot. However, let me remind you things happen and even in early April, there may be vacancies for the summer due to other conflicts, so don't panic yet.

Also, be mindful that due to the current economy, many organizations, including sports, art activities and classes, dance, music, science, math and even computer programs, etc., are trying their best to offer scholarships to families who qualify. Many are trying to cover everything pertaining to the cost, uniform, equipment and shoes by offering a full scholarship, while others are trying to help with at least a twenty to thirty percent savings with a partial one.

If you cannot secure financial aid soon enough, perhaps think about allowing the older kids to participate in one sport for the spring and one for the summer. This way, they will be signed up, ready to go and if a scholarship comes through or even a partial, you will have the freedom of signing them up for one other important activity, or even passing it on to the younger kids.

You may also want to ask if there are any active volunteer positions that need to be filled that might offer an advantage of lowering the cost of an activity and take that into consideration as well.

Last but not least, get yourself organized early by also planning activities for the little ones to do that will still be a ton of fun, yet free:

- trips to various parks that offer different activities during the week that are free to the general public
- visits to the local libraries, which continue to add new things for kids to do at no cost whatsoever
- neighborhood plays (or, just one for your family right in your own back yard), creating costumes, jewelry, hats, scenes and music from things simply lying around the house
- movie nights with kids helping to cook same/similar type of theme as movie via special meal; loads of fun!
- take the younger kids to the older kids' games as a family; it shows continued support and is truly a family affair to have fun.

Jodie Lynn is an award-winning, internationally syndicated family/health and education columnist and best-selling author. Her column Parent to Parent™ (www.ParentToParent.com) has been successful for more than 14 years. She is a regular contributor to several sites and has written four books and contributed to three others, one of which was featured on the Oprah Winfrey Show. She has authored several books including *Mom CEO (Chief Everything Officer)*, *Having, Doing, and Surviving It All!* and *Syndication Secret—What No One Will Tell You!* Check www.ParentToParent.com for details on new radio talk show, Inside Parenting Success.

Ankle Sprains



Dr. Doug Richie

Long distance running is a relatively safe activity with many long term health benefits. Occasionally injuries will happen, and these are usually due to overuse or poor footwear. However, even runners are susceptible to the most common injury in sport: the ankle sprain. Ankle sprains remain one of the most poorly understood injuries and this may explain the fact that over 25% of all people who suffer an ankle sprain never fully recover and will go on to suffer long term problems.

Most ankle sprains occur in people who have suffered a previous sprain. This illustrates the problem that poorly treated first time sprains will commonly lead to recurrent sprains in the same individual. The old term notion that "it's only a sprain" after an ankle injury is now outdated as we have learned that injuries to the ankle ligaments can be more serious than a bone fracture.

The message here is that all individuals should seek immediate professional evaluation of any ankle sprain, even if it appears benign. New techniques of protected immobilization of the injured ankle as well as functional rehabilitation therapy can almost assure a complete recovery. On the other hand, simply applying ice for a few days and wearing an ace wrap will potentially prevent healing of ligaments and lead to long term problems. Yes, it is recommended to apply the "RICE" treatment after an ankle sprain: rest, ice, compression, elevation. But this is only the beginning. Medical evaluation can determine if there is ligament damage to the ankle after a sprain, and will determine if long term bracing or physical therapy is indicated.

When ligaments fail to heal, athletes will have a constant feeling of a weak or unstable ankle. Furthermore, many unstable ankles will develop debilitating arthritis which is almost impossible to treat in later life. All of these negative effects from a simple ankle sprain can be prevented with proper medical evaluation and treatment.

Dr. Doug Richie is a sports podiatrist who has practiced in Seal Beach for 28 years. He is president-elect of the American Academy of Podiatric Sports Medicine and serves as a medical advisor to U.S.A. Track and Field. 562/493-2451



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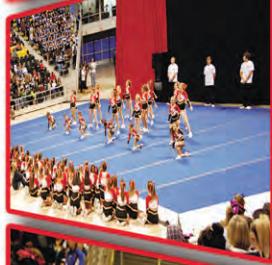
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Homework



Dr. Shari Sweetnam

I was listening to a popular talk-radio show host and a person called in on Friday about a kid who has “no passion” for school. The child is ten. She hates reading and is completely unmotivated about homework. I think she described her as feeling “dead” and bored about it. They determined that the child wasn’t depressed and it was only a schoolwork thing.

Dear Dr. Shari,

The “radio show host” said that “some people develop later” and to just demand that she get at least C’s and let her figure it out. Is it true we should let kids who hate school “fend for themselves?” I am in a similar situation (but mine is only six) and really need to know this answer early. I am uncomfortable with saying a “C” is okay.

Gretchen , California

Dear Gretchen,

I strongly disagree with that advice. Though being unmotivated to do homework is not uncommon, parents can do a great deal to shift that mindset. Please do not give up on your child. Take the extra steps necessary to create powerful experiences for your child. Those experiences will be a part of them forever.

Homework? Special memories? Can you possibly bridge the two? Absolutely. It doesn’t have to be a week long trip to DC that enhances the lesson... Your connection to your child through conversation, interest, exploration and support changes how they experience their homework... and even how they study.

Lessons as simple as learning “spelling” can be done while curled up in blankets by the fireplace. Make up funny stories to study vocabulary. Help your child develop ways of studying, ask your child to read aloud to you or go find a story related to a lesson your child is studying, and read to them.

Make studying fun by using memory tricks . Develop acronyms, songs and rhymes to help your child memorize. Be a part of the action. At six years old, you are helping create study habits. Take this seriously and have fun with it. It will have an enormous effect on their future habits.

Assist your child by teaching them how to use study tricks, testing them and engaging them but also step back and allow space for accountability. At times you should be working together and the child should have “alone time” as well.

You can help your child a great deal by setting the parameters for that time. “After you have studied your spelling words alone, let’s go for a walk and I will test you” or “Once you finish writing your paragraph, you can read it to me.”

Most parents will acknowledge having experienced frustration with homework. However, always remember that you set the emotional tone for every experience. Don’t yell at your child if you are having difficulty getting them to follow through. Like anything else, give the clear directive and the clear consequence. Stay calm and cool and keep it simple.

Standards are necessary for children. Doing the bare minimum to get by should never be acceptable. If a child is capable of getting A’s (and if you are not sure... open up that conversation with their teacher) then you should set high grades as the expectation. If they struggle with academics, evaluate their effort. Expecting a child to “do their best” sets that habitual flow as they move into higher grades.

Children who are not held to standards early on have much greater frustration as time goes on and life gets more difficult..

Challenge yourself Gretchen. Motivate your child, inspire your child.. it is really what parenting is all about. Enjoy this special time in life and write back. I would love to hear about it.

Dr. Shari is the founder of the “Brainpower” program for schools, Author of “*The Learning Toolbox - Memory Skills for Everyone*” used in schools nationwide, “*Inspiring the Love of Learning*” and “*The Algebra Toolbox - The UN MATH Solution*” in schools Fall 2011. Dr. Shari is a syndicated columnist, radio host and author of over 200 articles on the topics of Learning and Memory. Contact Dr. Shari at info@doctorshari.com. For a schedule of radio and television appearances see www.doctorshari.com.



“Tea” Word Search Contest



NEW 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 is the word you email to: Kay@schoolnewsrollcall.com (Please put “LAUSD” in the subject line)

Apricot	Darjeeling	Gold tip	Oolong
Blueberry	Decaffeinated	Iced	Peppermint
Bogawantalawa	Dragonwell	Japanese	Phoenix pearl
Breakfast	Earl grey	Jasmine	Pomegranate
Ceylon	English	Lung ching	Strawberry
Chai	Genmaicha	Mint	Tropical
Chamomile	Ginseng	Moroccan	

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

Entries must be received by March 15, 2011

From the correct entries one name will be drawn to win



\$20 Gift Certificate

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Congratulations to Keith Crafton

Winner of the December Word Search Contest!

Thank You Friends of the Library



Sherry Toth
Branch Librarian

Valentine's Day is February 14th and National Volunteer Week is April 10 - 16, 2011, so this is the perfect time of year to say thank you to the Friends of the Los Alamitos Rossmoor Library for their continued support.

The Friends organized in 1961 and since that time volunteers have tirelessly devoted themselves to working for the library. By operating a used book store and by holding book sales, the Friends raise money for the library to purchase books, magazines, DVDs, audiobooks, and reference materials, including the highly used reference tools Value Line and Morningstar.

If your child has attended a puppet show or magic show at the library, or if your child received prizes when they participated in the Summer Reading Program, you can thank the Friends; Likewise if you have attended a Sunday afternoon program. Each quarter the Friends plan, fund and present enriching cultural programs for adults.

During our refurbishment last April, donations from the Friends made it possible for us to install new countertops on our services desks and to reorganize the children's department.

So thank you to all of the Friends who donate their time and energy to work in the bookstore, to sort books, and to run the book sales. You are truly appreciated!

Want to support library, too, but don't have time to volunteer? Stop by the Friends Bookstore or a book sale and do a little shopping. You are sure to find a treasure and you will help the library!



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Note-ables

Learning in Two Languages



Kate Karp

When I first began teaching, I heard one of Hap Palmer's award-winning recordings in one of my methodology classes—I can still picture the little chalkboard drawings on the album's dust jacket. I thought, hey, I can just let this guy teach my whole class with these songs.

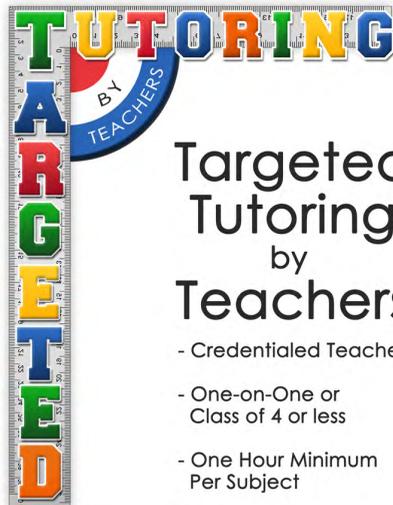
Hap Palmer's first recording, *Learning Basic Skills through Music*, was released in 1969. Over 40 years later, Mr. Palmer is still singing, playing musical instruments and teaching teachers how to teach basic skills through music and movement. The only changes from the early years are the CD format and the brightly

colored pictures on the booklets. His latest release, *Learning in Two Languages*, teaches clothing, opposites, days of the week, colors, directionality, body awareness and adverbs in paired English/Spanish versions of songs, delightfully performed by Mr. Palmer and a band of accomplished studio musicians. The instrumental tracks for each number are included in the last section, to use when children have learned the words. The songs are perfect for assemblies, teaching language at home, and second-language classes in either language, and production quality is as excellent as the CD's contents—during "What Is This Sound?" I rushed to answer a nonexistent doorbell and the cats perked up at a *meow* from the speakers.

Mr. Palmer's coupling of music with body movement, or Total Physical Response (TPR), is a long-recognized best practice for teaching language development: "If you're wearing pants, stand up. If you have any pockets, stand up." The familiar sequence of days of the week gets an additional boost from the idea that the week doesn't stop at Saturday—or Sunday in Spanish—but starts over again. In "What do the Animals Say?" Mr. Palmer cleverly teaches the importance of listening by singing, "But the rabbit says nothing—it just listens, listens, listens."

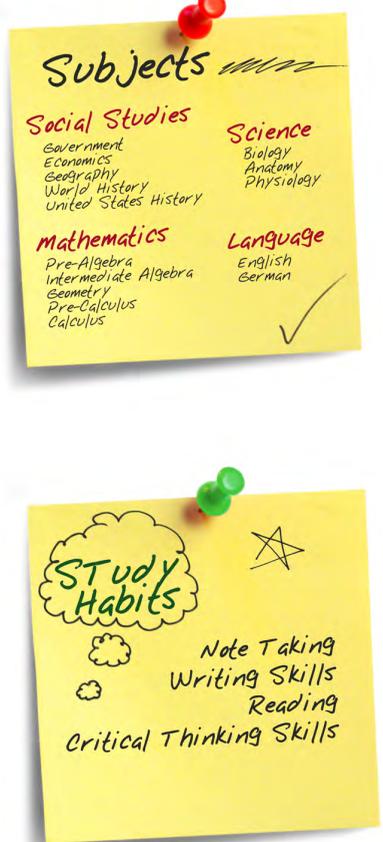
Lyrics and activities for each CD are available at www.happalmer.com.

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



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- One Hour Minimum Per Subject



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McGaugh *Elementary*

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Daryle Palmer
Principal

Sprinting Sea Lions?

By Bill MacDonald, Assistant Principal

Sprinting Sea Lions? No, this is not a reference to a Dr. Seuss book, but rather part of an exciting new physical fitness program at McGaugh Elementary! Sea Lion Sprinters are 4th and 5th grade students who meet every Friday just before dismissal to run a brisk two miles (or fifteen minutes, whatever comes first!). The goal each week is to run a little further and faster than the prior week, building strength and stamina throughout the year.

Students are not the only ones sprinting, Mr. MacDonald, the Assistant Principal, runs each week as do several fourth and fifth grade teachers and even the occasional school Psychologist.

All Sea Lion Sprinters wear red to show their school spirit and are enthusiastic about their weekly run. The ultimate goal is for 5th grade students to leverage their sea lion sprinting to achieve success on the statewide physical fitness exam conducted in February and March. A great number of students have already broken the ten minute mile threshold which denotes proficiency in accordance with state standards. Still, they are striving to improve to a seven or eight minute mile pace to achieve the elite “Diamond” status granted to McGaugh’s superior athletes. Additionally, many students have set a greater goal of running the annual Seal Beach 5K/10K held in the spring.

Sprinting Sea Lions? Yes, they are more than fiction here at McGaugh where it is universally understood that the fit sea lion is a healthier, happier, and smarter sea lion!

Oak *Middle School*

10821 Oak St., Los Alamitos, CA 90720 • 562/799-4740 • www.losalusd.k12.ca.us



Sally Neiser
Principal

So, What’s a Heat Shield Tile?

By Dave Beck—8th Grade Science Teacher, Space Camp Graduate and “Resident Space Geek”

Oak Middle School recently received a small piece of NASA history, a Space Shuttle Heat Shield tile, complete with its stenciled inventory and location number for attachment to the Shuttle.

If you have ever seen a close-up picture of the Space Shuttle, you may have noticed that the space craft’s outer surface appears to be covered by black or white bricks or tiles—very high tech, expensive, super-light-weight tiles that you can hold comfortably in your bare hand, while a welding torch blasts the other side. The heat shield tiles were one of the key technological innovations that made the shuttle program possible. Without them, the space craft’s light-weight aluminum structure would never be able to survive the 10,000 degree heat of re-entry to our atmosphere at 25 times the speed of sound.

The entire bottom, sides and rudder of the Space Shuttle are covered with 35,000 tiles, each one specifically designed for a unique spot on the ship’s outer skin. They are somewhat brittle, and usually a couple hundred have to be replaced after each shuttle flight due to various kinds of damage.

As the Space Shuttle program winds down with the last flights to take place this year, NASA is donating its inventory of shuttle parts to schools and institutions across the nation and Oak’s 8th Grade Science Teacher Dave Beck applied to NASA for one of the tiles. “We are thrilled and proud to have received this piece of NASA history,” notes Principal Neiser. Teacher Beck notes, “As the resident space geek, I never thought I’d be able to obtain and share with the students something so cool. It’s a great example of how small breakthroughs in technology make big projects possible.”

Rossmoor *Elementary*

3272 Shakespeare Drive, Los Alamitos, CA 90720 • 562/799-4520 • www.losalusd.k12.ca.us



Kiva Adele
Principal

Together We Recycle!

On the first Thursday of each month, Rossmoor Elementary School has a community recycling day. With the help of parents, the student leadership team gathers, bags and transports heaps of CRV bottles, cans, cardboard and other recyclable items to our new 21 foot recycle container. Each full container turns trash into cash!

If you live near Rossmoor and collect CRV bottles and cans, please think about donating to our cause. There is no need to sort, just bring your bottles, cans in a plastic trash bag to Rossmoor Elementary on the first Thursday of every month and the school benefits from your generosity. All money collected from our recycling program is spent on campus beautification projects. We plant flowers, trees, paint murals and more! Recycling helps the school, the community and the planet. We hope you will be a part of our Rossmoor Recycling Team!



Weaver *Elementary*

11872 Wembley Road, Los Alamitos, CA 90720 • 562/799-4580 • www.losalusd.k12.ca.us



Erin Kominsky
Principal

MANDARIN CHINESE CLASSES • FROM PAGE 1

instructors are all native Mandarin Chinese speakers who have completed a very competitive language-training program sponsored by the U.S. Dept. of Education Foreign Language Assistance Program. Each class session lasts 90 minutes and will continue for 11 weeks.

We are thrilled to launch the Mandarin Chinese classes at Weaver and are excited for a second session in the spring. This is a wonderful opportunity for our students and we are grateful to the Education Foundation for making it possible.



Meg Cutuli
Clerk

So how is Los Alamitos Unified doing with the budget cuts? It's a tableau of everyone pitching in to do more with less. You don't educate children in isolation and, in Los Al, we have a village of caring people who want the best for the children. We have incredibly generous parents and community members who want to see our children succeed. We have PTAs, school foundations, booster clubs and the District Ed Foundation working to help pick up the slack from the State. As a District, in the past, we have had to lay off teachers, counselors, specialists, clerks, maintenance and custodial workers. Last year, we raised class size. This increases the teachers' work load and concerns for every student's success. Last year, we had two unpaid furlough days for all our staff and this school year we will have six furlough days. This equates to approximately a 4% pay decrease for our employees. This action was overwhelmingly approved by both of our unions who have actively been a part of the solutions since this financial crisis began. The general belt tightening at all our sites is seen every day. And because of our wonderful community, the District Educational Foundation was able to help relieve the impact of our increased class sizes at all grade levels. Intervention teachers at our elementary schools and additional sections at our middle and high schools are being run due to the money (\$135,000) that they raised for this purpose.

But as a result of all these efforts – We're solvent! And our students are continuing to learn at record levels. Accordingly to the *Orange County Register*, Los Alamitos is the Number 1 district in the county for elementary education. All our elementary schools have API scores of over 900. Our district API score is 904! We have more students taking and passing Advanced Placement courses than ever before. And we continue to look at what new offerings we could have in Advanced Placement courses. We have a higher percentage of our high school graduates meeting the University of California entrance requirements. And we can't forget our nationally recognized programs in choral music, instrumental music and song and cheer. Our champion athletic teams produce many college scholarships for men and women.

By keeping what would work best for the students and classrooms, we have continued to grow academically. By working with all our stakeholders on priorities and solutions, our students continue to learn. When you have everyone's hands in the middle, dedicated to student success, you will continue to see student success.

Go Los Al!



Dr. Gregory A. Franklin
Superintendent

Less exciting than these physical changes, but crucial to the success of the building program, is the important work that goes into the timely financing and planning of the construction. The District has strong bond ratings from Moody's and Standard and Poor's that save tax payers money over the life of the bond through lower interest rates. These ratings are a reflection of the sound financial management and oversight provided by the Board of Trustees. The District recently was successful in applying for Qualified School Construction Bonds (QSCBs) which will further save District property tax payers even more money. QSCBs are general obligation bonds that will be subsidized by the Federal Government. Los Al was successful in its application for QSCBs because of the great work being done by the construction team of the District's staff, architect, and investment banker. Having construction plans already approved by the State architect put Los Al at the front of the line for these favorable bonds.

In Los Alamitos it is the attention to detail that makes programs so successful – whether teaching kids to read or modernizing the classrooms where they learn.



Karen Russell
President



Meg Cutuli
Clerk

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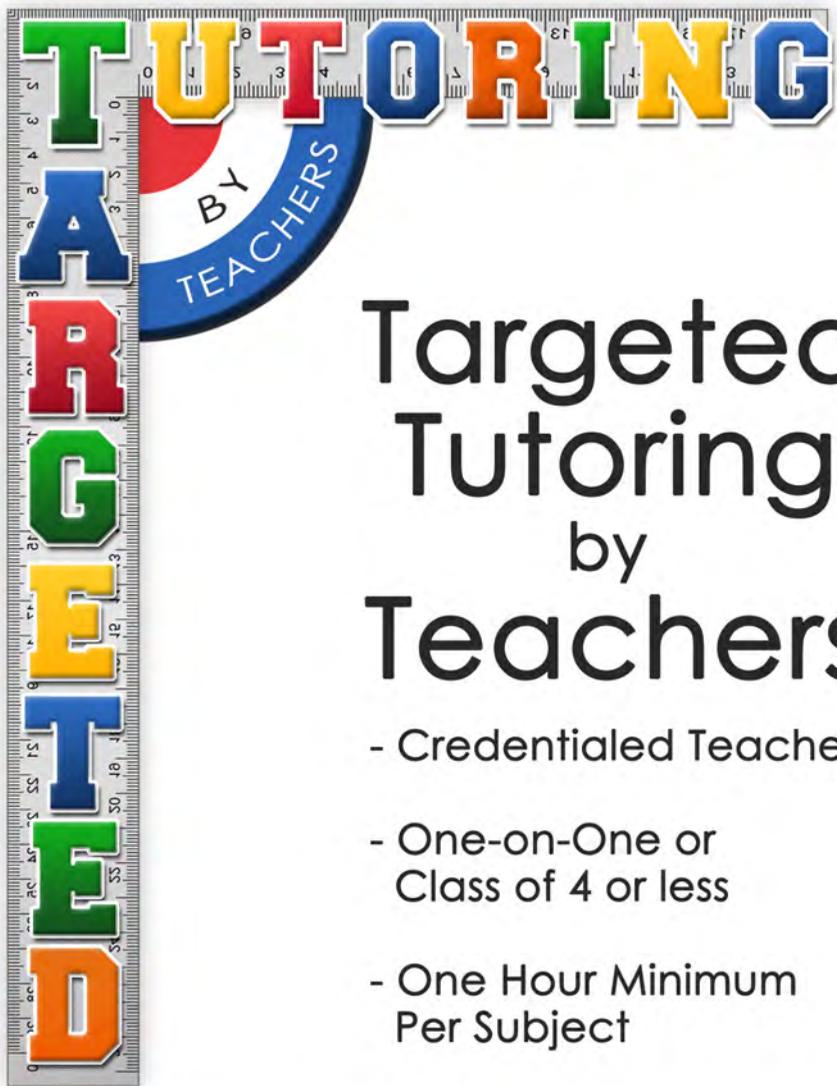
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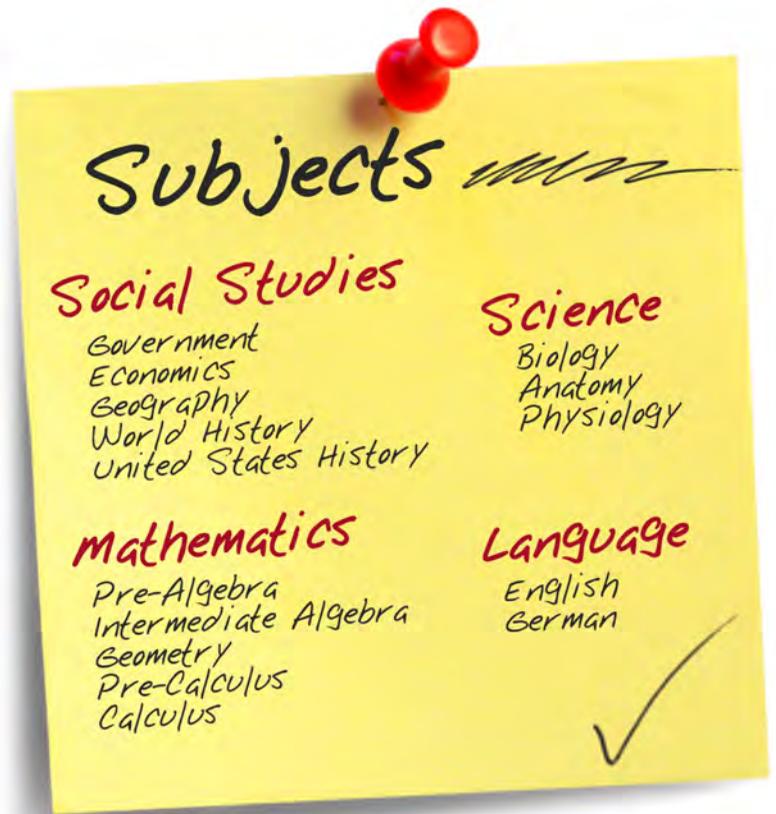
(inside Brita's Gardens behind Nick's Deli on Main Street)





Targeted Tutoring by Teachers

- Credentialed Teachers
- One-on-One or Class of 4 or less
- One Hour Minimum Per Subject



Subjects

Social Studies

Government
Economics
Geography
World History
United States History

Science

Biology
Anatomy
Physiology

Mathematics

Pre-Algebra
Intermediate Algebra
Geometry
Pre-Calculus
Calculus

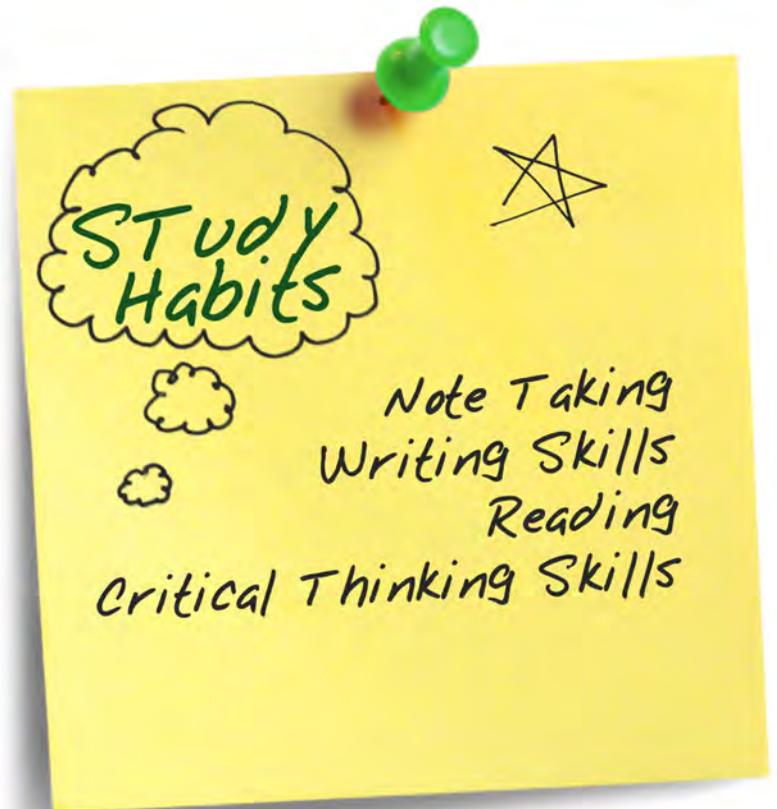
Language

English
German



Test Preparation

PSAT
SAT, SAT II
ACT
CBEST
Advanced Placement
International Baccalaureate



Study Habits

Note Taking
Writing Skills
Reading
Critical Thinking Skills

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