

FREE

School News



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

VOLUME 8, ISSUE 41

APRIL / MAY 2011

SUPERINTENDENT



Dr. Gregory A. Franklin
Superintendent

I had the good fortune to spend the morning of St. Patrick's Day at Hopkinson Elementary School in Rossmoor. What a delight! Students arrived at school to find the results of leprechaun mischief—

little green footprints on the desks and counters, spilled paints in the sink, upset chairs and tables, and rhyming riddles on the white boards – but they also left pots of chocolate covered in gold foil and other treasures. Younger students were thrilled, and older students were skeptical. What was even more impressive is that the creative Hopkinson teachers immediately followed up with opportunities to turn the fun into learning.

In the lower grades, students were distributed clover nametags with their Irish names for the day. There was even one for me – Dr. MacFranklin. (Thank you, Mrs. Fieldson!) In one kindergarten class the students counted the chocolate coins in a variety of ways—by ones, by tens, and by twos. In a second grade class students wrote a paragraph about whether they believed that a leprechaun really disheveled their classroom, or whether they thought the teacher may have done it. The teacher reminded students to support their opinions with facts. In an upper grade classroom students were learning facts about Ireland and the Irish around the world (Did you know there are nine times as many Irish in the U.S. as in Ireland?). In yet another class, Irish dancers performed for students and led a discussion about Irish culture.

SEE SUPERINTENDENT • PAGE 6

Rossmoor Adopts "Disco" the Horse



Rossmoor fifth grade students with their adopted horse Disco.

By KIVA ADELE, PRINCIPAL

Each year, the Rossmoor 5th grade hosts a fundraising campaign to support a non-profit organization. This year, the Rossmoor Knights chose the Red Bucket Equine Rescue. This non-profit rescue organization is located in our neighboring city Huntington Beach. The Red Bucket rescues abused horses from around the world and nurses them to health with the assistance of community volunteers. Rossmoor students sold Valentine grams for two weeks to promote kind words to others in addition to raising money for the charity. Their efforts resulted in over \$1200 to donate to the Red Bucket Rescue.

The students visited the Huntington Beach location where they toured the stables, interacted with the horses and adopted "Disco" our own Rossmoor horse. The funds raised will ensure Disco has food, shelter, treatment and the love he needs to grow strong and find an adoptive "forever home" with a community family. The students are proud of their efforts and the entire school is excited for Disco, our new Rossmoor pet.

BOARD OF EDUCATION



Diana Hill
Member

As the newest member of the LAUSD School Board, I'm honored to work for this community and our children. It's also a wonderful opportunity to work with an incredible group of professionals.

They truly practice "Excellence Never Rests." With that being said, I'd like to share with you an extraordinary effort that was made by our district and spearheaded by Patti Meyer, Assistant Superintendent of Business Services, to save us, the taxpayers, over \$60 million dollars. I hope that got your attention, it did mine.

Our community came together in 2008 and passed a much needed facilities bond, Measure K. One site has been completed, McGaugh. We

are in the middle of construction at LAE and McAuliffe and have plans submitted for Rossmoor and Hopkinson, so we're well on our way. How do we get the cash to complete these projects you might ask? It's by selling bonds. While in the middle of this complicated process Mrs. Meyer discovered an opportunity to sell bonds under the American Recovery and Reinvestment Act of 2009. This act allows the district to sell bonds where the interest is subsidized by the Federal Government. In simple terms, what this means is that the taxpayers are now almost free from paying interest on \$19 million of the \$126 million in bonds to be sold over the next several years. As a board member and taxpayer I am very proud that LAUSD staff is such a good steward of my money. How about you?

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School News Roll Call

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Kay Coop

Founder / Publisher



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With spring finally here and summer just around the corner, students are busy testing. At times it seems the only constant is education. No matter what the economy brings the LAUSD continues focused. This issue brings you information from the classroom on subjects of robotics, outdoor learning, music, fundraising efforts, new technology, celebrating reading, and Laurel High School's accreditation.

Don't forget to enter our Seek and Find Contest on page 10 and see who won last month's word search.

Our next issue is June 1st.

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Covering the
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RELIEF FROM HOMEWORK FRUSTRATION



Many children experience anxiety, frustration and feel overwhelmed when asked to complete basic classroom and homework tasks. Parents are often baffled as to the cause of their child's struggle in school. Parents may be told that their child is unmotivated, lazy or has a learning disability, but these labels don't help find a solution to their child's problems. The hours spent on homework are painful and frustrating and frequently accompanied by tears.

The cause of these struggles may be due to poor vision processing skills. Children lacking vision processing skills experience difficulty copying information from the chalkboard, are unable to complete assignments quickly, do poorly on timed tests, often have poor spelling skills and suffer from poor reading comprehension.

The Vision Improvement Program (VIP) is a program designed to attack these underlying vision processing skills. Students average 3.1 years growth in visual processing skills during a 10 week treatment program.

Symptoms of poor vision processing skills include:

- Losing one's place or skipping words or lines
- Forgetting what has just been read
- Reversing letters (b,d, p,q) or words (was and saw)
- Making "careless" errors
- Poorly spaced or "sloppy" writing
- Always "daydreaming" or not paying attention
- Moving entire head when reading
- Failing to complete assigned work
- Working slower than their peers

Does your child or someone you know have these symptoms? If so, Dr. Wilkins is providing a **free** screening to identify children with vision processing learning problems.

**Please call for screening time and appointment:
(714) 995-4571**

Summer Registration Options

By Randy Hill, Vice President

The 2011 Summer Enrichment Institute (SEI) course catalog and registration materials are now available. The Educational Foundation (LAEF) is very excited to announce the growth from 41 sections last year to 66 this time around. After serving over 600 students in 2010, we are all excited to see how many students will benefit from these offerings this year.

SEI offers enrichment and academic preparation courses to all students in kindergarten through 12th grade across the content spectrum: math, language arts, visual performing arts, foreign language, science, test preparation and much more. Registration began in March and ends May 13. But don't delay, as classes are filled on a first-come, first-served basis and fill quickly.

The elementary (K-5) and secondary (6-12) catalogs are available for your review, as are the registration materials at the Los Alamitos Educational Foundation website. All elementary summer courses will take place on the Weaver Elementary School campus, and all secondary courses will take place on the Los Alamitos High School campus.

Students will register in the fall for classes for the grade they are entering. Log on to the new foundation website to read about the new K-5 four-hour program as well as busing options to Camp Fun in the Sun and The Youth Center for families who need all-day care. Classes fill quickly, and registration opened up to non-LAUSD students on March 14th, so don't delay.

If you have any questions, please call or e-mail Ondrea Reed, LAEF executive director, at our office or at oreed@losal.org.

The 2011 Summer Enrichment Institute (SEI) course catalog and registration materials are now available.

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Hopkinson *Elementary*

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Celebrating Reading

By Dawn Caires, Second Grade Teacher

Dr. Linda Stewart
Principal

On March 2nd, in honor of Dr. Seuss's birthday and in celebration of Read Across America, Room 18 invited friends and families to come and share the gift of reading. We were honored to have grandmas, grandpas, aunts, uncles, moms, dads, and special family friends join us. It was a rare opportunity for some favorite people to read a book to their little loved one. It was a total surprise to the students who returned from lunch to find someone special had come to read to them. Everyone enjoyed the reading of at least one Dr. Seuss book followed by cake and juice. We were even lucky enough to have a grandmother read to her grandson in Hungarian!

The motto for the day was, "You're never too old, too wacky, too wild, to pick up a book and read with a child. You're never too busy, too cool, or too hot, to pick up a book and share what you've got." (Taken from the Read Across America Poem.) Following the event, all the children wrote Green Eggs and Ham thank you notes to their special reader.



Lee *Elementary*

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



Building Great Readers

The Lee Elementary School community understands the power behind having students build their stamina in reading. Lee has seen dramatic improvements in reading levels by having children spend large amounts of time, both at school and at home, reading quality literature with Good Fit Books.

Every month, parents receive a *Building Readers Newsletter*, providing parents with easy, yet powerful tips they can incorporate at home each month to help support their child's reading growth. In addition, the newsletter offers a suggested book list for lower and elementary readers.

Additionally, our PTA has developed a service project to help students and parents fill their home libraries with quality literature. Throughout the year, PTA collects gently used books from families and, in March, we hold a Gently Used

Book Fair. Throughout the week, students buy books for only 50 cents to take home and read. During parent conferences, parents stop by the Gently Used Book Fair and select books for their children. The goal of the Gently Used Book Fair is to provide greater access to quality literature for all families, especially families who may not otherwise be able to afford them.



Students selecting books at our Gently Used Book Fair.

Laurel *High School*

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



Mark Johnson
Principal

Laurel is Visited by WASC Accreditation Team

In early March, Laurel High School participated in the Western Association of Schools and Colleges (WASC) accreditation review process, which included a site visit from an outside accreditation team. The WASC accreditation process is a critical component to every high school's improvement efforts. It is through this process that schools are able to analyze strengths and weaknesses, develop an improvement plan, and take the appropriate action to remedy any areas of concern. In preparation for the visiting committee, Laurel's staff conducted a self-study that required a great deal of



WASC Committee Chair Kathy Longe
and Laurel HS Registrar Leslie Wornell.

data analysis, conversation, collaboration and critical reflection. After a two-day visit from the committee, the staff was extremely excited to review the committee's final report, as it provided tremendous validation for all of the programs and changes that have been implemented over the last three years. Laurel is proud to join other outstanding accredited high schools providing outstanding programs for students!

Los Alamitos *Elementary*

10862 Bloomfield St., Los Alamitos, CA 90720 • 714/816-3300 • www.losalusd.k12.ca.us



Dr. Sunghie Okino
Principal

Community Members Embrace Read Across America

Twenty-five community members shared their love of reading with students during the Read Across America celebration on March 2. "This has been our experience at LAE. We have such a great community with supportive individuals who care so much for our students," commented Dr. Okino, LAE's principal. She pointed out that when significant people in children's lives read with them, it models how important reading is and helps to grow children's love of reading at an early age.

Thank you to community readers: Diana Hill (School Board Member), Eamonn O'Donovan (Assistant Superintendent of Human Resources), Captain Bruce McAlpine (Los Alamitos PD), Kristin Berry (Los Alamitos PD), Marilyn Poe (Los Alamitos City Council), Jim Arvizu (firefighter and parent), Staff Sgt. 1st Class Merrick Currier and Staff Sgt. Connie Currier (Joint Forces Base and parents), Judy Miller (retired preschool teacher), Lou Matsler (retired LAE teacher), Rosemary Happoldt (retired LAE teacher), Deborah Driscoll

(American Legion), Courtney Meredith (PTA President), Alice Jemspa (Rotary Club), Lois Cohn (retired Media Center teacher), Dawn Ulbrich (parent), Kari Vasquez (parent), Bruce Fielden (engineer), and students — Ericka Knapp, Iris Kang, Abbie Sheridan, Kayla Moore, Toben Torres, Taso Spathopoulos, and Jessica Rennekamp.



Los Alamitos *High School*

3591 Cerritos Ave., Los Alamitos, CA 90720 • 562/799-4780 • www.losalUSD.k12.ca.us



Dr. Grant Litfin
Principal

Showtime Rolls On

The spring semester at Los Alamitos High School (LAHS) is filled with events, games, awards, banquets, assessments, and productions. Amidst this whirlwind of events are some that rarely get the headlines, but are among the elite of our school: our jazz bands and Drama Department.

All three levels of jazz are among the best bands in the state (along with our two feeder jazz programs from Oak and McAuliffe Middle Schools). Each of the LAHS jazz groups are led by Mr. John Rush and compete in festivals all over California. This spring, Jazz 1 has even been invited to attend the prestigious Monterey Jazz Festival, where only the best bands, selected by a blind CD sampling of hundreds of performing groups, get to perform.

Another showcase program at LAHS is our drama program, headed by Mrs. Taryn Stenberg. Our drama students have put on two fantastic shows this year: Shakespeare's "A Mid-Summer Night's Dream" and "Black Comedy." As if that wasn't enough to tackle during Mrs. Stenberg's first year at the helm, our talented drama students are presenting "Rebel Without a Cause" this spring. From Shakespeare to Dean all in the same year...wow!

If you'd like to come check out either of these two amazing groups in action, please visit our Web site to see upcoming show times or come see them at 6 p.m. on April 14 in the Performing Arts Center, as they will be performing briefly before our annual Back to School Night.

McGaugh *Elementary*

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The Great Outdoors

Monday, January 24th dawned with a bright sun but cool temperatures as McGaugh's 122 fifth graders boarded buses to head off to Camp Edwards located in the San Bernardino Mountains. Jennifer Gaw, Michelle O'Brien, Lisa Salmones, and Becky Kostrzewa joined their students for the two hour drive up to camp and the great outdoors.

Camp or actually "Outdoor Science School" is an annual experience, treasured by all fifth graders. Students participate in active hands-on learning experiences including plant and animal survival, and ecology. Students also participate in astronomy as part of their night hike and try their hand at archery and the rock climbing wall.

Of course some of the best learning experiences at Outdoor Science School are often unexpected. Students learn responsibility, having duties each day that contribute to the camps daily operations, from serving meals to cleaning up cabins. They also make new friends. A cabin buddy that they did know before may become a friend for life. The memories made this week will last forever.



McAuliffe *Middle School*

4112 Cerritos Ave., Los Alamitos, CA 90720 • 714/816-3320 • www.losalUSD.k12.ca.us



Dennis Sackett
Principal

Robotics Success

The clubs at McAuliffe Middle School offer a wealth of variety and enrichment. Students are involved in activities from raising money to help the needy to building robots that might open the door for some to be future scientists or astronauts. The Robotics Club has the students committed to building a robot that will compete against other robots in competitions.

Recently students Brandon Taga, Josh Suniga, and Dehwei Hsu and their coach Oliver Chen, a former McAuliffe student who now attends Los Alamitos High School, and science teacher Ann Neufeld, took a long drive to Sultana High School in Hesperia. Twenty-six high schools and three middle schools were involved in the competition. The McAuliffe team finished in the "sweet 16."

The tournament rounds were most exciting. The McAuliffe robot was in an arena with three other robots. Under remote control only, the robot's task was to place plastic rings on posts, guard them once they were placed, and try to remove other robot's rings. The tournament rounds were two minutes long. The McAuliffe robot made it to the quarter finals in these tournament rounds. In the skills round, the robot's task was to place as many rings on as many posts as possible in one minute. The McAuliffe team made it to the final eight in this event.

Congratulations to the Robotic Club members for their participation in this club and the fun that they are having. May the Force be with you.

Oak *Middle School*

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



Sally Neiser
Principal

Learning Beyond the Classroom

Not all learning takes place within classroom walls. Oak Middle School science students have numerous opportunities to extend their classroom experience to such unlikely places as Disneyland, the Long Beach Aquarium and the Ocean Institute.

The sixth-grade class is gearing up for its annual science field trip to the Ocean Institute in Dana Point, where they will participate in a program called "Living Systems." This will be a full day of oceanographic research that meets the California content standards. The students will be experiencing hands-on science aboard the Sea Explorer laboratory boat and with interactive indoor labs.

The eighth-grade honors science class has scored a few "out of this world" field trip experiences this year. In the fall, they participated in a "Physics Day" study of roller coaster speed and velocity at Disneyland. And last month they were the first middle school visitors to get a behind-the-scenes tour of Space X Corporation in Hawthorne. Space X is the builder of the new Falcon and Dragon spacecraft, the first commercial rocket launching contractor to carry cargo after the Space Shuttle retires.

The eighth-grade science students also scored well in representing Oak at the county's Science Olympiad competition.

Congratulations goes to award winners Bruno Youn, for third-place in the solar system; Alexis Necarsulmer for fifth-place in the bottle rocket; Brook Belt and Emma Malloy for fifth-place in both the "Write It-Do It" and "Science Crime Busters" categories; Johnny Blumberg for fourth-place as a Disease Detective; and Connor Brown and Anthony Jarvis for fifth-place in "Can't Judge a Powder."

These field trips offer our students some exciting, hands-on applications of what is taught in the classrooms. It is science at its best!



IMPORTANT IMMUNIZATION INFORMATION

Adolescent whooping cough booster shot is the new school requirement.

For more information please see our ad on page 10.

Rossmoor *Elementary*

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Kiva Adele
Principal

Rossmoor Adopts "Disco" the Horse

(Please see our story on the front page.)

Weaver *Elementary*

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Erin Kominsky
Principal

New Technology

Thanks to the generous contributions of our Friends of Weaver group, our school technology continues to grow. We have recently purchased two new computers for each classroom, for a total of 52 new computers. These computers have been added to each classroom so that our students can have daily access to ST Math (MIND Research Institute), Math fluency practice and the Worldwide Web for research and development of class projects. In addition, we have just ordered sets of student response systems. These high-tech response devices enable students to submit answers to classroom quiz practice without the use of paper. The students absolutely love this system and are very motivated in class to "click in" their answers.

Friends of Weaver have also recently purchased document cameras for classroom use. These document cameras enable teachers to project images from textbooks and science experiments. The document cameras are also really great for showing student-sample work.

Our Friends of Weaver group recently held their annual dinner/auction to support the technology at Weaver. This year, they were able to raise additional funds to help us continue to purchase updated technology for Weaver School. After we have purchased document projectors and student response systems, our next goal involves the purchase of laptop computers for use in our fifth-grade classes. The laptops will give each student one-to-one access of computers inside his or her own classroom. Daily access to computers is essential to help our students conduct their research for their science and State reports. We are grateful for the continued support of our Friends of Weaver group.

SUPERINTENDENT • FROM PAGE 1



Dr. Gregory A. Franklin
Superintendent

In today's culture of high stakes testing and accountability, it is satisfying to know that teachers understand that academic achievement and fun are not mutually exclusive. On St. Patrick's Day, Hopkinson students thrilled to the novelty and creativity of the teachers, and it seemed the most natural thing for them to count the chocolates, write an essay expressing their opinion about leprechauns, or learn Irish history and culture. I am proud of the Hopkinson staff, and all of the LAUSD teachers who engage students in creative ways. Excellence never rests!

Go Los Al

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Knee Pain in Runners



Dr. Doug Richie

One common cause of knee pain in runners is Iliotibial Band Syndrome (ITBS). This injury is almost unique to runners and can be a long-term, frustrating injury to recover from.

ITBS causes lateral, outside knee pain during running activities. The pain usually does not start immediately, but more commonly begins several miles into a long run. The pain will build during the run, usually becoming severe and forcing the runner to stop and walk home. Curiously, the pain will subside in just a few hours, and will not be felt the next day. However, the pain will quickly return if another run is attempted.

Specialized Stretching Program

ITBS is a classic over-use injury usually seen in runners who are training for longer events, such as a half-marathon or full marathon. The iliotibial band is a long tendon that runs along the outside of the thigh and knee. During extensive running, the iliotibial band tightens and begins rubbing against the knee joint. A dull, aching pain can turn into agony as the run continues.

The main treatment of ITBS is a specialized stretching program for all of the muscles around the hip joint. Foam rollers can also be used to increase flexibility of the iliotibial band. These treatments are best taught and supervised by a qualified trainer or physical therapist.

Runners are usually allowed to continue running in the “comfort zone” until the point of pain is reached, and then the run should be terminated. In general, switching to softer running surfaces or softer running shoes can be helpful. No matter what, recovery is usually slow, but predictable.

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

Staying the Course to College

In January, the annual Indoor Virtual Rowing Race was held at the Long Beach Rowing Association on the Concept 2 rowing machines. In the world of rowing, a good score/time on the Concept 2 indoor rowing machine for a 2,000-meter race can almost guarantee your admission to any college with a rowing team in the United States. The equation for the past 30-plus years has been as follows: a good GPA + SAT + 2K (2,000 meter) time on the Concept 2 = your choice of any college and possible scholarship with the sport of rowing!

Recently, I had the pleasure of meeting the Menzel Family from Seal Beach in my Indoor Rowing Class. Maggie, her husband and her son, Andrew Menzel, took the class for a few months, and Andrew, a 17-year-old former football player at Los Alamitos High School, was very interested in joining the Long Beach Junior Crew rowing team for the spring/summer season.

It was perfect timing, as the beach sprints were fast approaching. I devised a plan that Andrew would race under the Powerhouse Fitness Affiliation and race 2,000 meters—approx. 1.25 miles—and would pull a fast time and beat current Long Beach Junior Crew members while he had little to no experience in rowing. Andrew was tall and strong, and with some coaching from me during the race, he ran to a time of 7:09 for a 2,000-meter race. I told Andrew that the goal was to break seven minutes, and he came really close.



Andrew Menzel ended up coming in fifth place in the Junior Crew Novice Event out of nearly 50 entries. Yes—that is fifth place, with *very little* rowing experience out of 50 students with rowing experience! Not bad. My first-ever 2,000-meter race on the machine was when I was exactly 17 years old at the exact same period when I joined the Junior Crew and I had pulled a 7:04. However, I had a slight advantage at rowing just a bit before because my father, John Nunn, was a bronze medalist in rowing in the 1968 Olympics as well as an Olympic Rowing coach in 1976.

After the race, I immediately introduced Andrew to all the coaches from the Junior Crew, and just like that, he was swept from my hands off the Powerhouse Fitness Indoor Rowing Program and is now on his way to trying to train hard enough to make it into college and row for his dream college, the U.S. Naval Academy. Since my father and I have been rowing for so long, we both know almost every rowing coach from every major university throughout the United States. I'm sure Andrew Menzel will still stop by for a class or two during the summertime, and he has one more year to prove himself and possibly even get a scholarship to the college of his choice. Who knows? He might even have a shot at making it to the Junior National Team Level as I did with the same amount of time it took me.

Since the learning curve in rowing is very steep, you can become very effective in a very short period. Like any sport or activity, in rowing, it takes a little longer to fine-tune everything else about the stroke and how to apply the power through your legs while balancing on the water. Strength, endurance, mental toughness and teamwork all play a huge role in the sport of rowing.

One last thing—going fast in the sport of rowing depends on how efficiently you can use the strength through your legs, because rowing is 70 percent legs and the rest of it is really momentum through the body. Everyone thinks rowing is a 100 percent upper-body workout, but in reality, only 10 percent of the power comes from your arms!

Jack Nunn/Owner, Powerhouse Fitness Center, 5750 Boathouse Lane, Long Beach, CA 90803
562/688-1716, www.powerhousefit.com.

Surfs Up

How To Become a Sponsored Surfer

By Chad Wells

Surfing is a unique sport and different from most stadium sports in the sense that, instead of having to purchase your uniform and equipment (like in football or baseball) an amateur surfer has the potential to have multiple sponsorships—where he or she is given things such as a clothing, wetsuits, sunglasses, watches, skateboards, sunscreen, surf wax—all for free. They can even get a surf shop sponsor! An exceptional amateur may also be paid, as well as have a travel and contest budget.

This all has to start somewhere and for every successful professional surfer, down to the freshest beginner, that place is the white water. Now, assuming you've made it past the surf lessons and have worked your way to a performance surfboard, it's time to test your hand at surf events.



Photo Courtesy of Chris Sardelis

Where to start? All coastal areas have surf shops and in those shops you can find information about surfing associations that run monthly contests, or you can find this on the internet. These contests are where a young surfer must start his campaign on the quest for results and the possibility of becoming a sponsored team rider.

Enter some surf contests and try to get yourself into the finals - hopefully win a few. When the contest results start improving you'll need to get some still photos of yourself. Just good action shots showing your skill. Then, in my opinion, the most important part is to have your mom, dad, or a friend video you and start compiling footage. When you have enough good video clips edit them down to a minute and a half long movie and add in some music (the music is optional).

Once you have your contest results, photos, and the short clip you'll need to put together a portfolio. This will include all the items mentioned above, and will also include some basic info about you - sort of a resume. You should include name, age, years surfing, local surf break and I really like to see a letter of recommendation from somebody you hold in high regard in your surf community. Whether it is a local pro, surf shop owner, or the surf coach at your high school, it helps to give a little insight as to how you are viewed by your peers. Make four or five copies of your portfolio.

Now you're ready to approach team managers from the various surf companies. Working as a team manager, I like personal interaction and don't mind receiving portfolios at surf events. It gives me a chance to check out the athlete in question, as well as see their beach and water activity. I can also see how they interact with others at the event. After all it is a matter of seeing if that person would make a good representative for a brand, and if they are serious about their surfing.

Chad Wells is a life time resident of Seal Beach. A competitive contest and professional surfer, Chad works as the Surf Program Manager at Quiksilver and oversees the US professional and amateur teams.

PERFECT DAY SURF CAMP

Surf for Japan

Spring Break

Perfect Day Surf Camp is giving 100% revenues from Spring Break Camps to help children in Japan.

Santa Monica & Redondo Beach, Ca., April 4-29, 2011- Perfect Day Surf Camp, a surf/beach camp for ages 5-17 & surf school for adults in Santa Monica and Redondo Beach, is known for helping our children. Owner, Robbie Yrigoyen, always dreamed her career would be a part of giving and she successfully does it every year by providing a day of fun for inner city kids, kids with autism, battered children & cystic fibrosis sufferers. After learning there were over 100,000 children displaced in Japan from the tsunami, Robbie chose to dedicate the weeks with most participants in each location, to a foundation helping those children in Japan by giving 100% of her earnings to them. Save the Children foundation have requested 1.6 million and have several teams working in Japan. Children's Hunger Fund seeks opportunities to respond and provide help to the victims as well. With all of our help a little can go a long way.

Sign your kids up to SURF FOR JAPAN in our Spring Camps April 4-8, 11-15, 18-22 or 25-29.
WWW.PERFECTDAYSURFCAMP.COM
310-985-1458
info@perfectdaysurfcamp.com

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ROSSMOOR PARK DAY CAMP
For ages 5 to 12

TEEN CAMP
For ages 12 to 16

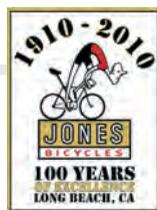
It would be hard to find this much fun and flexibility in other summer camps, at such affordable prices! Our day camp offers on-site activities, sports, entertainment and special events including beach excursions and field trips. Teen campers help choose their own activities and are constantly on-the-go! Call **562-493-4043** for more information or enroll online at:
TheYouthCenter.org

The Youth Center

Sharing the Road

By Lisa Genshock

Part 1: Operating Your Bicycle



Every person riding a bicycle upon a highway has all the rights and is subject to all the provisions applicable to the driver of a vehicle.

—California Vehicle Code Sec. 21200

This is part 1 of a 3 part series of articles relevant to the rights and responsibilities of California cyclists when they share the road with motorized vehicles. You may be surprised to learn what rules are included as part of the California Vehicle Code.

- Bicyclists may not wear earplugs in both ears or a headset covering both ears, except hearing aids. CVC 27400
- Bicyclists may not ride while under the influence of alcohol or drugs. CVC 21200.5
- Bicyclists may not hitch rides on vehicles. CVC 21203
- Bicyclists may not carry items which keep them from using at least one hand upon the handlebars. CVC 21205
- Bicyclists must yield the right-of-way to pedestrians within marked cross walks or within unmarked crosswalks at intersections. Bicyclists must also yield the right-of-way to totally or partially blind pedestrians carrying a pre dominantly white cane or using a guide dog. CVC 21950 and CVC 21963
- Bicyclists and bicycle passengers under age 18 must wear an approved helmet when riding on a bicycle. CVC 21212

For more information on safe cycling visit <http://bikesafecalifornia.org>.

Jones Bicycles & Skateboards, 5332 East 2nd St., Long Beach, CA 90803, 562/434-0343
<http://jonesbicycles.com>

12700 Montecito Road, Seal Beach, CA 90740 • 562/430-1048 • www.ocpl.org

What Should I Read Next?



Sherry Toth
Branch Librarian

Are you or your children looking for some new books to read? A good place to start is with the Newbery Award winning titles. Each year the Association for Library Service to Children, a division of the American Library Association, awards the Newbery Medal, named for the eighteenth-century British bookseller John Newbery, to the author of the most distinguished contribution to American literature for children.

This year's winning title is *Moon over Manifest* by Clare Vanderpool. I loved this book! As one reviewer said of this historical fiction, "With believable dialogue, vocabulary and imagery appropriate to time and place, and well-developed characters, this rich and rewarding first novel is like sucking on a butterscotch. Smooth and sweet."

The Newbery honor books this year are: *Turtle in Paradise* by Jennifer L. Holm, *Heart of a Samurai* by Margi Preus, *Dark Emperor and Other Poems of the Night* by Joyce Sidman, and *One Crazy Summer* by Rita Williams-Garcia. Some other chapter books I have particularly enjoyed lately include *A Mysterious Howling* by Maryrose Wood and *The Red Blazer Girls: The Vanishing Violin* by Michael D. Beil.

For some humor try the *Clementine* series by Sara Pennypacker or the *Clarice Bean* series by Lauren Child. And if you have not read the *Diary of the Wimpy Kid* series by Jeff Kinney or the *Hunger Games* series by Suzanne Collins, you are missing out!

Stop by the library soon, or check out our website, www.ocpl.org, to find some more fantastic, new reads!



IMPORTANT IMMUNIZATION INFORMATION

Getting the adolescent whooping cough shot now will not only help protect your child against the ongoing threat of whooping cough but will also meet the new school requirement.



Dear Parent/Guardian:

Whooping cough (pertussis) has been widespread in California. Many students have had to miss school because they were sick.



To help protect your children and others from whooping cough, a new California law now requires students to be vaccinated against whooping cough.

- For the 2011 – 12 school year only, **all students entering 7th through 12th grades** will need proof of an adolescent whooping cough booster shot (Tdap) before starting school.
- Thereafter, in future school years, **only students entering 7th grade** will need proof of an adolescent whooping cough booster shot (Tdap) before starting school.

By law, students who do not have proof of receiving a Tdap booster shot will not be able to start school until proof is provided to the school. (The tetanus-diphtheria booster shot, Td, will not meet the requirement.)

We want to make sure your child starts school on time. Parents are urged to:

- **Get your child's Tdap shot now**
A large number of students need a Tdap shot between now and the start of school next year. Make an appointment with your child's doctor or clinic for your child to get a Tdap booster shot now. Avoid the back-to-school rush.
- **Save your proof of immunization**
Be sure to keep the written proof of your child's Tdap booster shot in a safe place. Your child will need to provide proof of immunization in order to start school.
- **Submit your proof of immunization**
Be sure to give a copy of your Tdap booster shot to the school health office before the last day of school.



Contest!!

This drawing is hidden somewhere in this publication. When you find it, email the page number to:

Kay@schoolnewsrollcall.com
(Please put LAUSD in the subject line)



Your entry must be received by May 15, 2011.

From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at the Coffee Bean & Tea Leaf.

Congratulations! Michele Montgomery

Winner of the February Contest

Are You Prepared To Ride It Out?



Chief Keith Richter

We have heard it so many times – the “big one” is coming. Being prepared can reduce the fear, anxiety and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of an earthquake. They should be ready to care for their basic needs and be self-sufficient for at least three days to one week.

Before an Earthquake:

- Prepare an emergency supply kit.
- Know the safe spots in each room.
- Conduct practice drills.
- Choose an out-of-state friend/relative to call after the quake.

During an Earthquake:

- If indoors, stay there. Drop, cover and hold on.
- If outdoors, get into an open area away from trees, buildings, walls and power lines.
- If driving, pull over to the side of the road and stop. Avoid overpasses, underpasses and power lines. Stay inside your car until the shaking stops.

After an Earthquake:

- Unless there is an immediate, life-threatening emergency, do not attempt to use the telephone.
- Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and report to your utility company. Only shut off the gas IF you smell leaking gas.
- Check your building/home for cracks and damage- including the roof, chimneys and foundation.
- Turn on your portable radio for emergency instructions.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- Be prepared for aftershocks.

Recommended Supplies to Include in a Basic Kit:

- Water one gallon per person per day, for drinking and sanitation
- Non-perishable food at least a three-day supply
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First-aid kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener if kit contains canned food
- Plastic sheeting and duct tape to shelter-in-place
- Important family documents
- Items for unique family needs, such as daily prescription medications, infant formula or diapers
- Cell phone and chargers

The Power of Parents and Physical Activity



William M. Habermehl
Superintendent

We know one of the most powerful tools in the fight against childhood obesity is physical activity. Yet, researchers tell us as our children grow, there is a decline in the amount of physical activity they get. How much physical activity do children and teens need? The 2008 Physical Activity Guidelines for Americans recommends that children and teens to get at least 60 minutes a day of physical activity, with a majority of that spent doing moderate-to-vigorous physical activity (MVPA). MVPA means raising your heart rate and “breaking a sweat” during physical activity.

Kids who get 30 minutes a day of MVPA have improved physical health, physical fitness, and mental health. At school we see links between physical activity, fitness, and improved academic performance. In other words, better grades and test scores at all ages!

Parents can have a powerful influence their children’s time and activities, by being an active role model for physical fitness. Children imitate what they see their parents do. Families can schedule an active play date at least once a week and should strive to make physical activity a part of every day if possible. Parents and caretakers can also substitute active play time for television, computer, and video game screen time at home. Children can invite their neighborhood friends to join in your family play time.

Physical Education (PE) is the class time schools allocate for students to learn and practice the movement knowledge, motor and social skills they need to start and sustain an active, healthy lifestyle. State and federal academic requirements for physical education are 200 minutes every 10 days in K-6 schools and 400 minutes every 10 days in grades 7-12. Schools are doing their best to make sure students are getting adequate PE time, however some may find it difficult to fit the time into the regular school day. If adequate PE time is a concern, ask your child’s teacher or school principal what you can do to help.

Parents can volunteer to help provide more MVPA at recess, lunch time, and after school. Parents can also assist teachers by supporting scheduled physical activity breaks in the classroom. Parents can promote walking, skating, and biking to and from school. As educators, we can encourage parents to learn about their school district’s Wellness Policy and participate in the Kids Run OC or Governor’s Challenge. Many organizations, including the Orange County Department of Education, offer free physical fitness resource materials, activity plans, and tools for parents.

None of us can do it alone. Working together, parents, schools, and communities can provide an environment that promotes physical activity and increases the amount of MVPA our children get. Let’s encourage collaborations between cities and community organizations, like YMCAs and Boys & Girls Clubs, to work together and find ways to expand the use of existing facilities such as pools, parks, fitness centers, gyms, fields, playgrounds, and skate parks. Together we can find innovative ways to increase physical activity resulting in better health and fitness for everyone.

For more information: <http://HealthySchools.ocde.us>; www.classroom.kidshealth.org
www.ocmarathon.com/kids-run-the-oc/program-info.aspx; www.CalGovCouncil.org
www.dairycouncilofca.org/Educators

At school we see links between physical activity, fitness, and improved academic performance. In other words, better grades and test scores at all ages!

School News
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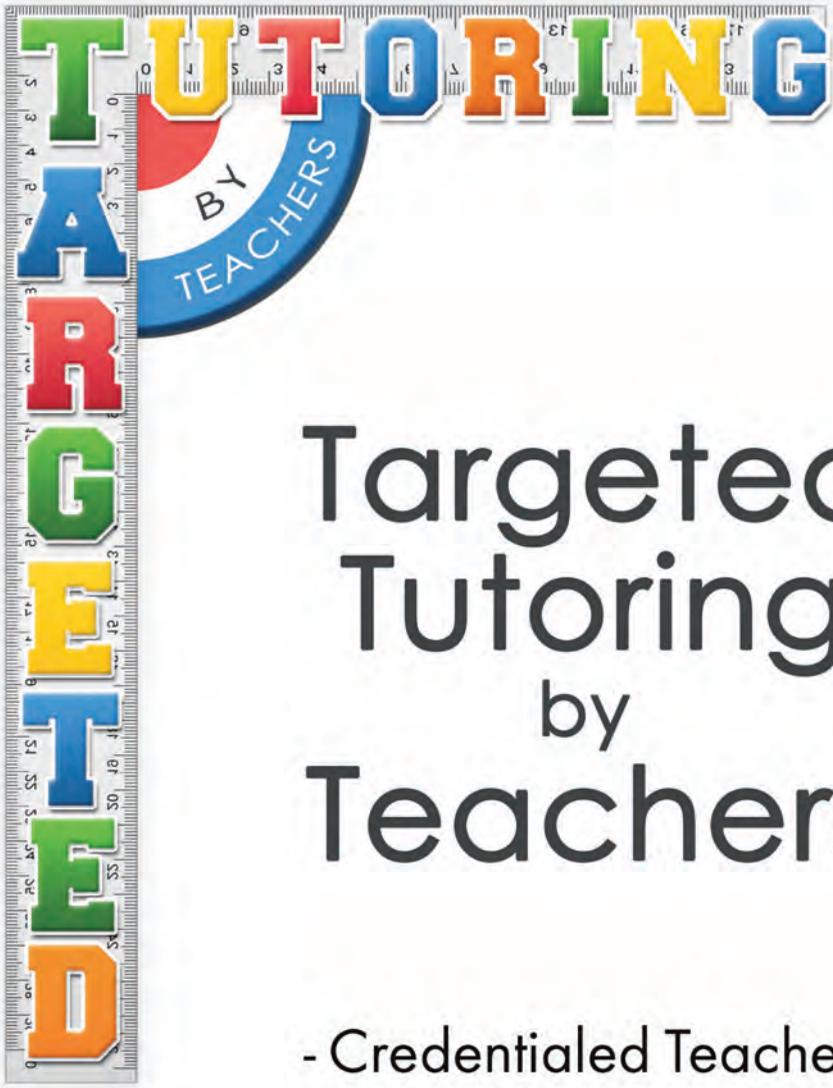


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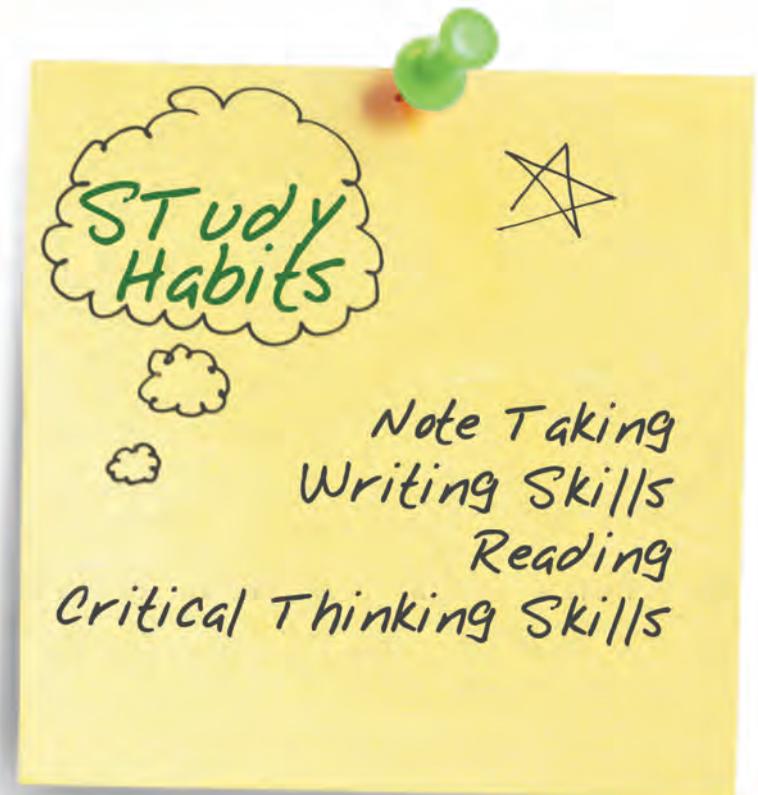
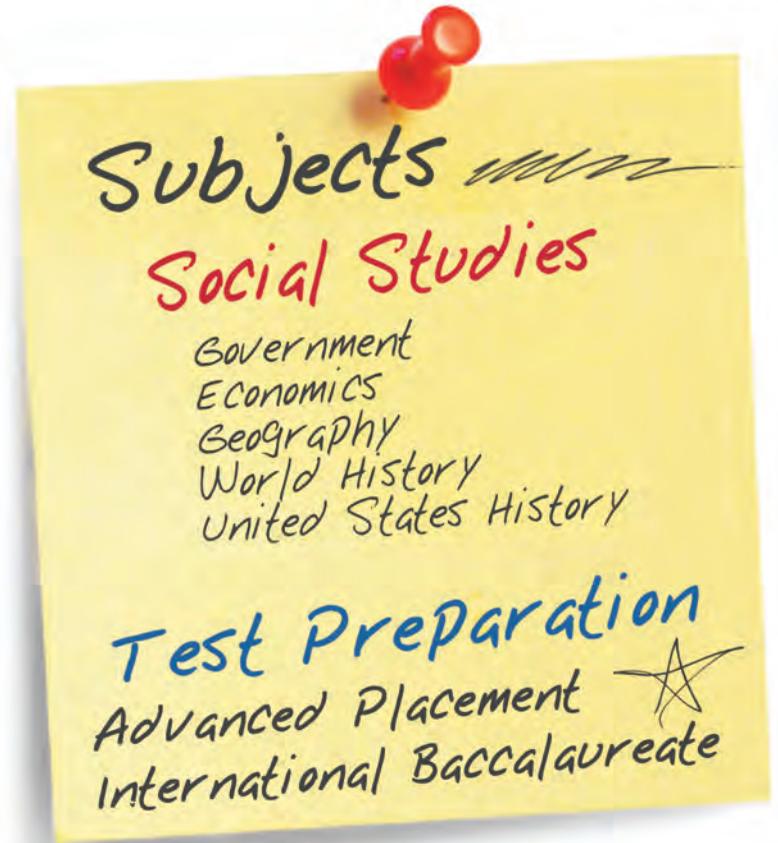
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