

FREE

School News



Education + Communication = A Better Nation

Covering the Carlsbad Unified School District

VOLUME 6, ISSUE 32

www.schoolnewsrollcall.com

FEBRUARY–APRIL 2011

SUPERINTENDENT



Make This a Great and Healthy Year

Welcome to the first *School News Roll Call* issue of 2011.

Dr. John Roach

I thank the *School News* publishers

for creating and distributing this periodic publication that keeps our District families and the community up-to-date on the awesome things occurring at each of our schools and District-wide. You provide a genuine service to Carlsbad; thank you!

To stay abreast of daily District doings, please follow me at www.twitter.com/suptroach. I also invite you to frequent our website at www.carlsbadusd.k12.ca.us. There's always something fresh on our homepage and lots of interesting and useful information inside.

SEE SUPERINTENDENT • PAGE 15

What's in a Name?



Future graduates breaking ground!

You still have time to submit a name for the new high school. The deadline is 3:00 pm on March 4th. You can obtain guidelines and a form at any Carlsbad Unified site or the District Office, or enter online at <http://www.carlsbadusd.k12.ca.us/newhighschool.html>.

What's in a name? Quite a lot, when it comes to our new grades 9-12 high school currently under construction at College Boulevard and Cannon Road.

The school is slated to welcome its initial freshman and sophomore classes in Fall 2013.

"That's less than 1,000 days away!" reports Assistant Superintendent of Instructional Services Suzanne O'Connell, who is shepherding the process. She states, "The selection of the school's name marks the beginning of the process to forge its identity. Incoming students will be involved in the development of other elements, such as the school colors and mascot, thus helping to set the tone for the new facility."

SEE WHAT'S IN A NAME • PAGE 15

Rainer Sherwood Pours It On

By Marilyn Campbell, CUSD Communications Consultant

With Rainer as a first name, this Carlsbad High junior seems to have been born to excel at water sports.

Rainer Sherwood has been swimming almost as long as he's been walking. Nevertheless, excellence takes effort and dedication.

Rainer works hard to help keep his water polo and swim teams afloat. He works equally hard to maintain his 4.3 GPA.

CHS Assistant Principal Tom Bloomquist says, "Rainer is not only a great water polo player, but also a fine young man who excels in the classroom."

Coach J.B. Feaster praises Rainer's "growth in maturity" as a returning team player who helped propel the Lancer boys' water polo team to an amazing eighth consecutive CIF San Diego Section Division 1 Championship in November 2010. Even more incredible was the winning goal Rainer made in traffic with just 1.97 seconds on the clock.

In addition to the thrill of victory, Rainer earned a well-deserved accolade: he was proclaimed Boys' Water Polo Athlete of the Year by the *North County Times*. Through it all, this solid young man has kept his humility, balance and motivation.

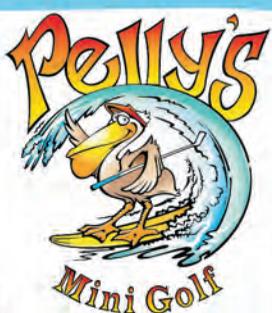
SEE RAINER SHERWOOD • PAGE 15



The team celebrates its 2010 CIF Championship with Rainer, center, holding up eight fingers to signify the Lancers' eighth consecutive triumph.

Camps/Activities pages 8–11 • Contest page 10

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Kay Coop
 Founder / Publisher



It is so exciting to think you have been offered the opportunity to submit a name for the new high school. Now you can tell people you remember when the school was built and how it got its name. (Did you see the instructions on page 1 of how to submit a name?)

Also, be sure to read about the Immunization and Health information in Superintendent Roach's column on page 15. You can keep up-to-date on District information following Dr. Roach on www.twitter.com/SuptRoach.

Our next issue is May 18. Have a wonderful Spring Break!

School News 
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Covering the
CARLSBAD UNIFIED SCHOOL DISTRICT

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Better Vision, Better Grades

The Power of Pattern Recognition



Dr. David Bloch, OD

Many students have difficulty learning to read because of poor visual processing skills. This means they lack the ability to recognize, sort, recall, and assemble various patterns in what they are seeing. Following a specific pattern allows the student to arrive at a decision faster than without a pattern. Also, some patterns of recognition are better than others because they lead to quicker solutions. Another key component of pattern recognition is to remember and apply the pattern repeatedly with out modification. Deviations from the pattern will cause mistakes.

Two of the most common patterns students follow when learning to read are sight reading and phonics. In sight reading, a student uses a whole word approach and essentially memorizes the entire structure of a word. In this method, there is very little pattern recognition. Consequently, sight readers have the most difficulty learning to read because they don't really have a strong pattern to apply to new words or words they have forgotten. In phonics, words are broken down into groups by sounds. This method tends to be more successful than sight reading because the student has a more specific pattern to follow. With phonics, students can sound out each word and if they follow the pattern can even sound out new words.

In students with visual processing difficulties, sight reading and phonics do not lend to better reading. This is because sight reading lacks a strong visual pattern and phonics uses mostly auditory patterns not visual patterns. Students with visual processing disabilities need strong visual patterns to read better. When students are shown key repeating and specific letter sequences used in words they can be trained to read better immediately. In fact, this visual sequencing technique works so well it allows any reader to properly pronounce multi-syllable words they have never even seen or heard before. Students experiencing reading difficulty or slow improvement with standard reading tutorial should be suspected of having a visual processing disorder. Visual processing disorders can be diagnosed and treated by an eye doctor specializing in this area.

Dr. David Bloch is the chief pediatric optometrist at Children's Optometric of North County in Carlsbad, CA. He graduated Magna Cum Laude from Illinois College of Optometry in 1988. His post-doctoral work included a residency in Pediatric Optometry at the University of Houston College of Optometry, where also subsequently taught as a Clinical Instructor. He holds Therapeutic Optometry Licenses in four states and has published a chapter in a book discussing the diagnosis and treatment of lazy eye. www.blochvisioncare.com



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Aviara Oaks *Elementary (K-5)*

6900 Ambrosia Way, Carlsbad, CA 92009 • 760/331-6000 • <http://www.aviaraoakselementary.com/>



Kimberly Huesing
Principal

Innovative Learning

Aviara Oaks Elementary (AOE) School is very proud of our First Lego League (FLL) competitive team, self named Bio Storm. AOE has had informal robotics activities for several years. This year, backed by a parent volunteer, Anna Lozar, and a new teacher to AOE, Ms. Ables, our students moved from novice players to researched-based, innovative competitors!

Working under the FLL theme of the year, “Body Forward,” the AOE team members selected the specific research topic of Alzheimer’s and using music to remind patients to take medicine at appropriate intervals. The research topic is one aspect of a dynamic competition, which includes robot building, programming, obstacle course navigation, research presentation, and professional etiquette. Our Bio Storm team practiced their presentation in front of their peers after school, presented at the Dove Library on a weekend, and had several field trips to accomplish research interviews on site at Scripps Hospital, among other locations. During the competition, and at every opportunity, our team members conducted themselves professionally, winning the Gracious Professionalism award at the competition in December for encouraging other teams during competition and engaging others in games while waiting.



Team Bio Storm from AOE.

Aviara Oaks Elementary School is a great place for students to learn and grow. Our school staff and our supportive community feel that our well-rounded curriculum, which includes specific instruction in science lab, music, physical education, and art, supports our core curriculum, inspiring our students to achieve at higher levels every day. In addition to academics, AOE also supports a lively set of opportunities for students to participate in extracurricular activities, such as FLL. AOE is very proud of our Bio Storm FLL Team!

Aviara Oaks *Middle School (6-8)*

6880 Ambrosia Lane, Carlsbad, CA 92009 • 760/331-6100 • <http://aoms.schoolloop.com/>



Carolyn Millikan
Principal

College and Career Readiness

It’s not too early to start planning for your child’s future! The Carlsbad Unified School District is committed to making sure that every student will develop the skills and competencies they need to be successful in the increasingly competitive university and work environment.

On January 19, AOMS Guidance Counselor Ron Cordell facilitated a panel presentation called, “Middle School to College and Beyond.” This popular annual event was designed to explain what the “Seven-Year Plan” for the later grades consists of, and why it is so important.

A student’s proper choice of classes in the middle school will help them to develop the kind of strong academic skills that are necessary for later college preparatory classes. Right now, Carlsbad middle school students can take pre-college coursework that will get them ready for their later “A-G” classes, which are a necessary requirement of the University of California and the California State University systems, as well as most private colleges.

Of course, all CUSD middle school classes will meet or exceed the current grade-level standards. Our students are expected to use critical thinking skills to help master these increasingly complex state requirements.

In order to be fully prepared for a rigorous high school and college curriculum, students are also encouraged to take advanced math and language arts classes in middle school. Aviara Oaks offers a wide variety of these advanced grade-level classes, including advanced mathematics and advanced prealgebra for sixth-grade students, advanced prealgebra and advanced algebra for seventh-grade students, and advanced algebra and advanced geometry for eighth-grade students.



AVID students work together to solve mathematical equations.

Of course, all CUSD middle school classes will meet or exceed the current grade-level standards. Our students are expected to use critical thinking skills to help master these increasingly complex state requirements.

Advanced language arts classes are available for seventh- and eighth-grade students, too. Spanish I is an elective option for the eighth-grade students. The AVID elective class also provides support for those students who wish to go on to college and be successful in the advanced classes.

Additionally, a wide variety of visual and performing arts classes (which are foundational for advanced coursework in high school) can include drama, orchestra and band choices.

As our students move on to high school, the focus of the college preparatory classes becomes sharper. Every student must complete 240 credits in order to graduate, but they are also encouraged to take additional math and foreign language classes within this credit requirement in order to meet the UC and CSU demands.

Aviara Oaks Middle School even offers exploratory and advanced electives, such as mathematics and language arts classes, to help foster intellectual curiosity. In fact, many of our students choose to extend their scientific understanding by participating in the Science Olympiad competitions.

Those who attended the January presentation also learned that in today’s competitive college environment the applicants who merely meet these minimum requirements may still not be accepted to the college of their choice.

So, Ms. Patsy Bentley, head counselor for Carlsbad High School, encouraged the parents to plan ahead. She also described the latest community service requirements that these colleges are looking for when granting acceptance. For instance, while the regular high school graduation requirement for community service is only 25 hours, UC schools are looking for 100 to 200 hours during the last two years of high school.

And she always makes a point of encouraging her students to demonstrate their passions when they are composing their application essays. For instance, they should explain how they have made a difference in their school or community, and then describe the pathways they’ve chosen to help satisfy their intellectual curiosity.

These essays can often focus on their many years of community service (often shared with the families), or how they chose to pursue an internship or take community college courses during the summer.

Some students make a difference in the community by getting involved in service learning projects such as “Kids Korps.” But however they do it, we are proud of the outstanding education that our students are receiving at Aviara Oaks Middle School.

Buena Vista *Elementary (K-6)*

1330 Buena Vista Way, Carlsbad, CA 92008 • 760/331-5400 • <http://buenavista.schoolloop.com/>



Tina Howard
Principal

Playground in the Works

If you drive on Las Flores Avenue east of I-5, you will have to do a double take—where did the playground go?

For close to 50 years, Buena Vista Elementary students have played on the same equipment. While the aged metal plumbing-style pipes that were the main components of the structure continued to draw our smiling, nonjudgmental students to them during each recess, the district decided in late 2010 that BV deserved more. Supt. Roach, district finance superintendent Walter Freeman and facilities director Curt Huckins responded to our plea for an updated play area with approval of a state-of-the-art structure. The new structure, which will be complete early in February, will include a play structure, a fitness center and a swing set. All of the components will be in eye-pleasing colors that fit the ocean-view setting of the school. The “*buena vista*” in the community and at Buena Vista will be greatly improved, as will the children’s enthusiasm for their new play area. We anticipate lots of fun and fitness as we head into our next 50 years. Thanks to the district for their support of this much-

needed improvement.

Want to know more about what Buena Vista Elementary School is all about? Check out our new and improved website. Thanks go to site support teacher Syndi Lyon and the staff of Buena Vista for their dedication to improving our school website. The site is now a user-friendly resource for our school community and includes links to all the must-have information to enhance the school experience for BV families. What BV staff member was County Classified Employee of the Year in 2010? How can you help fund the purchase of Flip Video cameras for our school? Find out by visiting us at <http://buenavista.school-loop.com>.



The clean slate.



he new uprights installed.



Remnants of the old BV playground pieces.

Calavera Hills *Elementary (K-6)*

4104 Tamarack Ave., Carlsbad, CA 92008 • 760/331-6400 • <http://ches.schoolloop.com/>



Leslie Harden
Principal

We’ve Got An App For That!

Fourth- and fifth-grade students at Calavera Hills Elementary are using iPod Touches in class with their teachers’ and principal’s support! Kelly Large and Sally Estep are piloting the iPod 1:1 Program, which includes iPod carts, MacBook laptops and 36 iPod Touches per class. Teachers are pleased to report that this program has accelerated student engagement and achievement through educational apps that motivate students to read for fluency and comprehension, practice math and grammar skills, and create innovative student-centered projects. Students and teachers in the pilot program are using iPod Touches in innovative ways to support curriculum standards and skill practice in language arts, math, science and social studies.

Through the use of apps like Google Earth, students can take immediate field trips to explore the pyramids of Egypt or pan for gold on the Sacramento River and include satellite pictures, video and Wikipedia articles about their searched location. Students are eager to practice their math facts in multiplication and division and work on critical thinking and math problem solving, using a variety of math apps like Number Line, Math Magic 24, Math Bingo and SmartJourney Math. In science, students are able to select apps like Brain Quest to review key concepts, test a simulated electric circuit, or classify mineral samples using one of the thousands of science apps, many of which are free.

Students in Mrs. Large’s language arts class are using apps like SonicPics to create story read-alouds with their own voice-overs for fluency practice. Fourth-graders will regularly ask if they can practice and rerecord their stories so that they can get them just right before self- and teacher evaluation in iTunes. Teachers are also able to save audio CDs from student textbooks in iTunes and then load the audio books into the iPod music library for replay and read-aloud for students needing extra support.

Like the fourth-grade class, students in Mrs. Estep’s language arts class are using apps to build fluency and to expand their vocabulary. Using apps like ComicStrip and StoryKit, students are creating extension stories based on the writing and comprehension skills they have learned in each literature selection. Videos and articles from the Wikipedia and BrainPop apps provide facts and extra information used to make their projects more in-depth. Students have shared their knowledge and expertise of the apps with their third-grade buddies in Mrs. Rose’s class by practicing math facts and creating fictional stories.

Whatever the subject or the skill to practice, there’s an app for that at CHES.



Alex Chiu-Kennedy enjoys using his iTouch to practice his reading skills.



Matthew Korf records his reading into his iTouch.

Calavera Hills *Middle School (6-8)*

4104 Tamarack Ave., Carlsbad, CA 92008 • 760/ 331-6400 • <http://calavera.schoolloop.com/>



Catina Hancock
Principal

Coyote Crossroads Brings Students Together

Recently, Calavera Hills Middle School was recognized by the California Department of Education as a California School to Watch, which means we will now be recognized at the community, state and national levels as a leader in middle-grades education. Since the program has started, only 90 exemplary middle-grades schools have been named Schools to Watch in 19 states. California has participated in this program since 2002 and in eight years, only 25 out of 1,396 schools have been recognized. That's one percent of the schools in California. According to the California Department of Education's press release, one of many reasons Calavera Hills Middle School was honored was for its Coyote Crossroads program.



The Coyote Crossroads Program is a program developed to highlight the unselfish dedication and hard work exhibited by student assistants who work with special needs peers. Student aides support our autism classroom throughout the school year in an effort to build self esteem and confidence, while developing character traits such as responsibility, honesty, teamwork and discipline.

Student aides in our autism classroom, under the supervision of teacher Kelley Lupu, demonstrate compassion, understanding and care, characteristics that we hope will translate into the classroom and the community. Student aides also attend conferences and presentations by a variety of speakers, community leaders, and educators in order to learn and better understand autism and Special Education. Additionally, Coyote Crossroads students write journal entries every week describing their challenges and their accomplishments.



The mission of Coyote Crossroads is to enhance student-centered service learning in an environment where all students involved can blossom socially and academically through positive reinforcement, care, encouragement and support. It is these special peer interactions that play a large part in the success and development of our students with autism. Students, teachers, and aides can attest to the fact that this unique program benefits all students involved and the Calavera Hills Middle School community.



Calavera Hills Middle School students participating in the Coyote Crossroads program.

With programs such as Coyote Crossroads and other student-centered programs, which have boosted student achievement, it is no wonder Calavera Hills Middle School has been recognized for its accomplishments.

Carlsbad *High School (9-12)*

3557 Lancer Way, Carlsbad, CA 92008 • 760/331-5100 • <http://www.carlsbadhs.schoolloop.com/>



Maggie Stanchi
Principal

Spring Testing Counts

As we enter the second semester, Carlsbad High School is beginning to prepare for our spring testing, which will take place after spring break. Students take the California High School Exit Exam (CAHSEE) in 10th grade, and the California Standards Tests (CST) in grades 9-11. Students with severe cognitive disabilities take the California Alternative Performance Assessment (CAPA). The results of our students' tests are very important, as they are compiled into the school's Academic Performance Index (API). Carlsbad High School has achieved consistent growth in our API, currently at 812. The API is used by the California Department of Education to evaluate and rank schools within the state.

Calculating the API

The Academic Performance Index assigns one number to a school on a scale of 200 to 1,000, with a score of at least 800 as the goal. The first step in calculating the API is to divide a school's individual student scores in each subject into five performance bands. The performance bands for California Standards Test (CST) results are labeled advanced, proficient, basic, below basic and far below basic.

The next step is to apply weights to the percent of students with scores in each performance band, with the least weight for the lowest bands. These are summed to give a value for the subject. Students who do not take a test in math or science are automatically assigned a score of 200, which signals far below basic.

Then, each subject area and test is given a weight within the index. The weights depend on which tests are given to each grade in each school. For example, a high school's Base API includes CAHSEE results. The Base API scores vary school by school, depending on students' grade levels and the number of students tested. The calculation also depends on the number of valid test scores at the school.

Finally, the resulting scores are added to become one number for each school—its API. A school district's API is the sum total of all the individual-student, and not entire-school, scores.

Please encourage your student to try hard on these standardized tests and to do their best. Colleges and universities also create a profile for high schools, and the results of these tests are included.

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Hope *Elementary (K-6)*

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Furry Friend

Walking around our campus, you might notice one of our newest staff members catching a ball with students, sitting quietly on the couch during instruction time, and walking around campus attached to a leash. The reason for the leash is because this staff member is a yellow Labrador retriever mix named Yori. This two-and-a-half-year-old service dog comes to us from Canine Companions for Independence (CCI), a nonprofit group that trains dogs to assist people with disabilities.

Richard Tubbs
Principal

Elizabeth Olson, our education specialist who has nine years of experience with autistic students, cares for Yori when he is working at school in her classroom and at her home as a pet. Mrs. Olson was inspired to host an assistance canine when a parent offered to bring one of her own CCI dogs in training into the classroom to share how canines are used to help people. The students were engaged in the learning activity, which focused on how to care for the dog. After 100 hours of training at the CCI facility over the summer, Mrs. Olson became certified to take care of her own dog, Yori.

Yori has made a positive impact on our campus, especially with Mrs. Olson's students. He receives plenty of attention from our students and plenty of hugs. Yori's presence in the classroom has a calming influence for students. He even responds to commands from non-verbal students, who use an iPad application to speak the words they select. This is very empowering for the students, and some students are starting to speak to Yori and their fellow students. Yori's work with autistic students has been featured in articles from our local Carlsbad.Patch.com and The New York Times. You can view the articles from a link to our own Web site.

We are very proud of Mrs. Olson's vision for helping students—with a little help from her four-pawed friend.



Yori loves attending field trips with the students. The pumpkin patch was fun!



Mrs. Olson, Larkin Gallup, and Christine Gallup with Yori and his CCI friend in training.

Jefferson *Elementary (K-5)*

3743 Jefferson St., Carlsbad, CA 92008 • 760/331-5500 • <http://jefferson.schoolloop.com/>



A Global Perspective

The winter months were filled with many opportunities for our Jefferson students to learn more about the world around them.

The first-grade students recently had a chance to experience the customs, traditions and cultural folk-arts from around the world as they took part in the International Baccalaureate unit called "It's a Small World." With the help of a dedicated and creative group of parents, our teachers were able to offer more than 30 different learning stations that represented a variety of countries.

Students could learn weaving from Kenya, brush painting from China, gingerbread house designing from Germany, and much more. This celebration was the culmination of a lengthy study that looked at how people in the world are both alike and different.

Jefferson also hosts a chapter of the world-wide organization called Kids for Peace. On January 7, club members presented an assembly about tolerance and what it means to be a tolerant and accepting person.

This group, under the leadership of drama coach Jill McManigle, has been working with the Fiwagoh orphanage in Kenya to help raise money to buy beds for its residents. During the assembly the entire school received a phone call from the orphanage to thank them for their generosity.

In more global news, Jefferson hosted its annual National Geographic Bee on Friday, January 14. The elementary school version is a great way to prepare students for the academic competitions that they may encounter in their educational career, while also providing them with an exposure to the joys of geography.

Finally, in the think globally, act locally department, during the end of January the Jefferson PTA presented their second-annual "Buried Treasure Boutique," which is also known as a rummage sale. Our PTA is committed to the community in practical ways, and this event is one of our favorites. Hundreds of parents conducted their spring cleaning early so that they could send in their gently used items.

For two afternoons our parents and children found some great bargains from the piles of clothes and household items that covered the auditorium tables. The easy-on-your-pocketbook price of only \$5 a bag brought in throngs of happy shoppers.

The proceeds will be used to support our enrichment programs, which includes physical education, art and Spanish. But the main focus of this program is to serve the Jefferson community in a pragmatic and caring way. It is a great mission, and a great project.



PTA parents prepare for the big sale.



Happy shoppers found great bargains at the boutique.

Camps & Fun Activities

KAMPS FOR KIDZ

BY SUSAN PETERSON

*Noted author of the comprehensive guidebook:
"Fun & Educational Places to go with Kids & Adults in Southern California."*

THE WORD "SUMMER" brings to mind a myriad of images from my childhood — *going to the beach, reading a good book, eating popsicles, building a treehouse, and hanging out with my friends.*

Those are great memories. I also remember getting bored. And I remember sharing this information, persistently, with my mom—*I think she referred to it as WHINING.*

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CITY OF
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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. Before you make any final decisions, call the organizations your children are interested in and ask if they offer any type of financial assistance, full scholarship, or a partial one for their spring and summer program. Ask where the information is posted or printed so that you can get a copy. Once you do, look it over carefully and call with any concerns or questions regarding the criteria guidelines. Check to see if there are any rules against submitting more than one application per house-

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.

hold. For example, sometimes kids will be grouped together according to a specific age range and will be assigned to play on the same team but both may not qualify for help by the same organization.

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 backyard), 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.

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Poinsettia Park • 6600 Hidden Valley Road

Crafts • Egg Scramble Activity • Soak the Bunny game • Fun Zone • Summer Camp Demos

Food, Activity Cards, and unlimited Fun Zone wristbands available for an additional fee.

bring the whole flock!



For more information, call 760-434-2843
or visit the upcoming events link at
www.carlsbadca.gov/parksandrec



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."

Listening, music, movement and learning—Hap Palmer's still expertly combining them all. 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.

Contest!!

This chicken drawing, Netragrednik, is hidden in this publication. (Hint: it is always in every issue.)



Netragrednik

Neta Madison

When you find it, email the **page number** to:
Kay@schoolnewsrollcall.com
(Please put "CUSD Contest" in the subject line)

Your entry must be received by April 15, 2011.
From the correct entries, we will draw a winner to receive a \$20 gift certificate redeemable at Barnes and Noble.

Exercise the Mind, Body and Spirit



Kristina Ray
Communications
Manager

With longer, warmer days ahead, it's the perfect time to take advantage of programs offered by the City of Carlsbad to nurture young bodies, minds and spirits.

Did your kids spend too much time indoors this winter? Turn to the city's Parks & Recreation Department for ways to ensure your young ones get the necessary 60 minutes of physical activity a day in a safe, fun environment. A great starting point is the Community Play Date on March 5 from 10 a.m. to 2 p.m. at Stagecoach Community Park. This free event lets you sample classes, camps and other activities offered by the city.

First and second graders can join pee wee basketball leagues running April 12 through June 9 at Calavera Hills Community Center. The program provides a framework of fair play and sportsmanship while teaching the fundamentals of the sport.

Martial arts are an excellent way to keep kids moving while learning safety, respect and self-discipline. In addition to after-school karate and other martial arts classes, the city will present a kids' safety and self-defense workshop on April 23 at Calavera Hills Community Center. The cost is \$15 for Carlsbad residents.

Struggling to keep TV and video game time to a minimum this spring break? Several day camps are available during the week of April 4. A new multi-sport camp, similar to those offered during the summer, introduces budding athletes to sports like flag football, baseball and basketball. The popular Coast 2 Coast Soccer returns this spring with skilled young coaches direct from Ireland ready to engage kids in healthy habits through their enthusiasm for the sport. The "Disney Adventure" full day camp for kids ages 6 to 13 promises loads of fun and activities, like crafts, sports, water play and field trips to the movies and Disneyland.

After getting their wiggles out, kids interested in research will enjoy the

Carlsbad City Library's wide assortment of premium Web resources (online databases), which teachers and students can access from anywhere there is Internet service. A popular resource is Biography In Context, which provides brief as well as in-depth biographies about people from around the world and throughout history. Search by name, profession, gender, birth date or nationality.

Free after-school homework help continues in the Homework Zone at each of the three Carlsbad City Library locations. Registration is not needed for this drop-in service so come on by!

The library's popular Science Saturday program provides a monthly exploration of an entertaining and enlightening scientific topic. This free program is recommended for kids age 5 and older. Check the calendar online or pick up a copy at the library for more information. Upcoming topics include Space Shuttle Science on Feb. 26, The Science of Spring on March 12 and The Science of Libraries on April 16, all at 2 p.m.

The city's arts education programs continue this spring with the popular Family Open Studios events, which are a great way for kids to experience and interact with original works of art, and take some time to create their own masterpiece. It's great fun, it's educational—and it's free.

In this hands on experience, kids visit the exhibition on display at the William D. Cannon Art Gallery (part of the Carlsbad City Library on Dove Lane). Then, kids work with our terrific artist educators and talented volunteers on a specifically designed art project related to the exhibition. The city provides all the materials and the workspace, you provide the creativity. No reservations required and you can stay as long as you like. The next programs will take place on Feb. 19 and May 21, from 11 a.m. to 2 p.m.

For more information on these and other city-sponsored family activities, visit the city's website at www.carlsbadca.gov.



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Kelly *Elementary (K-5)*

4885 Kelly Drive, Carlsbad, CA 92008 • 760/331-5800 • <http://kelly.schoolloop.com/>



Tressie Armstrong
Principal

Going to Extremes!

Introducing the Extreme Team of Dave Cann, Debby Stone, Lorelei Kelleher, Joan Bray and Cindy Nichols!

Students at Kelly Elementary School take learning seriously, and their teachers collaborate to provide all of their students with the tools necessary to master the standards. Our fourth- and fifth-grade students are working this year in Kelly's program, identified as the Extreme Team, to make this possible! Extreme motivation, extreme effort, extreme goals and extreme fun all come together to equal extreme success in learning and in life!



Evan Marks



Delaney Nilson



Mrs. Nichols, Teacher, Jemma Willets and Caleb Breton

depth in the curriculum area. Students showing gaps receive extra support throughout a particular unit of study.

Through careful and consistent collaboration and planning as well as ongoing analysis of assessment results, our fourth- and fifth-grade teachers take ownership for *all* of their students and assist them in taking ownership of their learning. As is true of all of the Kelly Elementary School teachers, Mr. Cann, Mrs. Stone, Ms. Kelleher, Mrs. Bray and Mrs. Nichols are to be commended for stepping outside a traditional program, considering the needs of the students, working together to create a plan that addresses student needs, and implementing the plan with dedication, hard work, flexibility and focus on student achievement. They are positively extreme teachers working together to meet the needs of all of the children.

Magnolia *Elementary (K-6)*

1905 Magnolia Ave., Carlsbad, CA, 92008 • 760/331-5600 • <http://mes.cusd.ca.schoolloop.com/>



Jimmy Hines
Principal

Fine-Tuning Our Character

Having a quality character-trait program on a school campus helps children handle life issues effectively and with integrity. Having a strong character makeup does not come naturally for many; building a strong character-education program takes considerable planning and a good deal of thoughtfulness and energy on the part of the entire learning community. Here at Magnolia Elementary, we are fortunate to have a character-education program that is aligned with ongoing support from the district level.

However, it is always ideal when an individual school site can build a framework of character expectations that benefit its own community of learners and further reinforces the importance of good decision making when interacting with peers. That is why we have introduced The Magnolia Way at our school site.

The Magnolia Way encapsulates all of the essential elements of our districtwide character-education program: Act responsibly, Be honest, Care for others and Show respect. We refer to these traits as the ABCs as far as expectations go on our campus. It is our intention to have The Magnolia Way and all of the fine traits it represents permeate the daily interactions of the students on our campus. We at Magnolia believe that every student has the right to learn in an environment where clear and consistent expectations are the norm—a place where children feel safe and confident to think for themselves, making ideal decisions that take into account being responsible for their own actions.

A school can never be too proactive when it comes to character education. That is why we will seek to also institute our new bullying-prevention program adopted from Olweus (Ol-VAY-us), one of the worlds most researched and best-known bullying prevention programs. The adoption of this program will continue to reinforce the quality traits that are inherent in following The Magnolia Way. In short, it is one more tool that will help to further our mission of ensuring that every student develops a strong academic foundation and essential life skills in order to have the greatest opportunity for future success in life.



Pacific Rim *Elementary (K-5)*

1100 Camino De Las Ondas, Carlsbad, CA 92009 • 760/331-6200 • <http://pacificrim.schoolloop.com/>



Robert Devich
Principal

A Place to Lay Their Heads

This year, we have been lucky enough to utilize our Pacific Rim art programs to not only enrich our students but also to provide comfort and support to our larger San Diego County family of children.

During their regular weekly art time, the Waveriders have been making and decorating pillowcases with an organization called ConKerr Cancer through the Optimist Club of San Diego. In 2010, over 7,700 pillowcases were handmade and delivered to children with life-threatening forms of cancer and diseases. Pacific Rim has created almost 100 of these, with plans to make 50 more this spring. In fact, ConKerr Cancer and the San Diego Optimist Club were named Rady Children's Hospital Miracle Makers of the Month for December.

This fall, Miss Fogarty's and Ms Slattery's second-graders contributed to the massive 575-pillowcase delivery. This excerpt from a letter received from David Gillig, senior vice president and executive director of Rady Children's Hospital, summarizes the great impact that these small acts of kindness impart:

"Being in the hospital during the holidays can be especially stressful for a child and for the family. The beautiful pillowcases you provide bring smiles to the faces of our patients as well as their families and our staff. We are truly grateful for your efforts."

Great job, Waveriders!



Principal Robert Devich with Stephanie Fogarty's second grade class and their works of art.

A Fine School of Fish!

In addition to our art at work in the community, Pacific Rim has been working hard to beautify our own campus with varied and unusual artwork. Our team of art grant writers recently learned that we are the recipients of the Ezra Jack Keats Foundation Award. We are so very excited to use this funding to reproduce a mosaic from Marcus Pfister's book *Rainbow Fish* that represents the core character concepts of sharing and friendship. The graduating fifth-grade class, assisted by their lower-grade Little Buddies, will work with a local artist to design and create the 36-square-foot "Rainbow Fish" mosaic, to be located outside the school library. The project will serve as a legacy for those students graduating to middle school and will also be a reminder to their younger counterparts of the important character concepts that are at the heart of Pacific Rim's core values. The students will begin work on the mosaic this month and will dedicate the work in the spring at their fifth-grade promotion ceremony.

All of the funding for our art programs is generously provided through the efforts of our Friends of Pacific Rim organization. The joy that our students spread on behalf of Pacific Rim is not only a reflection of the students themselves but also of the larger Pacific Rim community.



(Front) Miss Fogarty, Kailen Stewart, Jake Mok,
(Back) Noe Avila, and Ian Jett get ready to send their gifts to Rady's.

School News

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Poinsettia *Elementary (K-5)*

2445 Mica Road, Carlsbad, CA 92009 • 760/331-6500 • <http://www.pes.cusd.ca.schoolloop.com/>



Steve Ahle
Principal

The first half of the school year is coming to a close. As we look back on what we have done, we have seen that our school is a vibrant, fun, learning place. Teachers have been studying ways to enhance engagement in the learning process. The District and National reform is focused on improving engagement as a minimum, but our school is adding to the ways we engage students through strategies that increase effective Classroom Management by the teachers and practical learning projects.

One such project has been the participation in Junior Achievement Biztown. The fifth graders had a fantastic day at Biztown. I was very proud of their efforts and the visiting team from the Carlsbad Chamber of Commerce Education Committee heaped many compliments my way for our students and teachers while witnessing this outstanding program in action. WAY TO GO FIFTH GRADE!



Whether it was payroll distribution or building a city, Poinsettia students had a great time running Biztown, San Diego.

The playground continues to receive a make-over and activities for student involvement have been enhanced since the break. We have new PE equipment, soccer goals, new balls and hoola hoops, math grids for practicing facts, maps of the US and soon the World, and new blacktop chess/checker sets for the students to use to practice at recesses and lunch time. We want to create a climate of fun and excitement in the overall learning experiences by keeping students actively engaged with something productive and fun to do at school every day.



Students now can play chess/checkers anywhere and anytime on the school grounds as part of the facility playground upgrades.

Valley *Middle School (6-8)*

1645 Magnolia Ave., Carlsbad, CA 92008 • 760/331-5300 • <http://vms.schoolloop.com/>



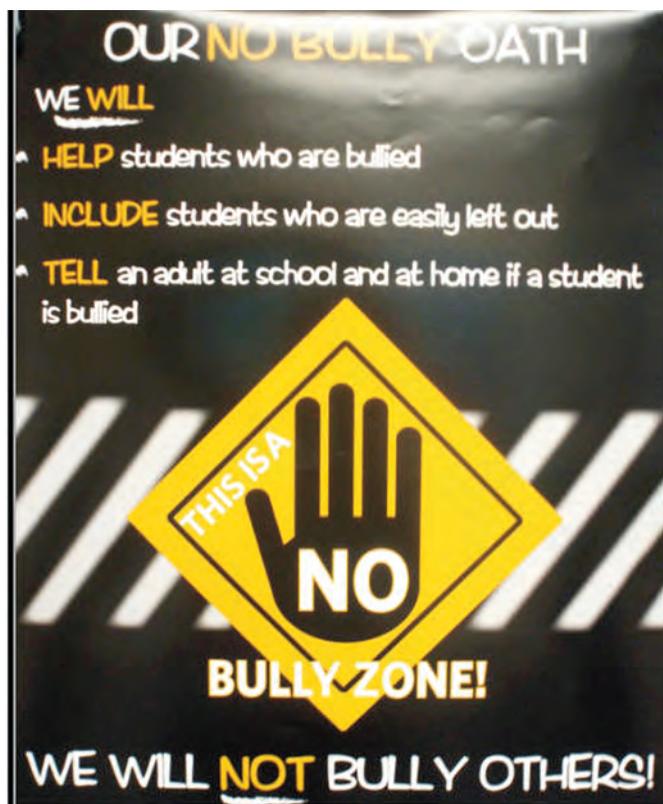
Cesar Morales
Principal

Stamp Out Bullying

Middle school can be a tumultuous time for most students, so many changes and all at once. This is certainly the age for students to try and find their place in the order of things—and at times they will feel lost. Unfortunately some of these students will also feel bullied, harassed or alienated in a place where security should reign supreme.

Although these terms have been around since the school house itself, today they have more credence, and red flags certainly fly when these terms are used. With recent bullying issues, the rise of cyber bullying, and the need to maintain a safe environment, Valley Middle School (VMS) has made a pledge to create and implement a No Bully policy at the school, in which all stakeholders will take part. In January, all staff, students, and parents completed a survey to obtain information about any bullying incidents they had witnessed, fell victim to, or taken part in. During the semester break, staff members participated in an in-service presented by Dora Dome, who specializes in diversity and equity training issues. Much of what she discussed dealt with the stereotyping of students and the negative effect it has on the students and subsequent behaviors that follow such actions. The end result of this training is a staff which is better equipped to assist students who find themselves in a situation where they are the victim, participant or observer.

Our motto here is “VMS, It’s the Place to Be,” and that is the goal with our bullying prevention efforts. All students need to feel safe and know they have someone to turn to in a bullying situation. Students feel empowered to stand up for themselves and friends, and the end result is a stronger community of learners and, more importantly, better prepared citizens.



Mission San Juan Capistrano Offers Many Helpful Resources for Teachers & Students



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Offers timelines, research materials and workspace for all studying the 21 missions.
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THE PERFECT TEACHERS GUIDE!

Please see our ad on page 9.

The Name Our New High School contest began January 3rd, but you still have time to submit a name before the deadline of 3:00 pm on March 4th. An internal committee will review submissions and present a list of the top five choices to the Board of Trustees, who will select the school's name in early spring.

You can obtain guidelines and a form at any Carlsbad Unified site or the District Office, or enter online at <http://www.carlsbadusd.k12.ca.us/newhighschool.html>. More information about the school, whose construction is funded primarily through Prop P funds, is also at that online site.

Curriculum Process Underway

O'Connell relates, "Long before the first hard hat was donned, a 35-member Task Force comprised of parents, teachers, counselors, support staff and administrators began researching possibilities and generating recommendations regarding the school's vision, purpose and curriculum focus. Also currently under review is the decision about whether the new school and existing Carlsbad High School will accept students based on choice or boundaries."

With the Prop P-funded modernization of Carlsbad High and construction of an additional high school, the Task Force reported, "The combination of state-of-the-art facilities for both campuses, the tradition of excellent teaching and complementary, yet distinct program offerings at each of the high schools will provide a range of choices for students throughout Carlsbad."

A new school. A new name. More options and opportunities for all. This is an exciting time to be in Carlsbad!

A Look at Names

To date, Carlsbad Unified school names have been based primarily upon geography. Most sites are named after the street on or near which they reside. These are Buena Vista, Jefferson, Kelly, Magnolia, Poinsettia and Valley. Aviara Oaks and Calavera Hills reflect the geographical area in which they are situated. Carlsbad High, as well as Carlsbad Seaside and Village Academies, are named after the city.

Pacific Rim Elementary, which opened in 1999, marks a departure from the norm. According to Poinsettia Principal Steve Ahle, who was the opening principal for Pac Rim, its moniker reflects the school's location on Carlsbad's Pacific Ocean rim, its view of the Pacific and Carlsbad's sister city relationship with Futtsu, Japan.

How about the name, Carlsbad? Our city received its name in the late 1880s as a bold marketing move by the Carlsbad Land and Mineral Water Company. Company directors aimed to attract residents to the tiny community by promoting the town's healthful water, which it proclaimed was chemically identical to the famed mineral spring of Karlsbad, Bohemia (now Karlovy Vary, Czech Republic). Like Futtsu, Karlovy Vary is a Carlsbad sister city.

RAINER SHERWOOD FROM PAGE 1

Immersed in Academics and Athletics

"I'm hoping to obtain a scholarship to a college in California," Rainer says, explaining that water polo is big in the state. "Career-wise, I'm interested in physics, math and engineering."

Rainer says that practicing two hours a day actually benefits his study schedule. "Sports helps me balance my day. I allot my time well, knowing that

after practice, I need to go directly to my homework. I think athletics definitely adds to academics. It makes you have to manage your time."

Congratulations to Rainer Sherwood. He's the epitome of a winner. He manages his time well and manages to have a great time doing it all.



Dr. John Roach

In addition to partnering with publications such as *School News* and with local agencies and organizations, our District works with the San Diego County Health and Human Services Agency (HHSA) on important health issues. These issues affect not only students (healthy bodies correlate to healthy minds), but everyone throughout Carlsbad. For that reason, I want to share some key information on immunizations.

Flu season is still here. HHSA Public Health Officer Wilma Wooten, MD, MPH, advises, "It's not too late to get a flu shot, as influenza may not peak in San Diego until March or April." Younger children may need two doses of the vaccine; speak with your health care professional on appropriate dosage.

Pertussis, Tdap and AB 354

Dr. Wooten also shares a strong warning with everyone about pertussis (whooping cough). More than one thousand adults and children throughout the county (including some in Carlsbad) have contracted this disease, which can be extremely serious in children under one year of age. Infants have died from pertussis-related complications such as pneumonia or convulsions. Elderly people (for whom the vaccine is not very effective) also are at risk of contracting pertussis from non-immunized people.

Since people can unknowingly transmit whooping cough to an unimmunized person, especially an infant too young to receive the vaccine, it is critical for older children and adults to get vaccinated. The Tdap (tetanus, diphtheria and pertussis) vaccine is strongly recommended for everyone ten years of age and older. It protects you and everyone with whom you come in contact.

Beginning on July 1, 2011, new State law AB 354 takes effect. In accordance with this law, every 7th-12th grade student must present proof of having received the Tdap vaccine. More information will be available soon. For now, some sources are listed below.

Have a happy and healthy 2011!

Sources of Immunization and Health Information
 CUSD District Nurse Julia Hart-Lawson, RN, MA: 760-331-5939;
jhartlawson@carlsbadusd.net
 SDC HHSA: 619-515-6620; www.sdcounty.ca.gov/hhsa/
 Stories of Vaccine-Preventable Diseases: www.shotbyshot.org






To keep up-to-date on District doings, follow Dr. Roach at www.twitter.com/SuptRoach

Young Family Devastated After Tragic Car Accident...

Three Boys Spend Time in Foster Care; Family Fighting Leads to Bitter Feud in Public Court

Recently, a Southern California family was in a tragic car accident. The parents died and their family was thrown into a nightmare.

This is a true story. The parents had talked about naming guardians to provide for the care of their sons and the money they'd leave behind. They never got around to it. They likely thought their family would be able to work out who would care for the boys and their money, with love and grace, if anything happened.

That's not what happened. After the accident, the boys were in the foster care system for a short time. Then, over 1,000 pages of court documents, 9 lawyers, and tens of thousands of dollars later, the boys ended up with their aunt and their money being managed by a professional charging \$100/hour until they turn 18.

Is that what the parents would have wanted? If they had known what would happen, they would have done everything they could to protect their kids and plan for their future.

Learn from their experience! It's Easy to Protect Your Family and Your Assets with the guidance of a Personal Planning Lawyer.

Don't be one of those people who put off estate planning and guardianship designations for "tomorrow" because tomorrow may never come.

By consulting with your local expert Personal Planning Lawyer, Kristina Haymes, you can relax and rest assured your kids will never be taken out of your home or raised by anyone you wouldn't want. Haymes Law Group works with families to ensure that their plan will work when they need it and help loved ones avoid a nightmare court battle.

Parents of students in the Carlsbad School District can meet with Kristina Haymes for an absolutely free personal Family Legacy Planning Session (normally \$750). If you already have a plan in place, ask for a **Free Plan Audit** (normally \$950) to make sure it adequately protects your kids—*most do not!*

To take advantage of this free Family Legacy Planning Session, **Call (858) 794-1426**. A limited number of free appointments are available, so call today and mention the School News.



ATTENTION CARLSBAD PARENTS:

Are Your Kids Protected If Something Were To Happen?



Local estate planning lawyer and Berkeley Law Graduate, Kristina Haymes, reveals how to protect your children so they never end up in the arms of strangers and how to protect your assets from unnecessary taxes and probate fees.

Attend Kristina's FREE Kids Protection Planning and Trust Workshop at Playwerx and learn...

7 Easy Steps You Must Take To Protect Your Child in this Crazy World

Free Kids Protection Planning and Trust Workshop

Friday, March 18, 2011

5:45 to 7:00 p.m.

at Playwerx in Carlsbad

To register, call **(858) 207-4884** or visit **www.caKidsGuardPlan.com**

Don't delay, space is limited to 12 families!

Bring the whole family, your children can play while you learn legal planning for busy parents. Pizza and refreshments will be provided. **Plus \$1,750 in gifts and dinner raffle.**

Special Offer for Readers:

Schedule a Family Legacy Planning Session with Personal Planning Lawyer, Kristina Haymes and **Receive a Free Priceless Conversations Video** when you retain the services of our firm.

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