

FREE

School News



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Covering the Long Beach Unified School District
Serving the communities of Long Beach, Lakewood & Signal Hill

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FEBRUARY / MARCH 2011

Happy New Year to All Gardeners!

By Janet Saunders
1st Grade Teacher, Garden Leader
MacArthur Elementary

There is a lot of enthusiasm at MacArthur Elementary for our school gardens! We are at the beginning stages of planning and establishing our garden plots and have been impressed by the amount of interest and excitement shown by the staff and especially by the students at MacArthur.

During the '09-'10 school year our Garden Committee provided our students the opportunity to sign up for our Garden Club. We were amazed when over 80 students in grades 1-3 signed up to work!

Every Thursday last year during our "early out" time, 12 of our Garden Clubbers took turns: raking, weeding, planting, watering and harvesting their crops in our existing planters. It was hard work and a lot of fun! There were always other kids watching and begging to join in!

SEE MACARTHUR SCHOOL • PAGE 27



MacArthur Elementary School students are proud Garden Clubbers.

SUPERINTENDENT



Beating the Odds During Lean Times

The State of California's massive budget cuts to public education have caused the Long Beach Unified School District to reduce its own budget significantly in recent years. Unfortunately, the state budget continues to worsen, with a \$28 billion deficit projected in the coming months. The result is that our schools must find additional ways to reduce costs. It will be painful, but we have no choice.

Christopher J. Steinhauser

SEE SUPERINTENDENT • PAGE 37

BOARD OF EDUCATION



David Barton
Vice-President

Long Beach mayor, Bob Foster, was on hand to launch the North Long Beach Initiative at a ceremony at Jordan High School on January 14th. An impressive group of civic and educational leaders joined the entire Board of Education and Superintendent Chris Steinhauser for this event. In the next few years Jordan and its feeder schools will undergo major renovation with \$105 million of Measure K funds slated for Jordan alone. Community forums have

SEE BOARD OF EDUCATION PAGE 37

Making A Difference, One Friend At A Time



The first big event of Mark Twain Elementary's Best Buddies Program. Now in its second year, the student group gives students a chance to expand their circle of friends by matching general education and special education students together as buddies. (Please see story on page 33)

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St. Joseph High School page 35 • Westerly page 36 • Contest page 24 (See who won the contest drawings last issue)



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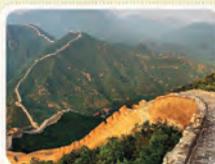
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Temple of Heaven

It is one of the most photographed buildings in the world due to its elegant beauty and symmetry. Built in 1420, it was the place where Ming and Qing emperors prayed to heaven for a good harvest.



Great Wall

The Great Wall was built to keep out the warring invaders, but additional sections were extended eastward for nearly 6,700 kilometres. The Badaling section is the most well-preserved section of the Wall.



Olympic Game Site 2008

The National Stadium serve as the main venue of the 2008 Beijing Olympic Games. The design was awarded to a submission from the Swiss architecture firm Herzog & de Meuron in April 2003.



Ancient City

Xi'an was authorized by the UNESCO as a world-famous historic city in 1981. Xi'an is one of the four Great Ancient Capital Cities together with Athens, Rome and Cairo. The ancient city of Xi'an is a miniature of Chinese history.



Forbidden City

The Forbidden City was built during the Ming dynasty. It is actually a city-within-a-city; with 9999 rooms spread over 250 acres. During the Ming and Qing dynasty, 24 emperors made their home in the Forbidden City.



Terra Cotta Warriors

The Terracotta Army, one of the wonder of the world, is a collection of terracotta sculptures depicting the armies of Qin Shi Huang, the First Emperor of China. It includes warriors, chariots, horses, officials, acrobats, strongmen, and musicians.

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Kay Coop
Founder / Publisher



This issue is full of wonderful news from the classroom. For example, on page 25 Lakewood High School government students fashioned a protective bill as a class project to establish a safety zone around all California K-12 public schools to prevent solicitation of minors. This is exciting to see students interested in government and getting involved.

Community service is a graduation requirement; however, all LBUSD students are encouraged to do for others and make volunteering a way of life. Many of the articles in this issue share with you the school projects.

SEE HOME ROOM • PAGE 28

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Lions & Tigers & Cat Licenses...Oh My!

By Miriam Yarden, B.Sc., MS, APDT

Every time the subject of cat licensing rears its head, cat owners react with something like fear. It's an invasion of privacy, responsible owners would be "penalized," no one really "owns" a cat, and of course, the old standby: "All they want is our money."

Let's try and clear these myths, since licensing cats is now mandatory in Long Beach—at long last! If we talk of "invasion," then the countless cats and kittens who roam and use our lawns as their litter boxes are indeed an invasion. And yes, if you feed, shelter, medicate, and care for a cat, you really do own him, even if he is an outdoor cat—and by the way, they have no objection to be thus owned. There is no penalty implied in this statute, and responsible owners know this.

As for the idea that it is about the money, *of course it is!* Ever since the function of animal control agencies was established more than a hundred years ago, only dog owners were required to license their companions. Yet these agencies always cared for multitudes of cats, so no wonder they are operating in the red. When a cat is picked up by animal control, the law requires that if they are injured or sick, they must be treated by a veterinarian, and that costs money. They are sheltered and fed, and that costs money. Too often and sadly, they are euthanized for lack of space and homes, and that costs money. Only dog owners paid for all this.

The license fee is small, but it is required that the cat be spayed or neutered and have a rabies vaccination. These help greatly in reducing homeless kittens and sick cats roaming free. So come on, cat-people! Let's step up to the plate and do what dog owners have been doing for decades. License your pet of the feline persuasion to help their sad lot and take care of them. Besides, the collar with the little shiny tag looks *really* cute.

Please remember shelter animals during the coming holidays. Donate toys, furnishings, money—whatever you can for those alone in our shelter. Thank you!

Los Angeles County Office of Education

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AVID: Three Decades Delivering the Dream



Jon R. Gundry
Interim
Superintendent

The college-preparatory program known as AVID (for Advancement Via Individual Determination) marked its 30th birthday last year, and it's still growing.

From a single classroom of 32 students at San Diego's Claremont High School in 1980, to more than 4,500 schools serving approximately 400,000 students worldwide, AVID has made the dream of college a reality for countless students—especially those often overlooked both in expectations and opportunities.

With grant funding from the California Department of Education, the Los Angeles County Office of Education's AVID team currently provides technical assistance and support for around 300 schools countywide. LACOE Project Director Laurie Wiebold and her six coaches visit AVID classes and work with AVID teachers, coordinators and administrators. They also consult regularly at the district level to help integrate AVID with other district initiatives.

According to Wiebold, Long Beach Unified is one of the best AVID districts in the nation. All LBUSD middle schools and high schools offer the program, which is designed to prepare students in the academic middle for four-year college eligibility and has a proven track record in closing the achievement gap.

According to Wiebold,
Long Beach Unified
is one of the best
AVID districts in the nation.

In fact, five Long Beach schools have been designated AVID National Demonstration Schools: Colin Powell Academy, Jackie Robinson Academy, Marshall Middle School, Cabrillo High School, and Millikan High school.

State-funded, independent research, together with AVID's own data, validate that this unique college-readiness system works. Statistics show that AVID students are more likely to take AP classes, to complete their college eligibility requirements and get into four-year colleges than students who don't take AVID.

Almost all AVID students who participate for at least three years are accepted to college, with roughly three quarters getting into four-year universities. Of 2,626 seniors in L.A. County AVID programs last year, 88 percent were accepted by four-year colleges. AVID also helps ensure that those students, once accepted to college, possess the higher-level study skills they need for college success.

Fittingly, AVID's 30th birthday conference in Dallas last December was themed "Readiness for All: Delivering the Dream." I join with Wiebold and her AVID team, and with their AVID colleagues at LBUSD, in wishing this wonderful program many more decades of "delivering the dream" to our young people.

Jon R. Gundry is interim superintendent of the Los Angeles County Office of Education. With headquarters in Downey, the Office is the nation's largest regional educational service agency, providing a range of programs and services to support the county's 80 public school districts and 2 million preschool and school-age children.

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F. King Alexander
President

Kiplinger's Personal Finance magazine has named California State University, Long Beach (CSULB) to its list of the 100 Best Values in Public Colleges for 2011, which ranks four-year institutions that deliver excellent academics while keeping costs to a minimum.

The annual public school rankings were released Jan. 4, appearing in *Kiplinger's* February 2011 issue and online at www.kiplinger.com/tools/colleges.

Selected from a pool of more than 500 public four-year colleges and universities, schools in the *Kiplinger* 100 were ranked according to academic quality, including admission and retention rates, student-faculty ratios and four- and six-year graduation rates, as well as on cost and financial aid.

CSULB appears at No. 79 on the list and is one of 10 California institutions to make the rankings. Two other CSU campuses were among the 100 – Cal Poly San Luis Obispo (50) and San Diego State University (92).

"Being listed among *Kiplinger's* 100 best values in public colleges is a great way to start the new year, and it is a fitting and appropriate honor for Cal State Long Beach," said CSULB President F. King Alexander. "We recognize that the ability to afford a university degree is a key issue in terms of access to higher education, and this campus has worked diligently to hold the line on costs to students wherever possible.

"More importantly, however," he added, "this ranking illustrates to taxpayers, consumers, students and parents that the high price tag associated with many colleges and universities nationwide has nothing to do with the quality of education experience being offered."

According to the magazine, private colleges have lately run about \$36,000 a year—a sharp contrast to the public schools on *Kiplinger's* top 100 list, in which 20 charge the same as or less than the average annual in-state sticker price of \$16,140.

"Despite rising tuition costs, there are still many first-rate institutions providing outstanding academics at an affordable price," said Janet Bodnar, editor of *Kiplinger's*. "Schools like these on the Kiplinger 100 list prove graduates can enter the workforce with a great education—and without a huge cloud of debt."

Visitors to the *Kiplinger's* website will find special interactive features including a reader's choice poll, a slideshow of the top 10 schools, and data sortable by criteria such as state, tuition cost, average debt, student/faculty ratio, and admission rate.

Kiplinger's Personal Finance magazine
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Keeping Up With the Jones'

Commuting by Bike

By Lisa Genshock

A scene from the movie, "Americathon," depicts everyone in Los Angeles riding bikes on the freeways instead of driving cars because the world has run out of oil. I know. It's difficult to take that vision very seriously. I mean, what would you do with your latte and GPS, not to mention your laptop? It's just so, well, impractical.

I can speak from experience about the benefits from commuting by bike. I felt rejuvenated after my sixteen mile, daily trip. I also saved about \$45 a month in gas and could eat more junk with less guilt.

There were a couple of mental barriers I had to overcome. What if it rains? Well, I could drive, of course. Instead, being a rain lover, I donned waterproof gear and enjoyed facing the elements. I learned how to pack my panniers (which were waterproof) with room to spare for a change of clothes and my lunch. I learned to fix a flat tire, and for anything more mechanically serious, I had a cell phone to call for help.

The bike shop does not have a shower, so I learned (and for me, this was the hardest part), how to be comfortable with just a sink bath and not-so-great hair from my helmet head.

But, alas, my glorious commuting days are now memories of the past. I became a parent and, it became essential to drive once again for reasons of safety. If your lifestyle permits, I encourage you to ride!





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Financial Tips

Make the Most of Your IRS Income Tax Refund



Jeffrey A. Napper
President & CEO
LBS Financial
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Happy New Year! 2011 is upon us and tax season is just around the corner. If you're expecting an IRS income tax refund this year, you'll want to make sure that you maximize the use of the funds you will receive. This money can help provide you a boost to your financial goals. Here are a few suggestions:

Pay Off Debts

If you have credit card bills or incurred some debt during the holiday season, this is the time to pay it off or pay it down. Carrying a balance on credit cards can cost you a lot of money. It's also always good to apply extra payments to your vehicle loans or apply an extra payment towards your mortgage principal.

Increase Your Savings

Build or add to your rainy day fund by depositing your income tax refund check into your savings, money market, or even open a CD account. It's always good to have extra funds to pull from for unexpected budget challenges.

Open an IRA account

Open an Individual Retirement Account (IRA). You have a choice between a Traditional or a Roth IRA. The benefit of a Traditional IRA is that the contributions you make may be tax-deductible in the year that you make the contribution. With a Roth IRA, your contributions are made on an after-tax basis.

Use It as a Down Payment

If you are planning on buying a home, use your tax refund towards a down payment on a house. Or if it's time for you to purchase a new vehicle, use your tax refund as part of your down payment on a new car.

Real Estate Matters

Sell Your Home Fast and For Top Dollar



CathyLyn Brooks

See How the Pros Do it

Once you decide to sell, you dream of selling quickly and for the highest price. With a limited budget and a little effort, you can greatly increase your home's appeal by focusing on what prospective buyers can see on their first visit. Television shows such as *Designed to Sell* on HGTV utilize these concepts and are a great resource for preparing a house for sale and staging it for maximum appeal to buyers. Watch a few episodes for your own inspiration.

Refresh the exterior—First impressions count when it comes to selling a home. Most buyers won't even get out of the car if they don't find the exterior appealing.

Spruce up the lawn and landscape—Home buyers associate the condition of your lawn and landscaping with the condition of your home's interior. By improving the outside, you affect buyers' impression of the entire property immediately.

Create an inviting entrance—The front door to your home should invite buyers to enter.

Reduce clutter and furniture—A buyer cannot envision living in your home without seeing it. A home filled with clutter, or even too much furniture, distracts buyers from seeing how they can utilize the space your home offers.

Clean, clean, clean...The cleanliness of your home also influences a buyer's perception of its condition. The appearance of the kitchen and bathrooms will play a considerable role in a buyer's decision process, so pay particular attention to these areas.

Make minor repairs—The small stuff does count, especially with first-time home buyers. Without dismissing the importance of repairing major items such as a leaky roof or plumbing, you do not need to spend money on replacing these items. Instead, focus on the minor repairs that will make your home visually appealing.

Showcase the kitchen—The heart of any home is the kitchen. If you are going to spend any money on renovations, this is the one area where you will see the greatest return.

Stage furniture—Furniture placement can enhance the space of your home while giving buyers an idea of how to best utilize the space with their own belongings. Take some time to rethink how different areas in your house could be used.

Light up the house—Create a sense of openness and cheerfulness in your home through its lighting. Few people like dark homes in my experience.

Add fresh touches—You can easily add color and style to your home by adding fresh touches throughout.

In short, try to make your home look as much like a model home as you can. There is a reason home developers decorate "sample" homes for people to view and imagine themselves in. See other homes in your area that are your competition for the buyers in the marketplace. Consider asking a relative to visit your home and walk through it with you, room by room, to help you be objective about how others see your home.

There are very few buyers who can look past a great deal of clutter and deferred maintenance. Your efforts will bring you more showings and a faster sale. And that is what every seller wants. Oh, and the best price possible. That will naturally follow.

CathyLyn Brooks has been a local real estate broker since 1980, earning the advanced credentials of Certified Residential Specialist and Graduate Realtor through advanced education and sales volume. She has completed the American Bar Association's approved Paralegal certification and is an instructor at UCI in the Paralegal program. She also teaches real estate related courses in the extension program. The NASD, the NYSE, and the National Futures Organization have appointed her as a public arbitrator. Her degree is in finance and marketing from the University of Southern California. CathyLyn is affiliated with Main Street Realtors and can be reached at: 562/719-2530 or cathylyn@earthlink.net Consumers should seek legal and tax advice from professionals in each field.

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Taking advantage of a Roth IRA

By Jeff S Yanc, LUTCF, CFP
State Farm® Agent

Simply put...contributing to a Roth Individual Retirement Account (IRA) may be a smart money move. The question then is...are you taking full advantage? The benefit of contributing to the Roth IRA is the money you put into one of these accounts grows tax free and distributions may be made tax free.¹

If you haven't opened a Roth IRA, do it now. You have until your tax deadline (typically April 15) to set up an account and make contributions for the previous year. Annual contributions are limited; currently the maximum amount is \$5,000.² That means you can invest \$5,000 for 2010, giving you a solid start to your savings.

If you're just starting to invest, the Roth IRA should be one of your first options – even before you open a regular, taxable account or contribute to a workplace retirement savings plan. The only exception is if your employer offers a match on your 401(k) contributions. That's free money you don't want to pass up. You can invest in both a Roth IRA and a workplace retirement plan.

Not sure where to find money to fund your account? Consider investing your tax refund. The amount could be a great start for funding a Roth IRA.

There are specific income restrictions for contributing to a Roth IRA. Contributions are limited and based on the taxpayer's filing status and Modified Adjusted Gross Income (MAGI). When the taxpayer's income exceeds the eligibility limits for contributing to a Roth IRA, an eligibility phase out period begins.

For 2011, the MAGI phase out range for contributing to a Roth IRA is:

- At least \$169,000 but less than \$179,000 for a married couple filing a joint return or a qualified widow(er)
- At least \$107,000 but less than \$122,000 for a single individual or head of household
- Less than \$10,000 for a married individual filing a separate return

Your exact contribution amount can be calculated using the worksheets found in Publication 590 on the IRS Web site at www.irs.gov.

¹ Withdrawals are tax-free if you're over age 59½ and at least five years have expired since you established a Roth IRA. Otherwise withdrawals of gain may be taxable (unless the withdrawal is "qualified") and may be subject to a 10% tax penalty.

² An individual can contribute up to \$5,000 (or 100% of earned income, whichever is less) for tax year 2011. If you are over age 50, you are allowed to make additional catch-up contributions of \$1,000 for tax years 2010 and 2011. Your adjusted gross income may limit your contribution amount.

Jeff Yanc can be reached at State Farm Insurance, 4087 Long Beach Blvd., Long Beach, CA, 562-595-6969.



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Stellar Achievement

Addams School has once again earned the distinction of being an LBUSD STAR School. A school is selected for the STAR award based upon multiple criteria including significant growth in English language arts and math AYP scores, positive gains in all areas of AYP for the school's subgroups, and significant API growth.

This award is recognition of the terrific teaching, student success and academic results that our school community has achieved. I want to take this opportunity to thank you for all you have done to support your children's academic success, including making sure they punctually attend school every day, are well rested and prepared for learning, and has done their homework, including nightly reading.

We strive for continual improvement. Our teaching staff is presently spending time analyzing assessment data to plan second- and third-trimester lessons that will further student achievement. Our goal in math and reading for this school year is to increase the number of proficient students in every grade by 15 percent and to improve attendance. Our school has set a goal to achieve 97 percent in average daily attendance.

API growth over the past two years has been 28 points, and this year's score is 808. We're making great strides because we all live out the student creed: "We come to school to be successful. In order to be successful, we must work hard. Hard work equals success."

Addams was honored at the district's Star Award Symposium at Hill Middle School in February.

Yvette Streeter
Principal

Avalon/Two Harbors *(K-12)*

P.O. Box 557, Avalon, CA 90704 • 310/510-0790 • <http://www.lbavalon.schoolloop.com/>



Running and Athletic Success

Unlike their peers across the water in Long Beach, Avalon middle school students have not traditionally participated in interscholastic athletic events. But, this past December, an Avalon team of distance runners, under the training and guidance of physical education instructor Grant Amthor, took advantage of support offered by the AAF, LBUSD, and the Del Rey Yacht Club, to join other LBUSD middle schools at the annual Run for Fun at Los Angeles Griffith Park.

Having never raced in an organized competition before did not deter the nineteen Junior Lancers from enjoying a great day of running and athletic success. Elizabeth DeLaRosa, Jeneice Neville, Christine Gomez, Carly Glass, and Michaela Edwards all finished in the top ten in their races, and were presented medallions on the awards stand. And, every Avalon entrant crossed the finish line in the top half of his or her race.

After the Run for Fun, the athletes celebrated their collective accomplishment with an afternoon tour of the nearby Autry National Center hosted by the Del



Rey Yacht Club. The young harriers were unanimous in their positive reflections of this experience, and are looking forward to future opportunities to join their LBUSD contemporaries in athletic contests.

Joseph Carlson
Principal

Alvarado *Elementary*

1900 E. 21st St., Signal Hill, CA 90755 • 562/985-0019 • <http://alvarado-lbusd-ca.schoolloop.com/>



Celebrating Citizenship

At Alvarado School, we feel our job is not only to hold our students to high academic expectations, but behavioral ones as well. There are four clear Alvarado Expectations that all students know backwards and forwards: I keep my hands, feet, and unkind words to myself; I respect people and their property; I come to school ready to learn; and I make responsible choices inside and outside of the classroom.

All students work extremely hard to meet these expectations, and there are many ways we celebrate. For example, students demonstrating positive citizenship in the lunch line may receive Fast Passes to the front of the line. On the playground, teachers hand out Caught Yous for those following expectations. Students can use their Caught Yous at the All Star Store or enter them in the weekly raffle on our AM (TV) Show. The All Star Store is open monthly, is run by our fifth-graders, and has all sorts of cool prizes.

Classes can also earn raffle tickets if every student is in uniform. A raffle ticket is then pulled during the Friday AM Show, and the winning classroom can earn Fast Passes and Caught Yous. If the class is a three-time winner, the students can choose a game to play with Dr. Geithman. Ms. Castro's and Ms. Ferris' classes have been the top winners!

It is so exciting to see our students excel academically and also demonstrate the class-act citizenship Alvarado demands.

Dr. Brett Geithman
Principal

Bancroft *Middle School*

5301 E. Centralia St., Long Beach, CA 90807 • 562/425-7461 • <http://lbbancroft.schoolloop.com/>



Bancroft Middle School Cheer *By Jasmine Sim, Cheer Captain*

If there's one word that describes Bancroft cheerleaders, it's "dynamic." We have pride, spirit, joy, hope and a passion for cheer. That's what the Bancroft Bruins cheerleaders are all about.

Sports teams are not the only serious competitors at Bancroft, because we take all of our own competitions very seriously. We have won five first-place trophies this year, including best routine, best choreography, team spirit, best middle school cheer and highest overall points.

Our squad consists of 19 students. We have 18 girls and one amazing boy named Joshua Gutierrez. He is Bancroft's first male, and is an astonishing and dedicated athlete. If he gets hurt he doesn't complain, but gets right back up and tries again.

We work together like a family, which means that we agree to disagree on some issues and then move forward. Our coach, Briana Marshell, has empowered us to accomplish this skill.

The members of this talented squad are Jasmine, Justine, Jayda, Erionne, Josh, Renee, Ivery, Viviana, Karah, Kayla, Alyssa, Summer, Katherine, Vanessa, Lezly, Rebekah, Lacey, Gabrielle and Evelyn. We are the mighty Bruins.

It's hard to be humble when you can jump, dance, stunt and tumble. Our intentions are to go beyond, so mess with the Bruins and you get the claws! We are sweet but tough.

We may not be together for very long, but today we are a family at Bancroft and loving it. Our motto is, "We trade sweat for strength, we trade doubt for belief ... but we don't trade cheerleading for anything!"

Birney

710 W. Spring St., Long Beach, CA 90806 • 562/427-8512 • <http://birney-lbusd-ca.schoolloop.com/>

Thomas Espinoza, *Principal*

No Article This Issue

Barton *Elementary*

1100 E. Del Amo Blvd., Long Beach, CA 90805 • 562/428-0555 • <http://barton-lbusd-ca.schoolloop.com/>



Luana Wesley
Principal

Barton's Reading Night

Reading! Reading! Reading! I can't stop reading since attending Barton Elementary School's Reading Night at a local book store. It was a most intellectually stimulating experience for the families of Barton students.

This spectacular reading experience was held on the evening of December 3rd, 2010. Our student ambassadors were there to greet Barton families as they entered the world of literature. The students were able to experientially explore the entire store by a literature scavenger hunt. This enabled them to intake the many nuances of reading from games to the new e-readers.

Throughout the evening, Barton students performed on stage through songs, poetry, and reading of picture books. These events were performed before a proud audience of parents and onlookers. And to cap off the evening an in-house storyteller read several picture books that simply made the books come alive to the audience. Refreshments were served, books purchased; it was a glorious event.



Bryant *Elementary*

4101 E. Fountain St., Long Beach, CA 90804 • 562/498-3802 • www.lbschools.net/bryant/



Doris Robinson
Principal

Just What the Doctor Ordered!

This November, Bryant's partnership with University of California, Irvine School of Medicine's Doctors for Diversity familiarized the entire student body with the medical profession and what is involved in becoming a physician. Twenty-five medical students visited all classrooms and engaged students in stethoscope use, how the brain and heart work, and the doctors' white coats—Bryant students temporarily became doctors!

Principal for the Day was wonderful, with COO Diane DeWalsche from our community hospital and Jennifer Marine from a local credit union. Bryant's Principals for a Day always leave us something special. This year, the credit union donated \$1,000 toward securing the M.I.N.D. music teacher, a component of the M.I.N.D. Math Program at our school. Ms. DeWalsche sent our staff flowers and cake for the holiday season. Thanks to both partners for making students, parents and staff feel very special!

As usual, Bryant's winter concert was outstanding. We had an overflow crowd of parents, friends and guests who enjoyed this wonderful instrumental and vocal performance led by music teachers Mrs. Strand and Mr. Sills. Our PTA served hot chocolate and candy canes to our families.

Thanks go out to our wonderful, hardworking PTA, who sponsored a candy-sales fund-raiser and the Scholastic Book Fair in the same week. The PTA and Bryant staff provided free books selected from our Book Wish List to each teacher.

In closing, we welcome Bryant's new cafeteria supervisor, Anacristiana Munoz Aguirre, as a member of the Bryant family.

Bixby *Elementary*

5251 E. Stearns St., Long Beach, CA 90815 • 562/498-3794 • <http://bixby-lbusd-ca.schoolloop.com/>



Rese Jacobs
Principal

December Was a Busy Month

During the month of December, our Student Council Members had the wonderful opportunity to visit the Mayor's Office and take a picture with him! The visit to Long Beach City Hall was festive and informative. The students toured the council district offices and learned how each one represents and supports a specific area of the city.

Isaiah Ringis, one of our 5th grade student council members, said, "It was awesome to learn about the districts, meet the Mayor, and see the underground council room!" Juliea Manzano stated, "It was lovely meeting the mayor and sitting in his seat."

Thanks to our PTA, our students enjoyed our "Fit-A-Thon" day. They did physical activities as they rotated through various stations. The California State Long Beach men's volleyball team and many of our volunteering parents community members were there to make the morning full of fun while the students learned the value of staying fit and healthy.

We are so fortunate to have such good neighbors as Bethany Church. Earlier in the year, they invited our grades 4 and 5 students to participate in their annual "Drug Awareness" assembly. It was so exciting for our students to hear presenters and to see a helicopter land on the campus. During the month of December, Bethany Church helped brighten the holiday season for our school families. We appreciate their outreach efforts to support our school community.

I can't begin to say enough about the parent involvement here at Bixby during the past year. I am amazed at the level of time and commitment our volunteers display, day after day, and week after week.

For the upcoming year, we are continuing to prepare our students to meet grade level standards. We are focusing on Small Group Instruction (SGI) strategies as we incorporate higher level thinking skills (Blooms Taxonomy). Our staff is implementing GATE strategies in all classrooms to promote best practices schoolwide. I am proud of the Bixby certificated and classified team members as we strive to make a difference in each child's life.

Buffum *Elementary*

2350 Ximeno Ave., Long Beach, CA 90815 • 562/498-2431 • <http://buffum.net>



Deborah Anderson
Principal

Lots to Celebrate

PTA Founders day is rapidly approaching February 18. Buffum students are very fortunate that they have such a wonderful group of parents looking out for them and helping the school establish fun educational activities.

September began with a parent meet and greet ice cream social. Kindergarten parents and parents of students new to the school were invited to attend and enjoy a nice evening of ice cream, lots of toppings and the opportunity to meet the parents of new friends, teachers and staff in a casual and tasty setting.

The big celebration was the annual Fall festival and book sale. Although both activities were used to raise funds for school field trips and assemblies, the activities provided fun for all. On a late October evening, the school was filled with students and parents that were bouncing on slides, faces were covered in paint, eating popcorn or candy apples, and enjoying the simple fun of an old fashion carnival. Everyone left happy and very, very tired.

In December D was for Dads Donuts. Early morning coffee, cocoa, milk and donuts are great. Or, as Homer Simpson would say, "Ummmm... donuts!" Actually, a few moms could not resist the donuts and cocoa. So, it became a wonderful family morning.

Buffum PTA looks ahead to a spring filled with more gatherings and end of year festivities. March will include a storytelling night and Read-Across-America barbecue. There is also the annual kite flying contest and the annual fit-a-thon.

PTA, thank-you for all the wonderful things you do for the Buffum kids!

Burbank *Elementary*

501 Junipero Ave., Long Beach, CA 90814 • 562/439-0997 • <http://bbk-lbusd.ca.schoolloop.com/>



Garden of the Mind

By Damon Jespersen, Learning Director

Luther Burbank School's The Garden of the Mind project envisions innovating education and community; through the permanence of heritage; the wisdom of art and the science of sustainability. Established in 2009, this coalition of community volunteers, area professionals and educators set out to emphasize the historical significance of the school and vital connection to the local community. The school is named after famed botanist Luther Burbank, which provided the inspiration for the project's name.

As part of the Long Beach Education Fund, the project has several initiatives planned and in progress. These initiatives include historical restoration of façade and grounds, creation of a main entrance community space, a locally grown fresh food program, weekend playground accessibility to promote children's health and fitness, and increased support for Burbank's parents within the school and community. The mosaic mural pictured in this article is just one of beautification projects The Garden of the Mind coalition completed recently with Burbank's parents and students.



This mosaic mural created by The Garden of the Mind and Burbank's parents and students welcomes all that pass through the main entrance of the school.

Burnett *Elementary*

565 E. Hill St., Long Beach, CA 90806 • 562/595-9466 • www2.lbusd.k12.ca.us/burnett/



A Surprise Visitor

By Nancy Jo Rettig, Counselor

If you're a 1st grader in Mary Romo's class, what's better than having a surprise visitor, Ms. Grey, read *Teddy Bear Tales* to you? How about having her distribute crisp backpacks filled to the brim with shiny hardbound books, paints, rulers, toys and coloring books? Jalani Washington and Juan Rivera agreed, "There was a lot of stuff in there that I wanted and didn't have at home." But the cherry on top was a plushy teddy bear for their very own. "I sleep with my

teddy bear and named him Clifford," smiled Alondra Mendoza.

As part of Operation Teddy Bear, readers from the Volunteer Center of the South Bay donated their time and love participating in this generous program.

Each of Burnett's 132 first grade students received this treasure to great acclaim (think Oprah's "You've got a car!" excitement,



Burcham *(K-8)*

5610 Monlaco Road, Long Beach, CA 90808 • 562/420-2685 • www.lbburcham.schoolloop.com/



City Hall's Holiday Season Visit

By Hilda Morales, Administrative Intern

Burcham School had the opportunity to participate in a holiday season visit to City Hall. Ten students were selected to represent the school. The students were given a tour of City Hall. They visited the Council Chambers and the Mayor's City Council Office. Each councilmember from each district had a representative speak to the students about that particular district. Some even took the students into the councilmember's office. The students were also shown the Mayor's office and conference room. The highlight of this tour was when the students were allowed to sit on the councilmember's and Mayor's chair in the conference room. They also took a picture with the Mayor and received a goody bag. When asked, "What they thought?" They responded in unison, "Great!" This truly was a wonderful learning experience for the students.



Burroughs *Elementary*

1260 E. 33rd St., Signal Hill, CA 90755 • 562/426-8144 • <http://bur-lbusd.ca.schoolloop.com/>



Monthly Spirit Assemblies

Coming onto Burroughs playground during a Spirit Assembly gives you a warm and welcoming feeling. Music always plays while students carry out chairs and lineup on the blacktop and grass area. The Student Council has strong participation with students from grades 3-5. Our outstanding Student Council, supported by teachers Derek Lefkowitz, Melanie Gates, and Karen Carmean-Mathieu, focuses on the activities and announcements for the school and recognition of students who are successful in doing their best at Burroughs.

The Burroughs Student Council members plan for this monthly, outdoor awards assembly with council members, students, teachers, and parents participating. Student Council leads the students with the flag salute, school song, and monthly topics that become spirited and fun with their unique participation. The energized group takes charge of introducing teachers, PTA members, principal, and counselor. It is here that teachers and school staff honor students from each classroom and throughout the school. Students are recognized with awards for: Personal Best, monthly Character Trait, Citizenship, Caught You Bee-ing Good, and Attendance. Additionally, new students to the school are recognized and honored as new Burroughs Bees.

At the conclusion of each assembly, students move happily back to class to the tune of an upbeat and energizing song.

Butler

1400 E. 20th St., Long Beach, CA 90806 • 562/591-7477 • <http://bbutler.schoolloop.com/>



Sparkle Peterson
Principal

"Mary Butler Bruins"

Along with the AVID classes and the girl's basketball team, The Career and College Club just attended the "I'm Going To College Fair" at UCLA followed by the UCLA/USC Women's Basketball game. They took a tour of the campus, met athletes from various sports, visited the UCLA Store, and had lunch at the UCLA Food Court.

They cheered on the Bruins to a victory over their rival, USC. "My favorite part was when we were getting ready for the basketball game, we got our faces painted and learned the 8-clap cheer," said Nancy Perez, 7th grader. Seventh grader, Keontay Morris added, "My favorite part of the trip was when we got to watch the basketball game because I know that UCLA will beat USC anytime." The College Club is getting ready to begin their final project, creating a multi-media presentation about career and college planning.

Each month, Mary Butler School will focus on one college to educate students about college and career opportunities. Posters and brochures will be used to advertise the colleges, and interesting facts will be shared during the morning announcements. UC Davis, Pepperdine University, ITT Tech, and California State University Los Angeles are to be showcased.

Carver *Elementary*

5335 E. Pavo St., Long Beach, CA 90808 • 562/420-2697
www.lbschools.net/carver/Carver_Elementary/carver_Home.html



Jennifer Rodarte
Principal

Kicking It Up a Notch

Make a joyful noise!

At the beginning of the school year, like many other sites Carver was scrambling to figure out how its students would be able to receive the same kind of music program that they were accustomed to getting. Due to budget reductions it was destined for a setback. We were very concerned that the music program's integrity would suffer because the two providers had to reduce their instructional time.

But all bets were off on December 6, 2010 and January 18, 2011! Our two fabulous teachers (Bob Gallandt for instrumental music and Meagan Carungcong for vocal music) put on two fabulous winter performances with the wonderful Carver Cougar students. The shows were a big hit!

The teachers had to work with extra determination and heaps of focus in order to get these great performances together. They had limited time for rehearsal, yet their students were confident and prepared.

And they were magnificent! The children behaved professionally and made their parents very proud. The two magical evenings were filled with a delightful sense of bliss and elation as the music rang out from our little Cougars!

The Carver staff is pleased to announce that the integrity of the instrumental and vocal music programs has been maintained. The teachers have "kicked it up a notch" and their students have soared accordingly. So congratulations to our Carver musicians, and keep up the hard work!

Cabrillo *High School*

2001 Santa Fe Ave., Long Beach, CA 90810 • 562/951-7700 • <http://lbcabrillo.schoolloop.com/>



Dr. Elio Mendoza
Co-Principal



Alejandro Vega
Co-Principal

Project Lead the Way By Jenni Brown, Coordinator Small Learning Community

This year at Cabrillo High School, a group of students are taking courses where they don't just build things—they innovate! Cabrillo has welcomed Project Lead the Way into the Engineering and Design Small Learning Community as an educational partner. This curriculum seeks to infuse real-world issues into highly technical math and science courses through problem-based learning. Project Lead the Way and Cabrillo are working together to ensure that each Jaguar is prepared to graduate with a diploma and the requisite skills to open the doors to a world of opportunities.

In these courses, Jaguars think, design, build, present, reflect, and revise as their ideas become tangible objects and structures. Each student has the opportunity to earn college credit for work in high school. This helps many students fulfill the Cabrillo Promise—that every Jaguar is enrolled in, supported in, and will be successful in at least one Advanced Placement, accelerated, Honors, or concurrent college course within his or her four years at Cabrillo.

Our students find the lessons engaging and fun. "It is more exciting to be able to do engineering projects than sit and listen to someone talk about engineering. I learn more and I am able to show what I know through what I build," said freshman Jose Sanchez. Many students additionally credit the teachers for helping them to feel supported and secure while they challenge themselves to help lead the way to a brighter, more creative and innovative future.

CAMS

1000 E. Victoria St., Carson, CA 90747 • 310/243-2025 • www.californiaacademy.org



Dr. Janice Filer
Principal

Impressive Accomplishments in 2010

CAMS has achieved several impressive accomplishments for the year 2010. The USC School of Pharmacy began the USC PEP (Pharmacy Explorer Program) experience on our campus. Interested CAMS students participate in monthly presentations to learn about careers in pharmacy. This is the first time that this exciting program has been offered at CAMS.

Our Red Cross Club was named Red Cross Club of the Year for the Greater Long Beach Chapter which includes Long Beach and Cerritos.

Academic Decathlon students won gold medals in math. CAMS Robotics team won the entrepreneurship award at both the San Diego and Los Angeles Regional. CAMS is a qualifier for the 2011 World VEX Robotic Championship. The ROV (Remotely Operated Vehicle) team won first place in the 10th Annual Southern California Fly Off Competition. Eight of our students launched a rocket more than 100,000 feet and were featured in a television special on the Discovery Science Channel.

CAMS appreciates the dedication of our students, staff, and parents. Happy New Year and Best Wishes to everyone.

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Chavez *Elementary*

730 W. Third St., Long Beach, CA 90802 • 562/590-0904 • www.lbusd.k12.ca.us/chavez/



Kimberly Weber
Principal

Partnership Continues!

The students at Chavez are fortunate to have the opportunity to continue the partnership that started with the local aquarium seven years ago when the school opened. Thanks to the generous donors, every student at Chavez has the unique opportunity of participating in hands on lessons at school. Collaboration with the aquarium and the teachers at Chavez has led to the development of standards based science lessons that are connected to marine life.



Staci works with 4th grade students building a model of a sedimentary rock.

In addition, the students are able to participate in guided tours that reinforce the content that was taught at school. All of this learning will culminate in two activities at the end of the year...our annual "Brag Night" for all families to see samples of the students' work and the 5th Grade Boat Trip.

Cleveland *Elementary*

4760 Hackett Street, Lakewood, CA 90713 • 562/420-7552



Julie Drysdale
Principal

Thank you, Senator Lowenthal and Cleveland PTA!

Cleveland Elementary School's Deaf/Hard of Hearing (DHH) students met with State Senator Alan Lowenthal to express their gratitude for a donation the Senator recently made for a DHH fieldtrip to Riverside School for the Deaf (RSD). Because of the generosity of Senator Lowenthal and the Cleveland PTA, our DHH students traveled to the RSD to enjoy an assembly presented in American Sign Language (ASL) and voice. Our students also communicated via ASL with a "Signing Santa" who learned what each child wanted for Christmas.

Senator Lowenthal



visited Ms. Monica Garcia-Hooker's classroom (Grades 1, 2 and 3) where he learned some ASL from the students and received a thank you card (see picture) which represented "I love you" in sign language. Next, the Senator visited Ms. Rohman's class (Grade 4 and 5) where he watched a student presentation and a CD of the students' adventures at RSD. The students then presented the Senator with a copy of the CD.

Constellation *Community Middle School*

620 Olive Ave., Long Beach, CA 90802 • 562/435-7181 • http://constellation-school.org

Daphne Ching-Jackson
Executive Director

New Staff at Constellation

Jeffrey Spafford and Maribel Uribe have joined Constellation Community Middle School in two key positions. Spafford joined the faculty as the English Language Development teacher after completing the credential program at CSULB and obtaining his multiple subject credential. Uribe takes over as the finance administrative assistant.

Spafford was referred to Constellation by a friend and his timing was on target as an opening occurred in December. "He has exceptional personal qualities that will contribute to his success as a teacher," stated Daphne Ching-Jackson, Executive Director. "We can give him guidance and support and a place to become fully proficient as a teacher. This hiring works for both Constellation and Mr. Spafford."



Uribe joined the Administrative staff on January 3rd. Her responsibilities include accounts payables and receivables, banking, and student supervision and several other key administrative tasks. She graduated from CSUDH and is working on a masters' at CSULB.

Cubberley

3200 Monogram Ave., Long Beach, CA 90808 • 562/420-8810 • www.lbcubbederley.schoolloop.com/



Terri Jarels
Principal

Geography Bee

Would you be able to answer this question? The site of an ancient lighthouse on the island of Pharos attracts visitors to Alexandria, a port city in which African country? This was the question asked in the championship round of the Cubberley Geography Bee. The answer is Egypt, and the winner of the schoolwide event is 8th grader Arren Cole, who survived numerous rounds of questioning and intense competition to become the victor.

Students in grades 4th through 8th showed outstanding knowledge of physical and cultural geography. Qualifying rounds included written exams, as well as answering increasingly more difficult ques-



Arren Cole (8th grader) winner of the school wide Geography Bee with his parents, Principal Terri Jarels, and the Bee's organizer, 6th grade Social Studies teacher Alison Lewis.

tions during grade level assemblies. The finals included representatives from all grade levels, each of whom had won their individual round. In the end, Arren the 8th grader prevailed.

If Arren survives another round, and passes a rigorous exam administered by the National Geographic Society, he will represent Cubberley in Sacramento.

Dooley *Global Studies Magnet School*

5075 N. Long Beach Blvd., Long Beach, CA 90805 • 562/997-2655 • www.lbschools.net/dooley



Julie Nyssen
Principal

Lend a Hand, Develop a Plan!

Dooley School encourages parents to join the school's parent committees as a way to participate in their children's education. These committees, such as PTA and the School Site Council, have evolved beyond bake sales and other fund-raisers. Today's parents are using their professional skills to bring meaningful improvements to schools, such as upgrading computer labs, landscaping school grounds and introducing academic enrichment programs.

The Dooley School Site Council, composed of five elected parent representatives and five school employees, have worked together to develop and modify the Single Plan for Student Achievement, a legal document required by the state of California. After meeting numerous times in the fall, the council also approved the school's Common Pages—the school's budget, including Title I funds—and the school's Parent Involvement Guidelines.

Another key parent group, the English Learners Advisory Council, also has provided feedback to the school staff regarding the school plan, budget and parent policies. This council, made up of three parent representatives—chairperson, secretary and DELAC district representative—and three school employees, provides a voice for the English-learner population of Dooley, which is approximately 41 percent of the student body.

These dedicated parents help the Dooley staff immensely by offering the candid perspective of a Dooley family.

Emerson *Parkside Academy Charter*

2625 Josie Ave., Long Beach, CA 90815 • 562/420-2631 • http://eme-lbusd.ca.schoolloop.com/



Mark Andreatta
Principal

Supportive Parents

Beginning January 24th, Emerson will be accepting student applications for the 2011-12 school year. Emerson has an excellent educational program provided by caring and compassionate teachers in our kindergarten through 5th grade classrooms. We are fortunate to have a physical education program, science lab, computer lab, and library, as well as an art program and after school activities for our students. Emerson has wonderful parents who are excited about our school and work very hard to assist and supplement our instructional program.



Kindergarten students with their published stories.

Edison

625 Maine Ave., Long Beach, CA 90802 • 562/590-8481 • http://edi-lbusd.ca.schoolloop.com/



Richard Littlejohn
Principal

Edison Parent University

We all know what research tells us...there is a strong correlation between school performance and parent involvement. Under this principle, Edison has continued to look for ways in which parents can become actively involved. We recently held our VIP Drive where our wonderful nurse, Mrs. Barbara Wallace, provided free TB Tests for parents who were interested in becoming VIPs at Edison.

Welcome to the EPU! Edison Parent University is open for parents to enroll in classes! Parent education classes are taught by Migrant Education, administrators, specialists, teachers, and counselors! The first course, PESA – Parent Expectations Support Achievement is a five week course dedicated to providing parents with proven methods of reinforcement to support student achievement at school! Parent education classes will continue to be offered throughout the year and Edison parents are welcomed to register through the Main Office at any time. Space is limited! Future classes include Understanding the Content Standards, Understanding the Testing Process, Common Sense Parenting, and a series of Family Reading, Family Math, and Family Science.

Parent University's Dictum: "Parents and Teachers Working Together!"

Franklin *Classical Middle School*

540 Cerritos Ave., Long Beach, CA 90802 • 562/435-4952 • www2.lbusd.k12.ca.us/franklin/index.htm



Maria Pilar Perossio
Principal

Franklin Students have Talent and Fun

Franklin Classical Middle School students recently had a talent show where students had an opportunity to showcase their special talents. Students practiced and polished their acts after school under the direction of Ms. Greene, Franklin teacher and talent show coordinator. Students performed to a full house after school and at a special school assembly where the audience was wowed by singers, dancers and impersonators.

In addition to the talent show, students at Franklin recently held a winter fair to celebrate our students' various cultural back-

grounds. Students had an opportunity to taste food from various cultures, see a puppet show, participate in games and win prizes. The dunk tank was an extremely popular activity where students had an opportunity to dunk their teacher or the principal!

Students at Franklin Classical Middle School study and work hard to learn all they can during each class. Extracurricular activities, such as the talent show and fair are just a few ways Franklin students have fun, too.

Go wildcats!



Fremont *Elementary*

4000 E. 4th St., Long Beach, CA 90814 • 562/439-6873 • <http://fre-lbusd.ca.schoolloop.com/>



Matt Hammond
Principal

Science is Alive

Walk into the science lab at Fremont Elementary School, and it is like walking into another world. Many animal creatures are to be found in the science lab and are an integral part of the learning experience. Lizards, hamsters, guinea pigs, mice, a giant iguana, a ball python snake, fish, a pacman frog, and a giant tortoise are well taken care of at Fremont.

Students learn to properly handle, feed, and care for the animals, which make the lab a unique classroom environment. Many artifacts and models are available for use as teaching tools.

The science lab program organized and taught by Laura Malloy enriches, extends, and reinforces the science being taught in the classroom.

The four focus areas of the program are physical science, life science, earth science, and scientific reasoning. The science lab is a parent funded program and it exists and thrives through the efforts and support of Fremont's fabulous PTA. The lab is available to all Fremont students on a weekly basis. During their visit, each class enjoys hands-on science experiments, activities, and investigations. Fremont's science lab is alive and kicking.

Garfield *Elementary*

2240 Baltic Ave., Long Beach, CA 90810 • 562/424-8167 • <http://garfield-lbusd-ca.schoolloop.com/>



Donna McKeenan
Principal

Off to City Hall We Go!

By Helen Magaña, Learning Director

Our Student Council members were excited to board the public bus and get a tour of City Hall. First, we visited City Council's meeting chamber and students got to sit in the leather executive chairs. Many students pretended to be council members and envisioned what life would be like directing a large city like Long Beach.

Our tour continued upstairs on the 15th floor where we had an opportunity to visit each of the nine district offices. Students learned that our school belonged to the 7th District. After that, students got to look out of Mayor Bob Foster's office and oversee the city from high above the ground. Although the students only got a glimpse of Mayor Foster when he peeked out of his meeting room, they were honored just to have that opportunity! Thank you Mayor Foster for inspiring our students to want to serve their city.



Gant *Elementary*

1854 Britton Drive, Long Beach, CA 90815 • 562/430-3384 • www2.lbusd.k12.ca.us/gant/index.htm



Jeff Wood
Principal

PTA celebrates with "A Salute to Reading"

Gant students are outstanding individuals who enjoy reading. During the Salute to Reading week, Gant Elementary School engages the community in exploring language arts in many ways. Our week included a number of events to encourage both students and parents to engage in reading. On Wednesday, January 26th our school was enlightened by two amazing authors: Lisa Glatt and Suzanne Greenburg. These ladies have written a number of books including Abigail Iris: The Pet Project. Additionally, on Thursday, January 27th numerous community members shared some of their favorite books through classroom readings. Dressed in their pajamas, students opened their minds as they listened and visualized many shared stories read by community members.

Our celebration continued after school with the Minnie Gant Elementary Spelling Bee. This school wide event utilized many dedicated members of our community to challenge our students in spelling many difficult words. Our school wide winner will continue to compete in the regional Scripps Spelling Bee Competition with the hopes and dreams of succeeding on a national level.

At Minnie Gant, our accelerated readers continue to challenge themselves each and every day as they enjoy reading. We challenge you to turn off the TV, unplug, and sit down with a good book.

Gompers *(K-8)*

5206 Briercree Ave., Lakewood, CA 90713 • 562/925-2285 • <http://lbgompers.schoolloop.com/>



Gray Lange Jr.
Principal

Volunteers Make a Difference at Gompers

By Rachel Peters, Intervention and Progress Specialist

Gompers' parents have stepped up their volunteer efforts to help student success throughout the school. This year parent volunteers were taught to help classrooms obtain three goals. The first being that no student in grades 2-5 would be retained due to his or her basic math facts. The second, that students within grades 1-3 would score at a proficient or above level in timed fluency testing; and lastly that all students in grades 1-3 would pass through "Power Word" stages predetermined by each grade level.

As of October, twenty plus parents have been trained in how to tutor basic math facts, how to assist students with fluency and how to administer and teach to the "Power Words" program. The trainings gave parents strategies on working within both a one-on-one basis and small and large groups. With the help of the volunteers baseline data was collected and ongoing data collection helps to drive tutoring lessons.



The parents volunteer on average 1-2 hours a week giving each grade level approximately 2-6 hours of academic support, thus providing up to 24 hours of academic support each week. With the support of these trained parents Gompers looks forward to growth and success in the 2010/2011 school year.

Grant *Elementary*

1225 E. 64th St., Long Beach, CA 90805 • 562/428-4616 • <http://gra-lbusd.ca.schoolloop.com/>



Mona Cook
Principal

Gifts of Kindness

In November, Grant Elementary School's first-graders had the privilege of participating in the Teddy Bear Backpack Give Away. Each first-grader received a backpack filled with instructional materials from the generous people at the Volunteer Center.

Prior to receiving their backpacks, the gentlemen from Beacon House shared a story about volunteers in the community. Each child was encouraged to brainstorm ways to make their community a better place. Miles of smiles were seen as the men passed out the precious prizes to the students. Children were heard explaining how this was the best day they have ever had, and volunteers echoed the sentiment.

As the parents arrived to pick up their children at the end of the day, they were overjoyed to see the beautiful gifts. Volunteering and generosity make an amazing difference in the life of a community.



Hamilton *Middle School*

1060 E. 70th St., Long Beach, CA 90805 • 562/602-0302 • <http://lbhamilton.schoolloop.com/>



David Downing
Principal

Scholars Serving Scholars

Scholarship, Leadership and Citizenship are the ingredients required for student participation in numerous activities offered to Hamilton students. As "Scholars Serving Scholars" students take ownership of their roles as teammates, mentors, study partners, and community ambassadors. The following activities highlight such student participation.

Prior to the winter holidays, fifty student ambassadors were invited to an orchestral concert in Los Angeles, sponsored by renowned opera artist Suzanna Guzman. The outstanding citizenship displayed by students resulted in an invitation of 150 students to the Charles Luckman Theatre for an upcoming artistic event.

The Hamilton Cheer Team, under the guidance of Monica Davis and Racquel Welch epitomizes scholarly behavior and school spirit. Over 60 students competed for 30 positions on the 2011 team. Selected students are committed to modeling exemplary behavior and enthusiastically support the students and staff at Hamilton.



Harte *Elementary*

1671 E. Phillips St., Long Beach, CA 90805 • 562/428-0333 • <http://harte-lbusd-ca.schoolloop.com/>



Scott Tardibuono
Principal

Celebrating Our Budding Authors

Twice during the first trimester the young authors at Bret Harte had the opportunity to showcase their latest publications. As a culmination to each Unit of Study, which refers to the focus area of writing during Writer's Workshop, students can share their published work with fellow students, teachers and guests during our school-wide writing celebration. To prepare for each celebration teachers set aside time during the day in which students can read their published work to either a small group of friends or to the whole class. Needless to say Writing Celebration days create quite a buzz throughout Harte's campus.



Students in Ms. Alarcon's 2nd grade class share their published work.

To further enhance and acknowledge the awesome writing our students are producing a bulletin board in the foyer of the main entrance prominently displays the work of a Featured Author from each Pre-K through 5th Grade class. The Featured Authors change after each celebration. Perhaps the next Pulitzer Prize winning author will be one of our very own Bret Harte Bulldogs!

Established in 1990, Zinsmeyer Academy is a California State certified, nonpublic, nonprofit, fully accredited Western Association of Schools and Colleges (WASC) school, that provides excellent academic and vocational education services to children needing small class sizes and individual instruction and tutoring.

The school is co-ed, grades 4 through 12, offers CIF basketball, baseball and track/cross country.

For enrollment information:
Contact Lisa Butcher at 562-961-6109

The program includes:

- Individual tutoring
- Small class size, student/teacher ratio of 5.5 to 1
- Direct instruction strategies
- A safe, consistent daily routine with breakfast & a hot lunch provided



Zinsmeyer Academy

a division of

ChildNet Youth and Family Services, Inc.

4223 East Anaheim Street

Long Beach, CA 90804

(562) 961-6300

(562) 961-6368 FAX

Henry *Elementary*

3720 Canehill Ave., Long Beach, CA 90808 • 562/421-3754 • <http://henry-lbusd-ca.schoolloop.com/>



Claire Alvarez
Principal

Peace on Earth "Paz en el Mundo"

The Patriots of Patrick Henry K-8 School presented an extraordinary holiday program at Lakewood High School Auditorium on December 15, 2010. Students, from pre-kindergarten through eighth grade, sang and danced their way through a pageantry of multi-cultural holiday performances. Presentations highlighted traditional Christmas songs from around the world and were multi-lingually performed in Spanish, English and American Sign Language.

The vision for "Paz en el Mundo" was students shining on stage in a celebration of holiday traditions from diverse cultures. The success of the show is due to talented and dedicated teachers who collaborated for weeks in advance. Many parent volunteers also supported preparations for the show.

The grand finale, entitled "Paz en el Mundo" featured over 600 students singing and signing an important message: "All that I want is peace in this world, in my



heart and in my family". The children inspired everyone to remember the significance of peace, love and family during the holidays and for the new year. From the Patrick Henry family to yours, we wish you peace in 2011!

Hill *Classical Middle School*

1100 Iroquois Ave., Long Beach, CA 90815 • 562/598-7611 • <http://lbhill.schoolloop.com/>



Sophia Griffith
Principal

Building Healthy Relationships By Ms. Jeannette Higginbotham

Schools across the nation are currently taking a close look at how they can best develop strategies to combat bullying and issues surrounding the need for students to be treated equally and with respect. Hill Classical embarked on this very issue beginning in 2005. At that time, a new health course was instituted on campus entitled, Building Healthy Relationships. Incoming 6th graders take this one-semester course, and it is also offered as an 8th grade elective.

The program provides an opportunity for students to develop, practice, and promote positive attitudes and actions in their everyday behavior. The semester



Bullying Reporting Mailbox
Jayneisha Jones, Josie Warner, Edwin Garcia

is divided into these topical areas: managing feelings, empathy, reducing stereotyping and discrimination, conflict resolution, peer pressure, and understanding bullying and cyberbullying. Hill's commitment to the Safe and Civil Schools format, in conjunction with B.H.R., works daily to ensure that all students can attend school in a respectful and caring environment.

Holmes *Elementary*

5020 Barlin Ave., Lakewood, CA 90712 • 562/633-4427 • <http://hol-lbusd.ca.schoolloop.com/>



Dr. Kelly An
Principal

Academic Rigor and High Expectations By Crystal Huynh, 5th Grade Teacher

Holmes Elementary School continues to strive for professional growth among its staff and academic achievement among students. The teachers continue to attend professional development meetings to improve their pedagogy. Onsite, teachers collaborate and share ideas so that they may hold the highest academic standards for students. Our focus has been on Write From the Beginning, MAP2D and small group instruction.

Holmes has a Gate/Excel program where our teachers have attended additional training to become certified. However, we not only hold high standards to our higher achieving students, but to all students. The upper grade teachers who are currently teaching regular classes are incorporating GATE frames into their pedagogy. Students understand scholarly behavior as well as the depth and complexity icons. The academic rigor and high expectations help all students prepare for the challenges of middle school and beyond.

The past two years the 4th and 5th grade teachers have also been trained in AVID/Pathways to Proficiency and have incorporated it into their classroom. Each upper grade student is taught to take notes via AVID strategies as well as maintaining a notebook to develop organizational skills.

As our district continues to face challenges, the staff at Holmes will not falter and will continue to strive for success. We know that our number one goal is to educate and prepare our students for the challenges they will face ahead. Although we are all teachers here at Holmes we are also lifelong learners. We will continue to learn new strategies and techniques to help our students meet and exceed our high expectations.

Hoover *Middle School*

3501 Country Club Drive, Lakewood, CA 90712 • 562/421-1213 • <http://lbhoover.schoolloop.com/>



Dr. Avery Hall
Principal

This Has Been a Busy Year By Rebecca Fast, Teacher - 6th/8th Grade History

Hoover Middle School is quickly approaching the end of its first semester. Hoover Highlanders are excitingly putting the final touches on their persuasive essays for English language arts, ancient world history Egypt projects, and launching rockets that they built in science class.

Also happening at Hoover is recruitment for its ALPS program. ALPS (Accelerated Learning and Performance by Students) classes cluster students who are GATE identified, EXCEL, and high achievers. These students make up approximately 40% of Hoover's student population, and are grouped together in their core academic classes.

This year, the ALPS classes have been busy extending their learning beyond the classroom. Sixth grade ALPS students visited the California Science Center, 7th graders traveled to the Getty Center, and the 8th graders went to the National Japanese American Museum in Los Angeles.



Hudson *(K-8)*

2335 Webster Ave., Long Beach, CA 90810 • 562/426-0470 • <http://lbhudson.schoolloop.com/>



Cathleen Imbroane
Principal

Primary Years Programme By Heather Mills International Baccalaureate Coordinator

By the time this edition of *School News* has been published, Hudson will have participated in the first program evaluation of our International Baccalaureate Primary Years Programme (PYP). We were honored in March of 2008 to be the first school in the Long Beach Unified School District to be officially authorized to offer the PYP to our Kindergarten through fifth grades. This highly rigorous program combines the California Content Standards with an inquiry-based approach to develop internationally-minded citizens who are critical thinkers and aware of global issues.

Hudson teachers are uniquely qualified and receive highly specialized training to have the opportunity to teach in the International Baccalaureate (IB) programmes. They collaborate on a weekly basis to ensure continuity in the curriculum and to reflect on the teaching practices, assessments, and content embedded in the PYP transdisciplinary units. Hudson is always in a process of continuous improvement. We look forward to the results of the PYP evaluation and deeply appreciate the support and participation of the LBUSD administration and School Board members and for their commitment to the continuation of this valuable program.

Jordan *High School*

6500 Atlantic Ave., Long Beach, CA 90805 • 562/423-1471 • www.lbjordan.schoolloop.com/



Mario Jimenez
Co-Principal



Rosalind Morgan
Co-Principal

Thank You Volunteers

The Jordan staff would like to acknowledge a few of our dedicated family members.

For more than 10 years, a group of dedicated Jordan teachers has helped to spread holiday cheer to needy senior citizens of Carmelitos Housing Complex. Thirty-year veteran teacher, Larry Cahn, who teaches General Studies at Jordan's main campus, leads the Jordan community outreach program, with the support of FAITH

IN ACTION. Thanks to these five dedicated teachers and thirty-five students from Jordan meals were hand delivered to grateful senior residents. The other volunteer teachers are Gennaro DiMassa, English Teacher, Jodie Irish, Language Teacher, Marc Prager, PE Teacher, and Carlos Cooper, ELD Teacher. Student from the AIMS, IB, JMAC, JFAST, BESTT, and PANTHER Small Learning Communities served as volunteers.



**Gennaro DiMassa, Larry Cahn, Jodie Irish,
Marc Prager, and Carlos Cooper**

Because Thanksgiving holiday was extended from a two-day vacation to five, Mr. Cahn expressed how grateful he and the other teachers were that so many students came out to support and help deliver dinners, especially since these students were responsible for their own transportation. This past year, the program proved so successful that it has been expanded to include Thanksgiving, Christmas, and Easter.

Hughes *Middle School*

3846 California Ave., Long Beach, CA 90807 • 562/595-0831 • <http://lbhughes.schoolloop.com/>



Dr. Sally Gregory
Principal

Chain Links Club By David Michaels, English Teacher

Hughes students recently had the privilege of attending an assembly for Rachel's Challenge. Rachel was one of the victims of the Columbine tragedy of 1999. Before her passing, Rachel already knew that she would spend her life helping others. Little did she know that her message would come so soon, and be so profound and wide reaching. At Hughes, many students left the auditorium teary eyed, and emotionally moved by what they witnessed. They too, wanted to pay the message forward of kindness and understanding.

At the core of the Columbine aftermath was a feeling that lessons about building a positive school culture, where everyone feels safe and unthreatened would be useful. Rachel's family members have accepted this challenge by meeting with middle school kids across the country to teach them virtues such as showing compassion and respect for one another.

One of the many positives that emerged from our Rachel's Challenge Assembly was the Chain Links Club, founded by Mr. Burke and parent volunteer Suzy Wren. The members of the club discuss and promote character building. These include helpfulness, politeness, compassion, leadership and responsibility.

Recently, the campus was decorated with posters that convey positive messages to teach kids how to empower each other and make everyone feel good about who they are. The club will continue to deliver "small acts of kindness" to the campus, as they try to pass forward the messages of understanding and compassion, just as Rachel once did.

International *Elementary*

700 Locust Ave., Long Beach, CA 90813 • 562/436-4420 • www2.lbusd.k12.ca.us/intl/

Kimberley Baril, Principal

No Article This Issue

Jefferson *Leadership Academies*

750 Euclid Ave., Long Beach, CA 90804 • 562/438-9904 • www2.lbusd.k12.ca.us/jefferson/index.htm



Lori Clark
Principal

Family Arts Night By Lori Clark, Principal Teachers Connie Elizondo, Marilyn Stiltz, Mark Pearson

On Wednesday night, January 19, Jefferson produced its first Family Arts Night event. In the fashion of "Jef Poetry Jam" and "Family History Night," Music and Art Directors Elizondo, Stiltz and Pearson assembled a diverse cast of players. The program featured parents and family members, students, high school musicians and singers, student and professional artists from the Jefferson Community, parent and student musicians, singers and dancers as well as a local professional dance crew.

Our JLA performing ensembles were also showcased, from chorus, string ensemble, band, gospel choir, and guitarists. On the fine arts side of the house, student and family artwork was displayed in the library, with light refreshments and entertainment.

Keller *Elementary*

7020 E. Brittain St., Long Beach, CA 90808 • 562/421-8851 • <http://keller-lbusd-ca.schoolloop.com/>



Marjean Hughes
Principal

Wrapping up the Holiday's with Helping Hands

We would like to thank all students, parents and community members who donated canned food and goodies during our holiday Salvation Army canned food drive.

As a school community we held a contest to see which grade level would turn in the most cans by the end of the week. The scholars in student council counted and tallied all the cans. A big congratulations goes out to the Kindergarten students for turning in the most cans and goodies. They were rewarded with a refreshing popsicle party! Many families throughout Long Beach benefited from our Keller Cougar efforts.

Sometimes a small thing you do can mean everything in another person's life.
—Anonymous

Kettering *Classical Elementary*

550 Silvera Ave., Long Beach, CA 90803 • 562/598-9486 • www.lbusd.k12.ca.us/kettering/kettering.html



Kelly Ludden
Principal

Kettering's Kindergarten

As we begin the process of enrolling students for next year's kindergarten, many parents have questions about what their children will experience as new students. At Kettering, we offer an optional extended day beginning at 7:55 and ending at 1:00.

Students in kindergarten learn about letters and sounds, writing, the calendar, and basic math concepts. They have both morning and afternoon recess and eat lunch on campus.

The additional time in the afternoon allows teachers Mrs. Highducheck and Mrs. Mitchell to offer enriching activities such as painting, exploring science concepts, working in the garden, and many more!

Kettering's Kids also experience field trips and special assemblies. Another exciting feature of our kindergarten program is the opportunity students have to participate in performances. In the fall, the kinders present a play about the first Thanksgiving and treat their families to a Thanksgiving feast. Later in the year, students share what they have learned about the songs and symbols of the United States in the Salute to America program. Finally, in June, our "Kids" celebrate the end of the year with a luau featuring songs and dances from Hawaii and a delicious treat to follow.

At Kettering, we take pride in offering our kinders a joyful and enriching first year of school. It is amazing to watch how much these little scholars grow both socially and academically. We look forward to meeting our new crop of Kettering Kids and seeing them bloom!

King

145 E. Artesia Blvd., Long Beach, CA 90805 • 562/428-1232 • <http://starring-lbusd-ca.schoolloop.com/>



Rosana Madrid-Arroyo
Principal

ROYALS

Starr King students boast school pride with a play on the theme of royalty and lions. Our school mascot is a proud lion seated in front of a stack of scholarly books. We have added to this the Guidelines for Success which, like school rules, guide us in all of our actions and attitudes. We spell out the letters of ROYALS as follows: R = respect yourself and others; O = offer your best; Y = yearn to learn; A = apply yourself; L = lead by example; S = strive for excellence.

At the start of the school year we teach and review these Guidelines. Again after each extended break we review them. January is a good time to ask your child about our Guidelines.

In other news, our community partners are assisting Starr King once again with three mini-grants and an added bonus. The mini-grants are for books to round out classroom libraries for teachers who have made a drastic grade change or recently assigned to King from sites other than schools. Our library also received a set of encyclopedias for the whole school. And finally, the bonus surprise was a brand new I-pod Touch. We will be raffling this off to a family from among all the names of children with perfect attendance during the month of January. Good luck to the families and thank you to our community partners!

Lafayette *Elementary*

2445 Chestnut Ave., Long Beach, CA 90806 • 562/426-7075 • www.lafayette-lbusd-ca.schoolloop.com/



Dr. Damita Myers-Miller
Principal

Our Giving Season

November was a busy time at Lafayette. We kicked off the month with a Student Council election. Students from the fourth and fifth grades followed a rigorous process to meet eligibility criteria for participation in the election. The newly elected Student Council officers are President Mateo Sanchez, Vice President Liliana Rodriguez, Recording Secretary Kiahra Bell, Treasurer Daisy Sanchez, and Sergeant-at-Arms Joseph Martinez. The officers and council have met and planned a number of community-service projects and school-spirit activities.

The Lafayette community showed its generosity by providing a large quantity of groceries for the annual charity food drive. Lafayette's main hallway was lined with boxes of canned goods and other staples, which were picked up right before the Thanksgiving holiday.

Also in the run up to Thanksgiving was Lafayette's second annual Turkey Trot. Each class selected two runners to compete against other runners in their grade level. The fastest runners took home turkeys donated by City Councilmember Dee Andrews and pumpkin pies donated by Lafayette families.

In November, we also had the opportunity to nominate an Outstanding Volunteer in Public Schools (VIPS) from Lafayette. This honor went to Rose Marie Orr. Mrs. Orr spends many hours on campus each week planning and coordinating fund-raisers and other events. She is one of the many reasons Lafayette is such a special place for adults to work and children to learn.

Like it? Blog about it.

For more information please see our ad on page 29.



City of Long Beach Environmental Services Bureau



Camps & Fun Activities

KAMPS FOR KIDZ

BY SUSAN PETERSON

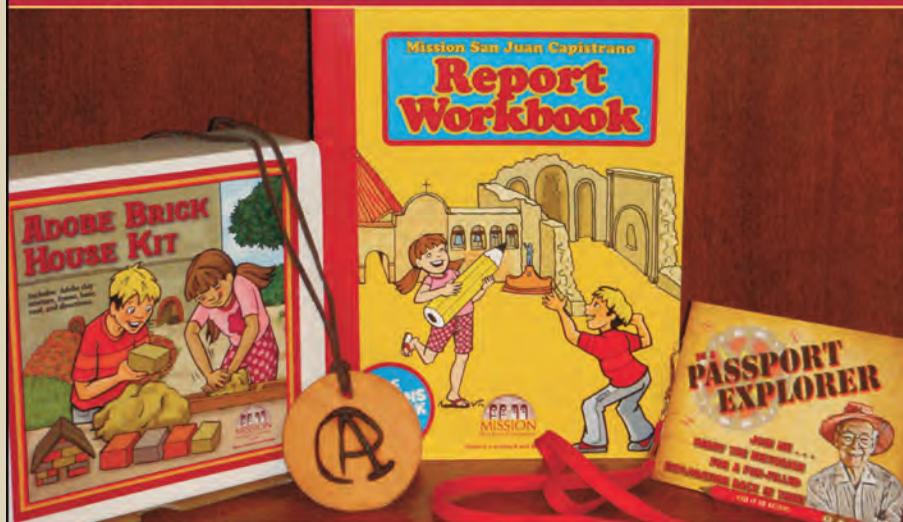
Noted author of the comprehensive guidebook:

"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.*

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



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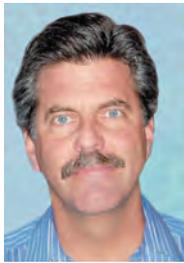
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Ankle Sprains



Dr. Doug Richie

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

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

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

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

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

What's Going On at the Library?



Edward H.J. Wilson
Mayor

Everyone loves to tell stories, about ourselves, others and the world around us. In books these stories are written down and shared. In reading them we see images of things like other civilizations and customs, people's everyday lives, their feelings and conflicts, and the solutions they invent. There are books which teach us and help us acquire skills for coping with life.

Everywhere we look there are words – on signs, in training manuals, and on buses. Literacy affects our ability to find jobs and our income level. As children, our parents and grandparents read to us and gave us security and warmth. Those times helped to develop our imaginations. As parents ourselves, we hope the positive feelings our children get from reading will grow into a desire to read books for themselves.

At the Signal Hill Public Library, we hope to perpetuate this legacy by providing thousands of books for all ages. Home to student and active adult activities, the library is a vital part of the Signal Hill community with its collections and a variety of free programs and services for readers.

Children's Year-Round Reading Incentive Program

The more children read, the more prizes they can win including free books, gift certificates, toys, pencils, stickers and more.

First Fridays' Book Club - Alternating fiction and non-fiction titles. Featured are such books as *Watchers* by Dean Koontz, *Memnonite in a Little Black Dress* by Rhoda Janzen and *The Ritual Bath* by Faye Kellerman.

Author Talks - A bimonthly program that allows you to meet authors and learn what inspires them to write. On January 31st, we met Frank Gaspar, poet and author. Professor Emeritus at Long Beach City College, Gaspar currently teaches in the Graduate Writing Program at Antioch University. He is the author of several volumes of poetry and two novels, *Stealing Fatima* and *Leaving Pico*.

Story & Play Time - Introducing literature, music, movement and play, parents and caregivers are encouraged to participate. The program is divided into age groups for Babies and Toddlers, Preschoolers, and School Age children. Snacks are included.

Youth Book Club - An opportunity for youths to discuss their favorite books, socialize with their peers and learn about similar genres of books. Featured are such works as *Dear John* by Nicholas Sparks, the *Manga Graphic* novels by various authors, and *Lightning Thief* by Rick Riordan.

Signal Hill Social Club - A morning of games, time on the computers or browsing through our books, refreshments, and conversation during this special time just for active adults aged 55 and older.

Computer Access and Workshops - Six access computers featuring Learning Express, online Britannica, and internet access. Monthly workshops are also offered to inform and teach the community about all of the useful resources available for patrons that go beyond the printed medium.

For more information about our programs, please visit our website at www.cityofsignalhill.org or contact the Library at (562) 989-7323, 1770 E. Hill Street, Signal Hill, CA 90755.

the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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LOS ALTOS FAMILY YMCA
1720 Bellflower Blvd, Long Beach, CA 90815 | 562 596 3394

LOS CERRITOS YMCA
15530 Woodruff Ave, Bellflower, CA 90706 | 562 925 1292

WEINGART-LAKEWOOD FAMILY YMCA
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Spring Classes

This spring Long Beach Parks, Recreation and Marine will offer several fun workshops and classes for youth to explore new interests, develop skills and stay fit.

Kids can express their creativity with a one-day "Jewelry Workshop" or explore 2 and 3 dimensional art in "Express with Imagination and Creativity." Dance classes include "Ballet, Tap & Jazz" "Children's Dance Workshop" "Mexican Folk Dance." Piano, Guitar and African Drum classes will nurture your child's musical talents and build confidence. "Little Musicians" for Ages 5-7 develops pitch and rhythm matching through playful musical experiences,

Youth can learn about nutrition and cooking techniques in "Jr. Chefs" and strengthen reading and math skills in Reading and Math Development classes offered by Readwrite Education Solutions.



A variety of sports and fitness classes will challenge your child and help them to develop a life-long love of fitness. Yoga, Indoor Volleyball, Gymnastics, Soccer, Skateboarding, Ice Skating and Hockey, and "Chung Hap Musul Mixed Martial Arts, Jujutsu and Karate are offered this spring. Professional volleyball player Sinjin Smith will conduct beach volleyball classes for ages 7-15 at Granada Beach from March 10-31.

Spring Break Activities – April 25-29

Plan now to enroll your child in exciting Spring Break Camps and workshops to be held April 25-29. Visit www.lbparks.org for more information.

Spring Camp at Leeway Sailing Center

Children ages 5-12 can enjoy sailing, canoeing, kayaking, arts & crafts, games and an excursion to the Aquarium of the Pacific! The camp fee is \$150. Camp hours are 9 am-4 pm Monday through Friday. Extended Day Care is held 7 am-9 pm & 4 pm-6 pm for an additional \$25 - \$50 for the week. Registration will be conducted by mail. Registration materials will be available March 1 and can be obtained by calling (562) 570-1888.

Spring Break Skateboarding Camp – Ages 6-16

Skatedogs Skateboarding Camp is for kids who are just learning, ready to learn more advance tricks, or who want to skate our private skate park, Camp Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet. Receive a free t-shirt if you sign up for 5 days. Classes available each day from 2:30-5:30 p.m. at Heartwell Park. Register at www.LBParks.org or call (562) 570-3111.

Spring Break Workshops at El Dorado Nature Center

Join us for vacation fun at the Nature Center. Morning sessions from 9:30-11:30 am are for K-1st grade students. Afternoon sessions from 1-3 pm are for 2nd-4th grade students. Fee is \$10 per class. Call (562) 570-1745 to pre-register (required).

- Mon: Apr. 25: Mud Mania
- Tue. April 26: Potions, Lotions & Strange Plant Notions
- Wed. Apr. 27: Weaving and Wearing
- Th. Apr. 28: Butterfly Bonanza
- Fri. April 29: Birds, Blooms and Bees

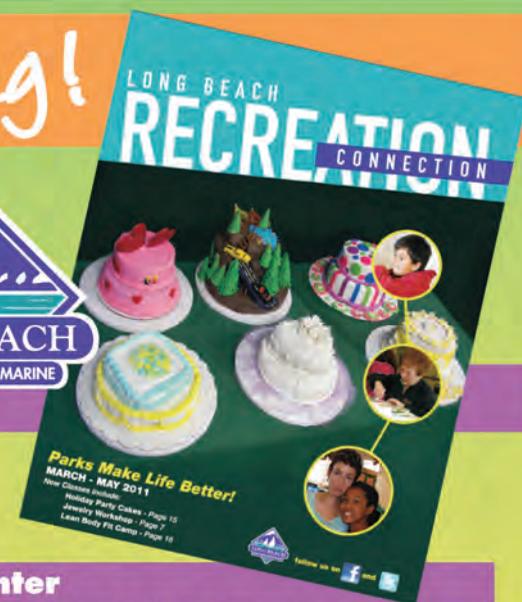


Fun Filled Activities for Spring!

This spring Long Beach Parks, Recreation and Marine offers fun workshops and classes for youth to explore new interests, develop new skills and stay fit.

Spring Break Activities – April 25-29

Plan now to enroll your child in exciting Spring Break Camps and workshops! Visit www.lbparks.org for more information.



Spring Camp at Leeway Sailing Center

Children 5-12 enjoy aquatic activities. \$150. Monday - Friday, 9 am-4 pm. Register by mail - materials available March 1 - call (562) 570-1888.

Spring Break Skateboarding Camp at Heartwell Park

Children 6-16 who are just learning, ready to learn, or who just want to skate. 2:30-5:30 p.m. Register at www.LBParks.org or call (562) 570-3111.

Spring Break Workshops at El Dorado Nature Center

Mornings - 9:30-11:30 am for K-1st grade students. Afternoons - 1-3 pm for 2nd-4th grade students. Fee is \$10 per class. Pre-registration required - call (562) 570-1745.



Long Beach Parks, Recreation and Marine • 2760 Studebaker Road, Long Beach, CA 90815-1697 • visit our web site at www.lbparks.com

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Long Beach Day Nursery

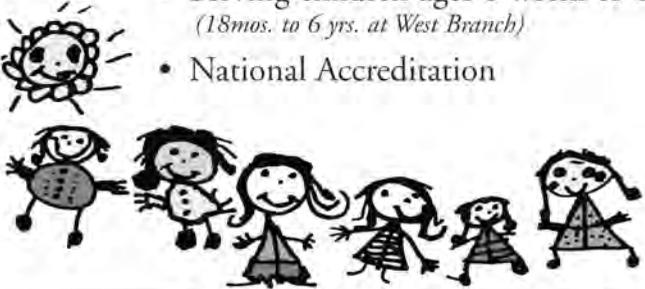
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Parent to Parent

Sign Up Now for Spring & Summer Activities



Jodie Lynn

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

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

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

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

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

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

- trips to various parks that offer different activities during the week that are free to the general public
- visits to the local libraries, which continue to add new things for kids to do at no cost whatsoever
- neighborhood plays (or, just one for your family right in your own 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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 Golden Sails Crystal Ballroom

Note-ables

Learning in Two Languages



Kate Karp

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

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

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

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

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

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

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Homework



Dr. Shari Sweetnam

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

Dear Dr. Shari,

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

Gretchen , California

Dear Gretchen,

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

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

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

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

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

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

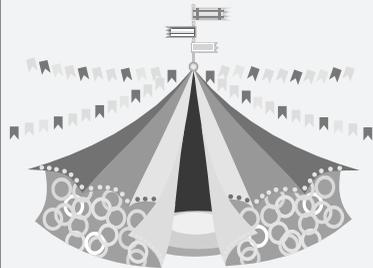
Most parents will acknowledge having experienced frustration with homework. However, always remember that you set the emotional tone for every experience. Don’t yell at your child if you are having difficulty getting them to follow through. Like anything else, give the clear directive and the clear consequence.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

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

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

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

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



Circus Word Search Contest

NEW Rules!!!

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

Entries must be received by March 15 2011

From the correct entries one name will be drawn to win a \$20 gift certificate redeemable at Barnes & Noble.

- | | | |
|----------------|------------|-----------|
| Acrobats | Horses | Tent |
| Bareback rider | Lions | Tigers |
| Barnum | Nets | Tightrope |
| Brothers | Popcorn | Trapeze |
| Clown | Ringling | Tungsten |
| Cotton candy | Ringmaster | Zinc |
| Elephants | Rings | Zirconium |

Congratulations to our December winners!
Elaine Hadnot for the History Tips
Heidilynn Samaniego for the Netragrednik

B	J	S	Z	U	V	R	C	Q	B	N	C	Y	C	O
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N	K	D	R	U	M	T	A	F	E	S	Y	D	X	L

Lakewood *High School*

4400 Briercreech Ave., Lakewood, CA 90713 • 562/425-1281 • www.lblakewood.schoolloop.com/



Charles Acosta
Co-Principal



Cheryl Cornejo
Co-Principal

Government Econ Students Take Action

Lakewood High School government students, weary of being assailed by off-campus solicitors, fashioned a protective bill as a class project last semester. On Friday, Assemblyman Warren Furutani of 55th California Assembly District visited Lakewood to talk about their proposal - and give it a thumbs-up. The bill would establish a safety zone around all California kindergarten through 12th grade public schools to prevent solicitation of minors.

According to Wendy Salaya, the U.S. government and economics teacher, the soliciting happens often and is not limited to Lakewood. "It happens on a fairly consistent basis," she said. "The idea for the bill was a culmination of a lot of different experiences students and I have had over the last couple of years with solicitations outside of schools," said Salaya. The students' bill caught the attention of Furutani after their letters—not e-mails—reached his office.

"I think if students get involved and are interested in how government works, they're going to vote, they'll maybe pursue a political career," Furutani said. "We need young people to think about being involved in government. Hopefully, they'll come away with an experience that's positive."

The first thing, he said, is to make sure a similar bill has not already been offered. Furutani warned students they may have an uphill battle, but Salaya is confident her students are ready.

"I feel like we've already done the hard work—coming up with the idea and getting attention. I think we're all in it for the long haul," Salaya said. "This whole process is going to be great. We're going to have to do some fundraising, because we want to take the students to testify. It's going to put the Capitol on its ear a little bit—all these students coming up, not just to learn how government works or to sit in the gallery and watch. It's going to be their doggone bill."

Lindbergh *Middle School*

1022 E. Market St., Long Beach, CA 90805 • 562/422-2845 • http://lblindbergh.schoolloop.com/



Timothy Spivey
Principal

It Pays to Be On Time

Lindbergh's new "Start on Time Policy" began on January 3, 2011. Principal Spivey has visited every classroom to teach the importance of being on time and the consequences of being late. Parents were informed of the new policy in a letter from the office that was sent to each home, along with a teleparent broadcast and Schoolloop.

The new on-time program has progressive consequences that range all the way from lunch cleanup, detention, parent conference and suspension, to a possible juvenile court citation when the tardies become excessive.

The real power of "It Pays To Be On Time" is in the incentive factor. Every month, those students who have not been tardy for the entire time period will have their names placed into a special drawing. Two names will be selected, and each winner given a cash award of \$20.

There has been a dramatic decrease in the number of tardies at our school. All over campus you can now see our students walking briskly and telling each other that "it pays to be on time!"

This is one way that Lindbergh Middle School has taken a positive step to improve its daily attendance. It literally does pay to be on time at Lindbergh.

For the students who are consistently on time, not only are they learning a valuable lesson about punctuality, and receiving a significant increase in their instructional time over the course of the year, but they are also putting themselves into a great position to earn cash!

Lee

1620 Temple Ave., Long Beach, CA 90804 • 562/494-5101 • http://lee-lbusd.ca.schoolloop.com/



Caroline Nemeč
Principal

Movie Night

By Tammy Lavelle, Learning Director

As dusk settled on Friday, November 12th, Lee's school community came together for our first Movie Night. Administrators, teachers, students, parents, staff and neighbors gathered on the playground with blankets and chairs to enjoy "How to Train Your Dragon." This was a joint effort between our WRAP program and Long Beach Parks and Recreation. Bundled up families enjoyed the featured film and the company of other families. Refreshments, including: popcorn, candy, hotdogs, nachos, hot chocolate and



delicious baked treats provided by a local bakery were sold by our teachers, PTO, high school students and parent volunteers. This fun-filled night generated \$900 for our teachers to spend on their students.

We look forward to our next Movie Night in the Spring!

Lincoln *Elementary*

1175 E. 11th St., Long Beach, CA 90813 • 562/599-5005 • www.lbschools.net/Lincoln/Home.html



Christi Granado
Principal

Lincoln Gets a Makeover

On November 11th, while students enjoyed a day off, Lincoln Elementary School was buzzing with excitement and workers. Thanks to Give and Grow, a non-profit organization, and the help of over 170 volunteers, Lincoln received a day-long makeover that completely renewed the sense of PRIDE in both students and staff. When students returned to campus on Friday, they were greeted with new colorful murals, a freshly painted playground, a remodeled state of the art library, and new playground equipment.

Lincoln also received privacy screens for fencing areas, landscaping, garden bench seating for outdoor lessons, and an office that has been transformed to welcome anyone that steps inside the doors of our school.

Thanks to Give and Grow, the volunteers, and all of the Lincoln staff that participated in the makeover day, Lincoln students now ROAR with PRIDE!



Lindsey *International Studies Magnet*

5075 Daisy Ave., Long Beach, CA 90805 • 562/423-6451



Stephanie Dunn
Principal

Who is a JEANius? Who is BRIGHT?
By Maura Rewald, ELA Department Chair
and Karin Sean, Math Department Chair

At Lindsey on December 8th and 9th, the answer to these questions was quite obvious. In order to encourage students to try their best and succeed on the District Quarter Exams, the ELA and Math departments created an enticing incentive for all Lindsey students.

Students who scored Proficient or Advanced Proficient on the Quarter 1 Math Test were allowed to have free dress and wear brightly colored clothes on December 8th. Students who scored Proficient or Advanced Proficient on the Quarter 1 ELA Test were allowed to wear any color jeans on December 9th. On these days you could see the student mathematicians and JEANiuses who stood out and the pride on each face. Many teachers heard the phrase, "Look! I'm bright!" or "I'm a JEANius!" as students walked through each door. As a school we will continue to offer these incentives to recognize our students' successes.



Longfellow *Elementary*

3800 Olive Ave., Long Beach, CA 90807 • 562/595-0308 • <http://longfellow-lbusd-ca.schoolloop.com/>



Brian Moskovitz
Principal

A Grand Experiment
By Todd Johnson, Teacher

A grand "experiment" at Longfellow Elementary School has come to fruition. The fabulous Longfellow Lion Science Laboratory is now up and operating for all students! In order to get started, our Science Lab Committee, headed by fifth grade instructor Sherri Gonser and kindergarten teacher Kim Tedesco, solicited science materials from the entire staff to be housed in one location for all grades to use.

Since the laboratory is in operation for all grades, each grade level will have its own day to conduct experiments with individual classes. This may include the use of microscopes, a plant or bug study, or whatever hands-on activity meets the California science standard.

After the new laboratory was cleaned, stocked and organized, a very important piece of technology was added to the mix to make our science "experiment" complete. This was the bonus of a new interactive SMART Board. The SMART Board looks like an ordinary whiteboard found in most classrooms. However, this innovative tool is a computer-enhanced interactive board that students and their instructor can use to take notes, follow slide shows, magnify items under a microscope, or do just about anything a computer can do with just the touch of a finger!

"The teachers' enthusiasm for this device will only be surpassed by their students' awe and excitement in using it each week," said teacher Douglas Edwards. "Whenever I walk past the science lab, I see students completely mesmerized!"

Thankfully, through the efforts of teachers, parents, the school's Longfellow Legacy Foundation, the funds for technology and science lab materials was generated at a November fund-raising get together. Now that full operation of the Longfellow science laboratory has begun on schedule, students as well as their teachers are enthusiastic to utilize all that the lab has to offer. Look for great things to come from our budding Longfellow scientists!

Long Beach School for Adults

3701 E. Willow Ave., Long Beach, CA 90815 • 562/595-8893 • www.lbschools.net/lbsa/



Matt Saldana
Principal

New Job Training Center

In accord with its mission, Long Beach School for Adults continually adds new programs and services to meet the changing needs of its students. In its effort to meet the requests of students who are looking for work or to obtain information about educational or skill training opportunities, LBSA has developed a new Job Training Center. This center is designed to not only help students prepare for a career, but will help students upgrade their current work skills. The new center is staffed by trained career professionals, counselors, and credential teachers who have specialized training in career planning and building.

For students who need additional assistance in finding full or part-time employment, the center is fully equipped with computers, interview rooms, self-help resources, part-time job opportunities, and the latest labor market information. Students can prepare and take typing tests and earn certificates. The center will provide internet access, career exploration software, word processing and resume writing programs, and a wide variety of materials will help each student improve job search success.

If a student needs information about educational opportunities, there will be resources and assistance to help with educational or specialized training searches and financial aid and scholarship information. Workshops will also be offered on these topics as well.

Located on the Willow campus of the LBSA, the Center will be open Monday – Friday from 8:00 a.m. to 4:00 p.m. For additional information, please call 562/ 595-8893 Ext 292.

Los Cerritos *Elementary*

515 W. San Antonio Drive, Long Beach, CA 90807 • 562/595-6337 • <http://loscerritos-lbusd-ca.schoolloop.com/>



Donald Beaver
Principal

Handmade Holiday Tradition

In 2008, Handmade Holiday was launched at Los Cerritos School. It was designed to provide students and families with the craft supplies needed and opportunity to make quality, low cost gifts for the holidays and year ahead.



Painting ceramics was but one of the many crafts available at the recent Handmade Holiday event.

On Friday, December 10th, the school community gathered once more for our third Handmade Holiday. That pleasant and balmy afternoon found our school cafeteria and lunch tables transformed into a workshop filled with craft supplies to create many items. There were over 25 various craft opportunities available including: Bowling Boys, Ceramic Mugs, Shadow Box Ornaments and wreath Redux. Most booths were staffed by parents and grandparents, but some had fifth grade student helpers.

Delicious food and baked goodies were available—even fresh pesto was part of this make-it, take-it extravaganza. Many students and families stepped in for a picture in our photo booth using silly props to gift or as a keepsake. A good time was had by all!

Lowell Bayside *Academy*

5201 E. Broadway, Long Beach, CA 90803 • 562/433-6757 • <http://lowell-lbusd-ca.schoolloop.com/>



Laurie Murrin
Principal

Sparks of Love

For the past seven years, Lowell's Kindergarten and Pre-K classes have participated in the Spark of Love toy drive in collaboration with the Long Beach Fire Department. This year the annual event was organized by the following teachers: Judy Faris, Cindy Garrison, Vicki Monroe, Karen Serrano, Jinky Steinberg, Pati Stockton and Tracy Reeder. Toys were donated to hundreds of needy families, youth organizations, and shelters in the Long Beach area.

Students' involvement in this drive awakens their awareness of social skills and helps to teach and develop caring and fairness, two Pillars of Character. Students were asked, "Why is the Spark of Love toy drive important?" "To make boys and girls happy!" replied Vivian.



Kinder and Pre-K students visited LB Fire Station #14 as part of the Sparks of Love program.

"For people who don't have money to buy toys for kids," added Shannon.

Anthony agreed, "So little kids can have toys."

Classmate Drake said, "It made me feel good, so then they would get new toys."

"Children will like the toys!" exclaimed Micah.

The children also attached letters to their donated toys in hopes of starting a Pen Pal program. Good work, kindergarteners, fanning the flames of compassion and participating in Sparks of Love!

Madison *Elementary*

2801 Bomberry Ave., Lakewood, CA 90712 • 562/420-7731 • <http://madison-lbusd-ca.schoolloop.com/>

Armando Duenas, Principal

Increasing Your Child's Higher Thinking *By Tish Bonner, 3rd-grade GATE teacher*

Isaac Newton asked, "Why did that apple just fall off that tree?"

Darwin asked, "Why are there so many different species of animals?"

You might be asking, "What is my child thinking?"

Anybody with children knows how hard it is to constantly field their questions, but knowing how to nurture curiosity through questioning will grow their brainpower. It means challenging your child to explore ideas, apply them to new situations, and give reasons behind their thoughts.

All questions don't get the same level of responses and thinking. The lower-level thinking skills are an important part of teaching, but unless they build toward higher thinking, they are simply collections of facts and information. Higher-level thinking skills focus on inference, comparing and contrasting, cause and effect, and the three highest-level skills: analysis, synthesis and evaluation.

Most of us don't "think about thinking"—we just do it. But as your child proceeds through school, teachers will increasingly ask them to write a new story ending, create a new use for a simple machine, or compare and contrast U.S. presidents. These all require higher-thinking skills, and teachers and parents should try to stimulate students' thought processes with higher-level questions to get them to be true "ponderers." You can lead your child to think in different ways and from different perspectives about what they have read. Asking specific types of questions during and after they read a literary work is an excellent way to teach and strengthen higher-level thinking skills, and modeling "thinking out loud" will guide them toward consciousness of the thinking process.

Marshall *Academy of the Arts*

5870 E. Wardlow Road, Long Beach, CA 90808 • 562/429-7013 • <http://lbmarshall.schoolloop.com>



Michael Navia
Principal

Marshall to Become Arts Academy in Fall

The Board of Education approved a plan this week to transform Marshall Middle School into the Marshall Academy of the Arts.

Admission to the academy for the 2011-12 school year will be available to all students within the school district, with first priority to be granted to students who reside within the present Marshall attendance area, as well as students attending Carver, Henry and Keller schools under School of Choice. Students at Marshall also will have priority acceptance into Millikan High School.

The "Marshall Plan" calls for additional GATE/Excel classes for gifted students and a specialization in the visual and performing arts. Drama, chorus, art and possibly dance will be added as electives. Marshall students next year will attend seven classes and have the opportunity to have up to two electives.

On November 16th and 17th, our AVID elective teachers walked sixty-plus 8th grade students to our feeder high school, Millikan, to participate in Shadow Day. This has been a tradition at Marshall for the last seven years. Two 8th grade AVID classes attended on separate days. In an effort to ease the transition to high school, students were paired with Millikan AVID students to attend classes, have lunch, and get to know the campus. Prior to attending, students wrote a paragraph about their expectations. Many were clearly nervous. During the visit, students participated in science experiments, and Cornell note-taking in psychology, calculus, and more. It was a day they will always remember. Upon return to Marshall, excited students completed a reflection of their day, with many now ready to complete this year with a visible goal – better grades and promotion!

MacArthur *Elementary*

6011 Centralia Street, Lakewood, CA 90713 • 562/420-3588 • <http://macarthur-lbusd-ca.schoolloop.com/>



Juan Gutierrez
Principal

HAPPY NEW YEAR TO ALL GARDENERS • FROM PAGE 1

This year we are seeking to expand our program to all grade levels with the help of two Eagle Scouts who will build raised beds and will beautify the front of our school! Stay tuned! There's more to come!

Go Gardeners! Go Eagles!

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Mann *Elementary*

257 Coronado Ave., Long Beach, CA 90803 • 562/439-6897 • www2.lbusd.k12.ca.us/mann/home.html



Wanda Oliver
Principal

New Bicycle Lane

The new bicycle lane is open and our students have received special instructions on how to use the lane safely. The city of Long Beach conducted an assembly to teach our fourth and fifth grade students how to ride their bikes safely in the community. Our playground was set up like a community with wood buildings and traffic lights. The students rode bikes around the playground to demonstrate their proficiency. This was an excellent program and our students are ready to tackle the new lane with confidence.

There is a new traffic light located on the corner of Vista and Redondo. When leaving Mann headed east on Vista Street, you will no longer be able to make a left hand turn. Signs are posted and all traffic is now directed to turn right. These changes were made as a result of the new bike lanes.

For the past eight years, our Student Body Council has sponsored the Pennies for Patients drive. Our students will collect pennies and other coins from March 7-25, 2011 for the Lymphoma Society. The funds will be used to off set the medical expenses of a student currently undergoing cancer treatments. If you would like to make a donation, please contact our main office.

On February 15, 2011, we will begin registering students for September. Students new to Long Beach or first time kindergarten students will need the following: Birth Certificate, current utility bill, immunization record, and a completed Mann Elementary Enrollment Packet.

McKinley *Elementary*

6822 N. Paramount Blvd., Long Beach, CA 90805 • 562/630-6200 • www2.lbusd.k12.ca.us/mckinley/index.htm



David Taylor
Principal

First Fridays

By Christy Cleveland, Counselor

At McKinley Elementary School our parents look forward to "First Fridays." On the first Friday of the month parents, grandparents, friends, neighbors, and anyone else involved with our students are invited to our library to hear specific topics containing information to help our students further succeed in the classroom.

Principal David Taylor, Learning Director Lori Grady and myself present such pertinent topics as, Parent/Teacher Conferences, Child Safety, and Motivating Your Student. Each presentation is followed by a question and answer session.

When the workshop is held in the morning we enjoy breakfast together and when the workshop is held in the afternoon we sit down and have lunch together.



McKinley parents learn child safety tips during First Fridays.

This occasion allows us to get to know the parents better and for the parents to ask any questions they may have. The time is well spent and in a room filled with adults from all walks of life we know we share one very important goal, for our McKinley Cougars to reach their highest possible potential.

Millikan *High School*

2800 Snowden Ave., Long Beach, CA 90815 • 562/425-7441 • www.lbmillikan.schoolloop.com/



Dr. Jeffrey Comejo
Principal



Monica Daley
Principal of Instruction

Students Participate in "Live" History

By Katie Hickox and Satinder Hawkins

As the incoming U.S. Congress and California's governor begin work in 2011, many of Millikan's students can count themselves as active participants in current events.

Led by Advanced Placement Government Teacher Russell Rudman, Millikan students operated a mock election on campus, complete with "I voted" stickers, prior to November's statewide returns. Student election results were submitted to the California Secretary of State.

Statewide student mock election results showed 433 out of 629 participating schools reporting, according to the California Secretary of State's web site. Campus polls logged in more votes for Brown over former Ebay executive Meg Whitman and four other gubernatorial candidates.



Millikan students also participated as poll workers during the elections through a county program. Thanks to all of our staff members made a front row seat to the democratic process possible. Detailed results are at: www.sos.ca.gov/elections/mock-election/2010/general/.

Monroe *(K-8)*

4400 Ladoga Ave., Lakewood, CA 90713 • 562/429-8911 • http://lbmonroe.schoolloop.com/



Mark Curran
Principal

Monroe Gardens Planet Earth

Monroe K-8 school in Lakewood has had a school garden program for over 20 years! This year, however, there was no funding for our wonderful garden instructor. With support from our new principal, Mark Curran, the teachers and the PTSA have stepped up to keep the garden going. Many classes use the garden once a week to grow vegetables. It's a great way to have students learn first hand about growing food, from seed to table. Students learn to use tools such as shovels, cultivators and hoes. They learn about plant life cycles and other life science standards. The students are able to prepare the soil, make seed beds, plant seeds, cultivate and weed, and watch their vegetables grow until it is time to harvest. They are able to take their harvests home to share with their families. This year students are growing radishes, carrots, spinach, broccoli, sugar snap peas, and a few flowers to beautify the garden. It's hard work, but Monroe students LOVE the garden!

HOME ROOM • PAGE 3

A dear friend of the Long Beach community and loyal supporter of the LBUSD passed away in January. Dr. Frank Blair was a graduate of Wilson High School. He was dedicated to the belief all students deserve a chance to succeed. The entire community is better for Dr. Blair's generous donations of time, money and wisdom. I will miss him as a friend and I'll miss his frequent calls to tell me how much he enjoyed reading *School News*. He loved family, music, kids & education. (Of course, he loved USC, which I can't understand being a Bruin fan!)

Enjoy reading and remember you may sign up on our website to receive every issue emailed directly to you. (www.schoolnewsrollcall.com or email me to request to be an eSubscriber—kay@schoolnewsrollcall.com.)

Muir Academy

3038 Delta Ave., Long Beach, CA 90810 • 562/426-5571 • <http://www.lbmuir.schoolloop.com/>



Gerardo Gloria
Principal

Third-Grade Rotations Program Lives! By Francis Ampudia, 3rd-Grade Teacher

For the past three years, third-graders have greatly enjoyed Muir's unique after-lunch rotations that involves going to different teachers for health, drama, computers and PE. Because of class-size increases, there wasn't enough room in each classroom to accommodate students and the activities, so third-grade teachers Mrs. Nikas, Mrs. Silva, Mrs. Zhou and I partnered students and reworked lessons to solve the problem.

In her health-rotation lessons, Mrs. Nikas emphasizes proper hygiene to avoid catching a disease. Students learn to protect themselves through hand washing, use of facial tissues, and alternatives to touching things with their hands. Discussions educate students how to protect themselves if they are exposed to disease and how to prevent its spread.

Mrs. Silva's drama lessons teach expression through vocal tone, body language and facial expression. Students have learned to convey emotions on the masks they wear in a play titled "Always Be Kind to Each Other." The students also learned firsthand about the Greek chorus.

This year, Mrs. Zhou responded to a gap in our math program by enhancing her computer and art rotation with math-facts activities. Students also learn keyboarding skills and Internet access. An accomplished artist, Mrs. Zhou engages students in creative use of common classroom materials in fun projects that the students are proud to display.

My PE rotation exposes students to different sports that will make exercising fun for a lifetime of fitness. Silverado Park's generous field accommodates flag football, soccer, running and tennis-ball baseball. The park's gem is the four nicely maintained tennis courts. Students learn that they have everything they need right across the street to stay active.

Naples Bayside Academy

5537 The Toledo, Long Beach, CA 90803 • 562/433-0489 • <http://naples-lbusd.ca.schoolloop.com/>



Diane Prince
Principal

Social Studies is Alive

The 5th grade teachers bring Social Studies alive at Naples. Mrs. Strauss and Mrs. Rodgers have students participate in a re-enactment of the "Immigration to Ellis Island." Students participate in a wonderful hands on activity, with parent support. Students create a journal that depicts the journey to America and the reasons why they are immigrating, what life will be like in America when they arrive, their first impressions, struggles and challenges. Students take the information from the classroom to a real life activity. They are given names, countries of origin, create their own passports, dress in the clothing of their ancestry and participate in the immigration process.

Our auditorium is turned into Ellis Island — parents participate with manning the eight stations for entry to the United States: Tagger, Doctor, Mental Examiner, Academics, Legal, Entry Card Clerk, Tickets and Money Exchange, Detention Guard/Ferry/Railroad Conductor.

Students experience what it feels like to be an immigrant, the hardships, challenges and relief when they reach their final destination! Students write comprehensive journals about the hardships of leaving family members behind, explore new careers that are available, housing opportunities, and what types of transportation they will use to come to America. Students need to calculate how much money it will cost, how long it will take to save the money and what the journey will entail. It is one of the activities that our students remember long after they leave us in 5th grade!

Social Studies is Alive at Naples Bayside Academy.

Newcomb Academy (K-8)

3351 Val Verde Ave., Long Beach, CA 90808 • 562/493-3596 • <http://lbnewcomb.schoolloop.com/>



Elizabeth Flynn
Principal

Hats Off to Newcomb's Office Staff

Hats off to Ms. Connie Ballew, Mrs. Suzanne Clinton, and Mrs. Sue Houser Newcomb's awesome office staff. Our office staff wears many hats throughout the day to ensure that our K-8 campus runs smoothly. They are caring efficient, hard working and always willing to go the extra mile. From taking temperatures, to answering phones to uniting students with lost lunches or organizing curriculum for teachers, our office staff strives to leave no question unanswered. Newcomb's office staff goes above and beyond to answer every question

Ms. Connie Ballew is our office supervisor. She supervises the running of the office, completes payroll, manages the Principal's calendar and facilitates PTA and Foundation requests. Mrs. Suzanne Clinton is our attendance clerk. She records attendance, writes the daily announcements, and orders supplies. Mrs. Sue Houser is our counselor's clerk. She runs grades, compiles student research data, and is our resident expert on our Genesis computer program. Mrs. Houser has just retired. We will miss her dearly.

"Thank you so much. I really appreciate your help!" is what everyone says when they have a question for the office staff. I'm sure that every Newcomb student, teacher, and parent joins me in saying Thank you Ms. Ballew and Mrs. Clinton, and happy retirement to Mrs. Houser. We love you! You are awesome!

Polytechnic High School

1600 Atlantic Ave., Long Beach, CA 90813 • 562/591-0581 • <http://lbpoly.schoolloop.com/>

Shawn Ashley and Victor Jarels
Co-Principals

No Article This Issue



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Powell *Academy*

150 Victoria St., Long Beach, CA 90805 • 310/631-8794 • <http://lbpowell.schoolloop.com/>



Wendy Claffin
Principal

Advancement Via Individual Determination *By Kevin Dillenbeck, AVID Coordinator*

As the first K-8 AVID Demonstration LBUSD school, Powell is proud to offer an exemplary AVID program to our students. AVID (Advancement Via Individual Determination) is a college-readiness elective which increases the number of students enrolling in four-year universities. Powell has three AVID sections in grades 6-8 and a team of Long Beach Scholars at the 5th grade level.

AVID students and parents at Powell consistently hear the message about the importance of college attendance and how to make it happen. Last trimester, 6th grade students learned about their education timeline and examined their educational goals including up to their senior year in college. In October, Powell hosted its Annual Fall Parent Night. Parents analyzed their child's CST scores and heard AVID teachers present on college readiness.

AVID students are succeeding at Powell. In November, AVID students at Powell with good grades and citizenship were treated to a free lunch. We also celebrated the success that last year 88% of our AVID 8th grade students were eligible for Algebra and passed Algebra courses with a minimum of C or better. This 2010 – 2011 school year 100% of 8th grade AVID students are eligible to take Algebra.

Activities planned for this trimester include a contest to design the next AVID t-shirt and another parent night. The AVID program at Powell continues its success due to the teamwork of teachers, students, and parents committed to student success. We are excited to have our new principal Mrs. Claffin on board.

Renaissance *High School for the Arts*

235 East 8th St., Long Beach, CA 90813 • 562/901-0168, Ext. 7233 • www.lbusd.k12.ca.us/Renaissance/



Mark Zahn
Principal

Student Spotlight

By Christine Whipp, Arts Coordinator

Junior Kelsey Devoe's work as an artist can be seen and heard all around the Renaissance High School campus. She is a talented visual artist and an accomplished musician. She recently completed a beautiful mural, which is located on the second floor of the 200 building, spanning two perpendicular walls between the dance studio and the costume design workshop. Her mural, a small part of which can be seen behind Kelsey in her photo here, consists of a ballet dancer and a tree, with various artistic symbols illustrated throughout the tree. Kelsey wanted to depict all of the arts taught here at Renaissance.

As an eighth-grader at James Monroe K-8 School, Kelsey chose Renaissance because it was different and fit her personality and interests. Kelsey has taken visual arts classes all of her three years here and is currently enrolled in Drawing and Painting 5-6 along with Advanced Placement Art History. She also plays clarinet in the Advanced Jazz Band and has been a member of several of the pit bands and orchestras for our school's musicals, including our recent production of "Once on This Island." Kelsey excels academically, currently taking several Honors courses in addition to her arts classes.

Kelsey loves many aspects of Renaissance: the people, the experiences, the arts and the special memories she knows she will carry on with her when she graduates.



Prisk *Elementary*

2375 Fanwood Ave., Long Beach, CA 90815 • 562/598-9601 • <http://prisk-lbusd-ca.schoolloop.com/>



Cindy Young
Principal

Water is Life.....

By Marybeth Murray Pre-K Instructional Leader

The students at Prisk are proving that Prisk is a great place to learn and succeed. Our 3rd grade GATE class participated in the "Water is Life" contest and took on the task of creating a mural that interpreted that theme. The 3rd grade students competed against more than 50 other entries done by students in grades 6-8 and took the 3rd place prize, a huge accomplishment for the students and their teacher, Mrs. Napier.

We are very excited about the huge turnout at Education Celebration on January 22 at Cabrillo High, where we had an opportunity to spotlight our terrific school. As educators, we take great pride in our school and community. Our programs not only deliver core content instruction, but also encourage and emphasize scholarly behavior and intellectual traits of all students.

We have established tours of our school to encourage new and potential families to visit classrooms, hear about our wonderful programs, and ask questions. We have also produced a video that provides an overview of our school and programs offered. The video can be found on the school's website.



Reid *High School*

2153 West Hill St., Long Beach, CA 90810 • 562/989-2098 • www.llbschools.net/reid/Home.html



Barbara Lindholm
Principal

Students Active in the Community

By Quentin Brown, Acting Principal

Reid High School now has an Amateur Radio Emergency Communications (AREC) team! Students Manny Cuevas and Vitaya Mayorga attended Gordon West's ham radio test preparation course for two full days before taking their Technician level ham radio licensing exam. This scholarship opportunity was extended through the Wilson High School AREC team and their advisor, Devon Day, who all worked benevolently towards establishing the Reid AREC team. The Wilson team has donated and loaned the Reid team start up equipment and opportunities to participate in radio events. Manny (KJ6KQS) worked the Long Beach Marathon with the Wilson team, and Vitaya joined the Wilson team for an afternoon in the Queen Mary radio room, known to the ham world as W6RO. Manny has already upgraded to a General class license, pressuring advisor Gail Anderson (KJ6GHS) into upgrading her license as well.

Riley *Elementary*

3319 Sandwood St., Lakewood, CA 90712 • 562/420-9595 • <http://riley-lbusd-ca.schoolloop.com/>



Stacy Sanchez
Principal

Successful Valet Program

Riley is so proud of the work we have done to increase the ease and safety of students as they arrive in the front of the school. We have four student workers in grades 4 and 5 who come out in the morning to greet students by opening car doors and welcoming them to school. Our Valet program was long over due, but over the last year, we have created a safer school for students, and a more inviting atmosphere to help start everyone's day with a smile. Thanks to Taya, Isis, Angelica, and Amanda for their work in front of the school. Also, thanks to our parents for helping make it successful by having students prepared to exit the car, driving slowly, and utilizing our drop-off system.

Two years ago we started a student work program. Our 4th and 5th grade students have an opportunity to apply for a number of jobs, including: Kindergarten worker, valet, office worker, campus beautification, and equipment manager. They apply, get a recommendation, attend training, have a time sheet, get paid and are able to use their Riley money at the store twice a month. Our 4th and 5th grade students are doing an amazing job and learning to accept responsibility and leadership skills.



Rogers *Middle School*

365 Monrovia Ave., Long Beach, CA 90803 • 562/434-7411 • www.lbrogers.schoolloop.com/



Tom Huff
Principal

Stop Enabling and Start Empowering

As parents and teachers, we want our students to be successful. As we watch them grow and mature, we suffer with their failures and rejoice in their victories. We want to help them in a manner that does more than enables, which will make their choices easy. We want to empower!

Enabling is any action that: makes a task easy; allows children to be irresponsible; or prevents children from learning how to function effectively in the real world. We enable children by: protecting them from the consequences of their choices, taking over their responsibilities; giving in to avoid complaints or hassles; or accepting excuses instead of enforcing consequences.

Empowering is any action that encourages children to be responsible for their choices and provides opportunities to practice life skills that help them act sensibly so they'll be safe and feel secure. We empower children by: giving them clear, consistent messages about what we expect of them and why we're holding them accountable; letting them learn from their mistakes and experience the consequences of their choices; requiring them to make a contribution to the family; and working as a team to set limits and enforce consequences.

With these insights, we can work together to empower our students to be the best they can be.

Robinson *Academy*

2750 Pine Ave., Long Beach, CA 90806 • 562/492-6003 • www.lbusd.k12.ca.us/robinson



Stephanie Jones
Principal

Multicultural Gardens at Robinson

By Miguel Romo, Teacher

Ten years ago, the Multicultural Gardens were created at Jackie Robinson Academy. These gardens represented the languages taught in the classrooms: French, Japanese, and Spanish. Teachers would bring their students to the gardens to enrich science, math, and language lessons in the target language with vivid lessons and hands on experiences. Students would learn the life cycle of the plants, track their growth, note when to harvest the fruit and trim the bushes, and study the insects growing in these gardens. Ten years after their creation, these gardens are still alive and beautiful. Teachers,



students, and parents, with the support of Mr. John Case, Operation Jump Start and our principal, keep working together to maintain the gardens' tradition and splendor. Many students and teachers spend some quiet time reading or just relaxing in these gardens during their lunch time. If ever you visit JROB, don't forget to stop by our gardens!

Roosevelt

1574 Linden Ave., Long Beach, CA 90813 • 562/599-1888 • <http://roosevelt-lbusd.ca.schoolloop.com/>



Dr. Christopher Lund
Principal

Garden Plots and Murals Beautify Our Campus

As a result of a generous grant provided by the Atlantic Avenue Connected Corridor Project, Roosevelt has partnered with the Arts Council of Long Beach and several local gardeners and artists to build 15 new garden plots and six murals for the school. Since Roosevelt is scheduled for a complete remodel starting in 2012, the garden plots are completely mobile, easily transported on heavy-duty castors. Community volunteers painted the planters, while students, in partnership with the Eye on Design program from the Arts Council, will put on the final touches. The children will begin planting in the next few weeks, just in time for the mural projects to begin. As with the planters, all the murals will be externally mounted so that they can be remounted on the new campus. Thank you to all our community partners!



Signal Hill *Elementary*

2285 Walnut Ave., Signal Hill, CA 90755 • 562/426-8170 • <http://signalhill-lbusd-ca.schoolloop.com/>



Lauren Price
Principal

Civic-Minded Citizens

By Heather Greco, 3rd Grade Teacher

While studying about citizenship and community heroes, my students brain stormed ways they could help others. The students finally decided that they would like to donate to the Long Beach Rescue Mission to help feed people in our own community. I was given a football helmet piggy bank from a student last year that makes a cheering noise every time you insert change and thought it may be fun for the students to start collecting change so they could make a difference. In two short months my students collected \$54.36 in coins.

The mission informed us that \$1.88 would feed one person. We used this information to figure out how many people our donation would feed. In the end our donation fed 28 people Thanksgiving dinner, which made me one very proud teacher! It also brought a sense of pride to our classroom community. Upon our return after the holidays they asked, "Who are we going to collect money for now?" I am sure this is a group of students that will continue to give and make a difference in their community in the future!



Stanford *Middle School*

5871 E. Los Arcos St., Long Beach, CA 90815 • 562/594-9793 • www.lbstanford.schoolloop.com



Kathleen Cruz
Principal

Trashless Tuesdays Pays Off!

By Pamela Weinstein, Recycling Team Advisor

Trashless Tuesdays, a campus-wide environmental program, has paid off in a big green way! This program rewards young environmentalists who bring a trashless lunch; in addition, every Tuesday morning pupils are encouraged to bring cans and bottles to our recycle bin on campus. Students receive tickets for their efforts and may redeem them at our site's Eco-Store.

The Recycling Team, made up of 44 eager recyclers, has been very busy with on-campus and home recycling. On December 16, the first full container of sorted bottles and cans was turned in and the profit totaled \$1,134.70! The team recycled 950 pounds of plastic bottles, 160 pounds of aluminum cans and saved 14,300 bottles and cans from an incinerator. Proceeds go



towards stocking the Eco-Store and saving for a recycling assembly or field trip.

Besides the environmental impact, the Trashless Tuesday Program has inspired the Recycling Team, brought awareness to the campus, and given students the opportunity to make a difference in their world.

Stephens *Middle School*

1830 W. Columbia St., Long Beach, CA 90810 • 562/595-0841 • <http://lbstephens.schoolloop.com/>



Shivaun Williams
Principal

Classroom Expectations

Stephens students are showing responsibility and coming to school prepared to show their identification cards at the entrance gates. All students are required to wear their IDs around their necks during the entire school day. We have found that this is helping our students get prepared for the school day.

Stephens teachers are working hard to teach students the importance of classroom expectations. All classes are using the CHAMPs program to make sure that students clearly understand the expectations for each instructional activity. Each teacher has

designed expectations for classroom activities in hopes of defining our expectations and responsibilities in setting forth a successful classroom management plan. There is also a discussion with the students as to what the appropriate consequences would be if a student were unable to honor the CHAMPs expectations. We are confident that this will help students improve classroom behaviors and grades.



Students showing their identification cards entering school.

Stevenson *Elementary*

515 Lime Ave., Long Beach, CA 90802 • 562/437-0407 • www.lbusd.k12.ca.us/stevenson



Gonzalo Moraga
Principal

Operation Teddy Bear

All of the first graders at Stevenson received a backpack with educational supplies, books, and a cute, cuddly teddy bear just before we went off-track in November. The backpacks were donated by the Volunteer Center of Long Beach.

Operation Teddy Bear, is an outreach program that promotes volunteerism and believes all children should enjoy a holiday gift that brings joy while supporting education. Several volunteers from St. Anthony's came to first grade classrooms to talk to students about the importance of helping others. Now many of our Stevenson first graders have plans for helping at home, school and in their communities. What an important lesson for some of our youngest students!



Janelle Astua holding her Operation Teddy Bear backpack.

Tincher *Preparatory School*

1701 Petaluma Ave., Long Beach, CA 90815 • 562/493-2636 • www2.lbusd.k12.ca.us/tincher/home.html



William Vogel
Principal

An Award Winning Staff

Tincher is proud of its teachers especially those who were finalists for Los Angeles County Teacher of the Year including Debbie Drab 6th grade science, Bev Moutet 7th grade English, Jamie Vallianos-Healy 4th grade, Edmee Myrick, 1st grade, Elizabeth Valdez, 1st grade, along with Annemarie Lander, 8th grade social studies, a Los Angeles County teacher of the year awardee. Annemarie Lander and Amber Yokoyama 8th grade science were recently nominated as California League of Middle Schools Teachers of the Year and Susan Yee earned the distinction of Special Education Educator of the Year.

Several teachers earned National Board Certification including Maureen Aschoff, librarian; Laura Strand, instrumental music, Joan Calhoun, RSP; and Laura Stringer, language arts/technology.



Tim Schugt, Dave Thompson, Annemarie Lander, and Danielle Jorda presented at the California League of Middle Schools – Schools To Watch conference. National Conference for Schools To Watch presenters include Annemarie Lander and Tim Schugt.

Washington *Middle School*

1450 Cedar Ave., Long Beach, CA 90813 • 562/591-2434 • http://lbwashington.schoolloop.com/



Connie Magee
Principal

Police Donate Books and Equipment

The Long Beach Police Department started a pilot program for local schools in need of assistance for extra supplies throughout the school year. Washington Middle School and their after school program were in need of books and playground balls for their students, so police department employees and Lakewood High School staff and students donated nearly 70 balls and 200 books. Long Beach Police Chief Jim McDonnell presented Washington Middle School with its donation and even had an opportunity to pass a football around with a few students. The equipment will last the school for quite some time as much of the current school's equipment is being worn down or falling apart. The school is also constantly trying to come up with ways to encourage students to read for pleasure, so the new collection of books will certainly help in the after school reading program.

Principal Connie Magee expressed her appreciation, especially in the current economic climate and school's budget difficulties, "We are really excited to have this help. We don't have any funding right now for things like this. This new equipment and the books are really a carrot stick of hope for the kids." Magee hopes this is the beginning of a long-lasting relationship with the police department, which is continuing to collect donations for other Long Beach schools in need of sports equipment and books. Please contact Sgt. Charli Alu, 570-7301.



**Principal Connie Magee (far left),
Chief McDonnell (far right).**

Twain *Elementary*

5021 E. Centralia St., Long Beach, CA 90808 • 562/421-8421 • www2.lbusd.k12.ca.us/twain/home.html



Ellen Ryan
Principal

Thank You Veterans

On November 10, 2010 Mark Twain Elementary school held their fourth annual Veterans Day Celebration. After months of preparation by several Twain parents and staff, the festivities began with all the students walking in waving their American flags. Our school Cub Scout Troop #23 presented the colors and representatives from our five Military branches displayed their respective flags. Our very own Kindergarten teacher Mrs. Mitchell and her quartet, High Tide, led the audience in the singing of our National Anthem. Estelle Seaton honored us by returning from her retirement to be one of our VIPs and presenting awards to two students, Lauren Fitzgerald who designed our program cover and Ethan Piechota, for writing a paper about a special Veteran in his life.

The celebration continued with our key note speaker, Michael Murray, who is the Director of Government and External Affairs for Vietnam Veterans. Mr. Murray invited six Twain students to join him on stage and demonstrated how Marines must respond to their superior officers. As an example, he asked the students questions and they needed to respond with a "Sir, Yes Sir." to show the required respect to an officer. Some other highlights were Matthew Paige singing, "Proud to be an American", and the students who sang the five military branch theme songs. A former student, Nathaniel Williams, amazed the crowd with a medley of popular patriotic American songs on his bagpipes.

Our Veterans who attend our program look forward to this event every year. This year they were invited to a luncheon to continue the celebration and to honor them for their service. This annual tradition has become one of the highlights of our school year.

Making a Difference, One Friend At a Time

By *Laura Scully*

Twain's Best Buddies program reflects the spirit of an international effort.

The shrieks and laughter of nearly 200 children filled the air as they shouted encouragement to each other at relay races, hula hoop contests, and parachute games. Friendship and fun were the prizes won that day. Even the grown-up volunteers from the local Lakewood Mall (who had come to help out) asked, "When can we do this again?"

It was the first big event of Mark Twain Elementary's Best Buddies Program. Now in its second year, the student group gives students a chance to expand their circle of friends by matching general education and special education students together as buddies. "This gives them a foundation of friendship that can make a difference in both students' lives," says Principal Ellen Ryan.

Each week, students share a lunch with their best buddy. From this point, many buddies move on to playing games together at recess. Other Best Buddies' activities have included art projects and mini Olympics. Last year, the program was launched with primary (first and second grade) students. This year, it has expanded to include the entire first through fifth grades. Best Buddies wear special t-shirts on the day of Best Buddy activities.

Twain's Best Buddies program reflects the spirit of an international effort. Anthony Kennedy Shriver founded Best Buddies in 1989. Today, the non-profit organization has grown from one college chapter to an international entity, serving over 1,500 college, high school, and middle school campuses worldwide.

The students aren't the only ones who like the program. Parents see its benefits too. Twain's PTA and local community leaders have also lent their support. They recognize that both friendships and character are built when children reach out to one another.

Webster *Elementary*

1755 W. 32nd Way, Long Beach, CA 90810 • 562/595-6568



Maria Martinez
Principal

Student Council Hard at Work

Since day one this year's Student Council was ready to get to work! They reopened the ever-popular Student Store in September providing school supplies and Webster Spirit Wear at a low cost. Money from the student store and spirit wear will be used for school beautification. Currently, these hard working students are preparing and repainting the school's themed handball walls.

In November with the generous help of a community partner Student Council was able to provide twelve Webster families with the supplies for a delicious Thanksgiving Dinner. The children

enjoyed the experience of helping others, as stated by Genesis L., "It was so nice of our partner to help us. You could tell that the families appreciated the supplies."

Student Council also held a canned food drive in December. It was a success and we look forward to "Pennies for Patients" in the spring!



Hard working Student Council members preparing the supplies for Thanksgiving dinners.

Wilson *Classical High School*

4400 E. 10th St., Long Beach, CA 90804 • 562/433-0481 • <http://lbwilson.schoolloop.com/>



Sandy Blazer
Co-Principal



Lewis Kerns
Co-Principal

Ask Me Not

"Will you go to Formal with me?" This is a question that is now rarely heard around Wilson High School during this time of the year.

Instead, our students can be found baking cupcakes with these same words written atop them in icing, or painting signs in the activities office, or even making the request from onstage during lunch rally.

With so many interesting and original ways of asking this most important (and sometimes embarrassing) question, asking it has become less of a task and more of an art form.

Perhaps the busiest time of the year, girls from sophomores to seniors whirled around from building to building incessantly and sneakily planning their big "asking" debuts.

One Wilson senior, Elyse Jones, shared her intricate story. "I made a puzzle out of poster board that spelled out, 'Out of all the fishes in the sea, will you go to Formal with me? And then I put a picture of myself on it.'"

She added a special note. "Then I put it [the puzzle] in a box with a big red question mark on top. He figured it out and accepted my invitation!"

Jones will be attending Formal with her boyfriend, Demitrius Torres. Another scheme that resembled Ms. Jones' clever technique came from Kaitlin Reynolds. She is a senior who asked her boyfriend with the use of an actual living fish. Reynolds testified that her boyfriend loved the way he was asked, and then kept the fish!

But no matter how the students were asked, our Winter Formal 2011 was an eventful and magical time for everyone.

Whittier *Elementary*

1761 Walnut Ave., Long Beach, CA 90813 • 562/599-6263 • www2.lbusd.k12.ca.us/whittier/



Edward Garcia
Principal

Whittier Think Tank

Once a month, Whittier teachers and support staff gather together for our Whittier "Think Tank." The Think Tank is an opportunity for the Whittier team to get together in a casual setting to collaborate on teaching and learning.

Think Tank participants talk about issues related to instructional best practices and student learning, current educational "hot topics" and ideas to improve our practice. Participants share what's working well in the classroom as well as seek advice on areas of needed growth.

"Think Tankers" are putting their collective IQs together to come up with ideas that are having a positive and lasting impact on our practice. One example of the power of the "Tank" was in the area of writing. During a session last year, Think Tankers discussed ways to get kids excited about writing. The idea of each grade level collaboratively selecting a "Writer of the Month" was born. A bulletin board was set up in the main hallway of the school to showcase the work of the "Writers of the Month." Each month "Writers of the Month" and their parents are invited to a breakfast where they are honored for their work. The "Writers of the Month" breakfast has become a very popular school event.

We've been very fortunate to have "celebrity" guests from CSULB and the Elementary Office join our Think Tank sessions. Whittier is definitely using our collective IQ to make a difference for our kids!

Willard *Elementary*

1055 Freeman Ave., Long Beach, CA 90804 • 562/438-9934 • www.lbschools.net/willard/



Kevin Maddox
Principal

Willard's Canned Food Drive

By Dr. George Garcia, 3rd Grade Teacher

Community service is a good way to develop personal character. Last November, Willard Wizards of all ages collected canned food for the annual Salvation Army food drive. Each student was encouraged to donate one item. Willard's student government organized the effort.

Haliey Ojeda, student body president, explains what they hoped to accomplish, "By seeing us help others, students get the idea to help other people." Treasurer Anya Giraldo added, "The importance of the food drive is that we are helping people that don't have a lot of food." Vice president Alyssa Ponce explains her feelings regarding her participation, "I felt good knowing that people in need are having something to eat during the holidays."

The boxes of food were collected and donated to the Salvation Army. In more ways than one, the effort was a complete success!



Child Development Center

4310 Long Beach Blvd., suite 200, Long Beach, CA 90807
562/422-6868 • www.lbusd.k12.ca.us/district/departments/middle_and_k-8/child_development.asp

Garfield CDC is a Great Place to Be!



Lauren Shaw
Director

Our January theme is "Fairness and Friendship." In honor of Dr. Martin L. King Jr., the children will explore issues of social justice. The teachers will provide opportunities of literature and dramatic play to increase their understanding of social justice. These learning experiences will promote an awareness of diversity and appreciation of differences and similarities. Conflict resolution was also addressed. The long term goal is to increase the social development of our children. The intent is for our children to show interest in promoting social justice for people in and beyond their community and demonstrate concern and caring for children outside of their community.



Also in January the Safe Moves Rodeo presented a Safe Routes to school learning experience. The children learned how to "Walk, Ride and Roll" safely to school. A miniature city was set up which allowed the children the opportunity to recognize and avoid traffic hazards in their community. The children were able to ride bikes (wearing bicycle helmets), walk on sidewalks, cross intersections, crosswalks, alleyways, bike lanes, and railroad tracks with a train, signal, gate and signs. They also had the opportunity to rock mountain climbing. The children gained a better understanding of bicycle and pedestrian safety.

The March parent workshop theme is, "Bullying!" Garfield CDC and Elementary School is a BULLY FREE ZONE.

St. Joseph High School

5825 Woodruff Ave., Lakewood, CA 90706 • 562/925-5073 • www.sj-jester.org

Enthusiastically Looking Ahead

By ASB Executive Cabinet 2010-2011



Dr. Terri Mendoza
Principal

After a fun and relaxing vacation, the Saint Joseph High School Jesters have enthusiastically started a new year and a new semester! This semester began with our Career Faire, Awards Assembly, and Basketball Homecoming Week. We also continued our Incoming Freshman Application Process and are excited to welcome our future Jesters.

February is always a busy month at SJHS. We celebrated Catholic Schools Week, hosted a Red Cross Blood Drive, and invited our grandparents to spend a day on campus with us. We focused on our Catholicity by calling our freshman class together to strengthen their bond and saw our last group of seniors off for their Kairos retreat—three days in the mountains to focus on their faith and grow in unity as a class. We also cheered on our winter sports teams, wished our Academic Decathlon team good luck, and applauded our student artists. Our Associated Student Body also had a busy month planning Winter Formal and organizing the ASB Election Process, among other activities.

During the month of March, we will celebrate Mardi Gras and the Feast of Saint Joseph. Our underclassmen will also begin their course selections for next year, while our seniors anxiously wait for their college acceptance letters. We look forward to rehearsing for Senior Fashion Show and to spending the day at our brother school, St. John Bosco while participating in Trading Places.

We celebrate the arts all semester, beginning with a student art auction this month, followed by a variety of activities and performances—Fine Arts Day, Shakespeare in Jester Court, a Spring Choir Concert, and a Spring Dance Performance. Some of our most talented Jesters join boys from our brother school, St. John Bosco, to perform Disco Inferno, a fun musical about the seventies. Also, our Jesters are preparing to compete in the Drama Teacher's Association of Southern California Shakespeare Competition.

As a school community, we would like to congratulate our seniors on their early college acceptances. So far, our Jesters have been accepted to Stanford University, the University of Redlands, Mount St. Mary's, and University of California Davis, among others.

As we move further into our second semester, we are looking forward to many exciting activities and a wonderful year.

As a school community,

we would like to congratulate our seniors on their early college acceptances.

So far, our Jesters have been accepted to Stanford University, the University of Redlands, Mount St. Mary's, and University of California Davis, among others.

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of Long Beach (K-8)

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Chris Rodenhizer
Head of School



Kalim Rayburn
Assistant
Head of School

Project Based Learning Defines Westerly School's Program

In the world of teaching and learning, there are many ways to help students gain access to academic content. To do this well requires study, practice, and reflection, a process in which all great teachers engage. If quality instruction were not challenging enough, the fact that people learn differently from one another further complicates the matter.

One way the Westerly faculty addresses the various ways students learn best is through project-based learning, which is a hallmark of the school's philosophy and program.

Below are some of the projects that Westerly's students are engaged in, which provides them a broad and varied platform from which to deeply understand instructional concepts.

Second graders, for example, recently participated in a graphing project, the goal of which was to extend on the concepts learned through their chapter on data and graphs. After learning the concepts and vocabulary, and after having time to interpret graphs and charts on information provided by their teacher or gather through class surveys, students set out on developing a survey to gather data on a topic of personal interest. After agreeing on a topic students were divided into partnerships. Each partnership created their own survey question to ask another grade in the school and set off onto campus to collect data, which they ultimately used to create bar graphs on paper. Once they understood their results and had time to interpret them by finding the range, mode and median, they worked on transferring those results to the computer to create a computer graph to print out using Microsoft Excel.

Transitioning from a study of communities, landforms, and resources, third grade students engaged in a more history-based focus integrating literature and social studies as they examined methods historians use to gather information necessary to publish books and create documentaries. During the reading of *Sarah, Plain and Tall*, by Patricia MacLachlan, students drew connections to history and focused on the primary resource of journal entries from the past. Students then wrote their own first-person journal entries through the eyes of the characters in the book.

Further, both third and fourth grade students chose artwork and artifacts created and used by Native Americans, researched those artifacts and any symbolism associated with them, made their own artifacts, and explained their importance to potential historians. Fourth graders incorporated this information into a research paper they did on Early Californians.

After a study of fractions and their decimal equivalents, each fifth grade student was "hired" as a reviewer for a magazine publisher whose job is to investigate competitor's magazines to determine what parts of the magazines include articles compared to advertisements. They use fractions, ratios, and decimals to prepare a report to summarize their findings. In their report, they included a bar graph to show the comparison between four different magazines.

Westerly's Middle School enlivens the program through project-based learning as well. Sixth graders recently studied statistics and data analysis in math class. They participated in the Census at School program and used a random sampling of U.S. 6th grade responses to create data displays. Each student chose a quantitative (numerical) response and created box-and-whisker plots, bar graphs, and stem-and-leaf plots based upon the data. Students learned to sort data and remove extraneous responses, display the same data in different manners, used Excel to create a chart and graphs, and were part of a nationwide collaboration.

In life science, seventh grade students have been studying heredity and genetics. Through the process of understanding how and why cells divide, the students gained a better understanding of DNA and the role it plays in human genetics. They also ventured under the sea to learn about the inheritance of traits in the world of *SpongeBob*, leading up to a discussion of gender and disease inheritance in humans. Their next project assignment will be to select a specific inheritable disease to research and link to the next unit of study, which involves evolution of species. This will help bridge the gap between units, gain a greater understanding of the real world applications of the topics, and allow for individual interests to be explored through their selections.



Next up for the sixth grade, in Humanities, is to embark on a multi-part project investigating American immigration and family history. Students will make connections between debates over current immigration policy, their personal family histories, and Laurence Yep's tale of the Chinese immigrant experience, *Dragonwings*. Writing will include current event reporting, free-form poetry and sonnets, and oral histories, in addition to culminating presentations featuring music, costume, and images.

Regularly integrated into Westerly's project-based curriculum are the enriching subjects of visual arts, music, foreign language, and physical education, all of which are subjects that are integral parts of the Westerly program and experience and contribute to the school's mission of educating the whole child.

Westerly's strong academic and enriching program extends beyond that intended for students. A series of three parent and community education evenings celebrates its second with a presentation and discussion entitled, *Nurturing Your Child's Socio-Emotional Growth Through Environmental Awareness*.

Participate in a dynamic discussion with Derek Sabori, head of Environmental Affairs at Volcom and author of the children's book *Lu and the Earth Bug Crew ZAP the Energy Spikes*.

Derek has made it his mission to share his vision of a healthy and sustainable future for all children. He uses his book to capture children's interest into an active, healthy and fun lifestyle that focuses on conservation and environmentalism.

Parents will leave with many ideas on how to keep their children focused and excited about Eco-Action!

The event is Thursday, February 10th, from 6:30 p.m. to 8:00 p.m. at the Westerly School Arts Village, 2950 East 29th Street, Long Beach. Complimentary childcare for school age children will be provided with reservation. Attendance is free of charge and the public is welcome to attend. To RSVP, call Westerly School at 562-981-3151 or e-mail Crystal Barnwell at cbarnwell@westerlyschool.org.

Westerly's parent and community education evenings are sponsored by the school's Parent Teacher Organization (PTO). The content of each evening in the series is designed to address components of the Westerly mission.

The next presentation and discussion is scheduled for Thursday, March 10, 2011 from 6:30-8:00 p.m. and will focus on the "Tween Brain." For more information, call Westerly School at 562-981-3151.

Visit the campus and see a Westerly education in progress. Come to one of the Community Visit Days on February 1, March 1, April 5, or May 3 from 9 a.m. – 10:15 a.m. Or call our Admission Department at 562-981-3151 to schedule a personal tour.



Christopher J. Steinhauser

Despite such a gloomy fiscal climate, our schools have shown remarkable perseverance. A recent report from The Broad Foundation shows Long Beach is one of a few large school districts nationwide that are outperforming their states. The report says that Long Beach is among an even more select group of school systems that are:

- Better at serving African-American students;
- Better at serving Hispanic students;
- Better at serving low-income students.

The report, which is the first Broad Prize “data brief,” says Long Beach is succeeding because:

- Teachers use a common, core pedagogy (or teaching strategy) that outlines specific expectations and instructional requirements and encourages higher-order thinking;
- Teachers receive regular objective feedback from classroom walk-throughs that are aligned to school and district goals;
- Student achievement goals drive recruitment, selection, hiring and placement of staff;
- The school district undergoes continuous improvement that is fueled by extensive student data analysis and comprehensive evaluation of progress;
- The school district keeps the community engaged and involved;
- Students have extensive school choice and individualized learning opportunities (about 40 percent of students attend an out-of-boundary school).

While we take pride in our schools’ ability to sustain such excellence during tough times, we have also reached the point where our progress is threatened by the state’s unprecedented cuts to education.

We will always strive for excellence with the resources that we have, but we must not kid ourselves. We have cut \$170 million over the past three years. Per pupil funding for California schools ranks among the bottom of the nation, and until that changes, schools throughout the state will continue to see a steady erosion in programs and services. We are working on many fronts to prevent that from happening, including in Sacramento and in Washington, D.C., and we will keep you informed of our progress.

In the meantime, now more than ever, we need and appreciate everyone who supports our schools. Together, we can continue to provide brighter futures for more children.



David Barton
Vice-President

been scheduled during the next few months to get input from as many individuals as possible. This is an exciting initiative that will impact every aspect of the District’s educational plans.

While on the subject of Jordan, I want to mention that its International Baccalaureate program will be well served in future years by the expansion of the program to primary schools such as Hudson as well as the middle schools.

Over the holidays I had the chance to hear the Lakewood Madrigal Singers in action. This wonderful performing group could give the cast of Glee a run for it’s money. The students get up before dawn to practice, and their dedication and talent are a real treat.

The board recently approved major changes to the academic program at Marshall Middle School. Soon to be renamed Marshall Academy of the Arts, the school will allow all students to participate in visual/performing arts classes while renewed emphasis will be placed on greater student academic achievement. The program will serve those in Marshall’s attendance area as well as students attending Carver, Henry and Keller Elementary Schools on Schools of Choice. This is another great opportunity for faculty and staff to refocus on ways to improve the educational opportunities for all their students.

Despite the continuing economic uncertainties of our time, Long Beach Unified School District continues to press ahead with new programs and renewed confidence.

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Nutrition Update

Calcium and Vitamin D



Carol Berg Sloan, RD

The Institute of Medicine (IOM) who provide dietary recommendations, were asked by the United States and Canadian governments to provide updated dietary recommendations for calcium and Vitamin D because there was a concern that consumers were confused as to how much they should be getting daily.

The IOM came to the conclusion that overall, we are getting enough of both nutrients, however in some cases, too much.

This is from the report: "The science indicates that on average 500 milligrams of calcium per day meets the requirements of children ages 1 through 3, and on average 800

milligrams daily is appropriate for those ages 4 through 8. Adolescents need higher levels to support bone growth: 1,300 milligrams per day meets the needs of practically all adolescents. Women ages 19 through 50 and men up to 71 require on average 800 milligrams daily. Women over 50 and both men and women 71 and older should take in 1,000 milligrams per day on average to ensure they are meeting their daily needs for strong, healthy bones."

<http://www.iom.edu/~media/Files/Report%20Files/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D/Vitamin%20D%20and%20Calcium%202010%20Report%20Brief.pdf>

Calcium: Except for young girls ages 9-18, just about all consumers are getting enough calcium through foods or supplements.

Vitamin D: This fat soluble vitamin is obtained from the foods we eat but also from our exposure to the sun. The recommendation of 400 International Units (IUs) was based on the fact that most of us get daily sun exposure. If you don't see the light of day daily, then a supplement may be necessary.

Too Much? Taking two to four times more than the recommended amount shared in the paragraph above may cause harm in the way of kidney stones or other kidney issues. If you eat foods rich in calcium or fortified with vitamin D, no supplements are necessary.

What to Eat? Foods rich in calcium and Vitamin D include dairy products, fortified orange juice, cereals or breads and some vegetable and beans. If choosing dairy products I suggest low or non fat cheese, milk, yogurts and ice creams. I grew up on canned salmon and sardines both of which contain the bones which are soft and totally edible. A 3 ounce portion of canned salmon provides 200 mg of calcium

Colleagues and registered dietitians, Liz Weiss and Janice Newell Bissex's new book, *No Whine with Dinner* has a great recipe using canned salmon. You can even watch a video of them preparing this tasty dish. <http://mealmakeover-moms.com/moms-cooking-videos/main-dishes-videos/>

Corny Salmon Cakes Makes 4 Servings

- Two 5-ounce cans boneless, skinless pink salmon, drained and finely flaked
- 3/4 cup dried bread crumbs, divided
- 2/3 cup shredded reduced-fat Cheddar cheese
- 2/3 cup frozen corn kernels, thawed
- 1/4 cup light mayonnaise
- 1 large egg, beaten
- 1 tablespoon Dijon mustard
- 1/4 teaspoon reduced-sodium Old Bay Seasoning
- 1 tablespoon canola oil

Combine the salmon, 1/2 cup bread crumbs, cheese, corn, mayonnaise, egg, mustard, and Old Bay Seasoning in a bowl and mix until well combined.

Shape the mixture into 8 patties (a generous 1/4 cup each) and coat with the remaining 1/4 cup bread crumbs.

Heat half the oil in a large nonstick skillet over medium-high heat. Cook the patties until the bottoms are golden brown, 5 minutes. Flip the patties, add the remaining oil, and cook until golden brown, an additional 4 to 5 minutes.

Nutrition Information per Serving (2 cakes): 340 calories, 16g fat (3g saturated, 1.5g omega-3), 800mg sodium, 22g carbohydrate, 2g fiber, 28g protein, 15% calcium, 10% iron

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. Her daughter currently attends Poly High School and her other two children attend colleges in the Cal State system. She can be reached at cbergsloan@ix.netcom.com.



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Ankle Sprains *See page 20 for complete article*



Dr. Doug Richie

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

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



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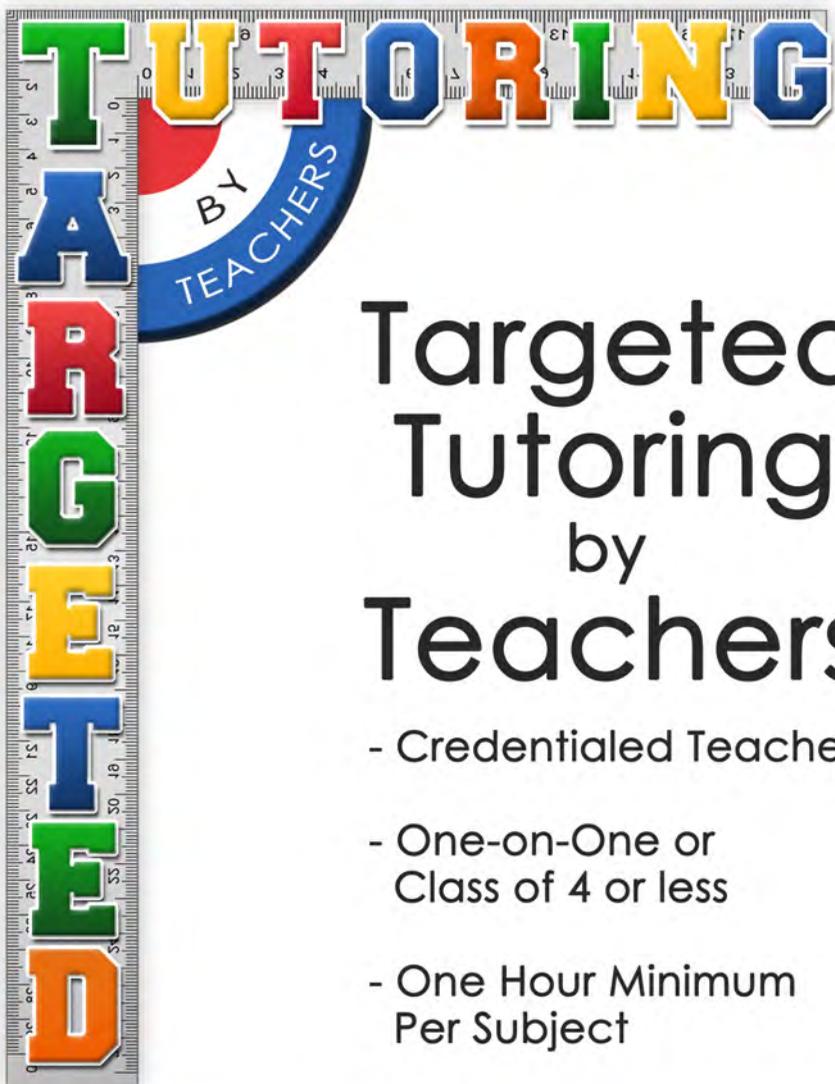
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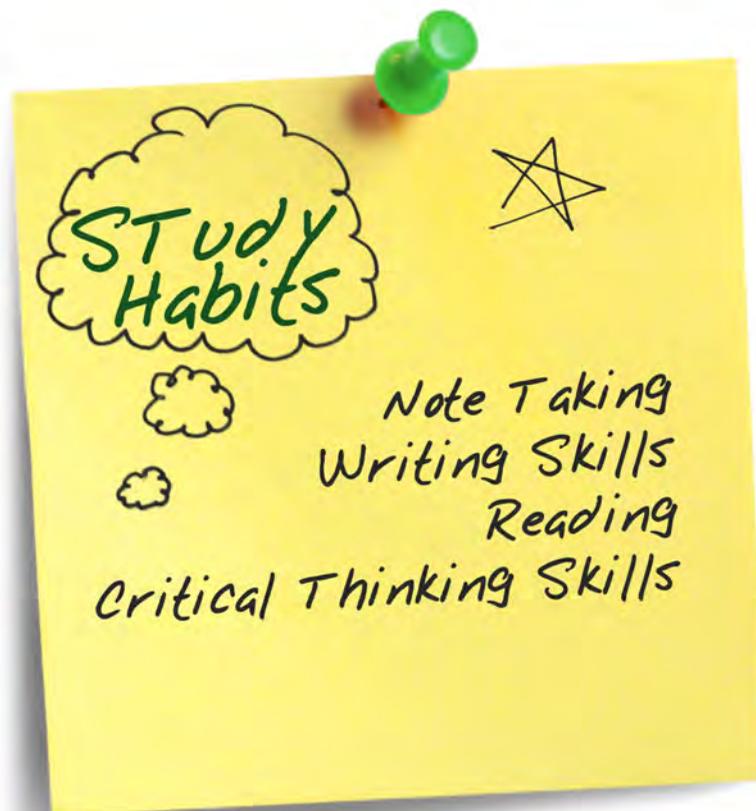
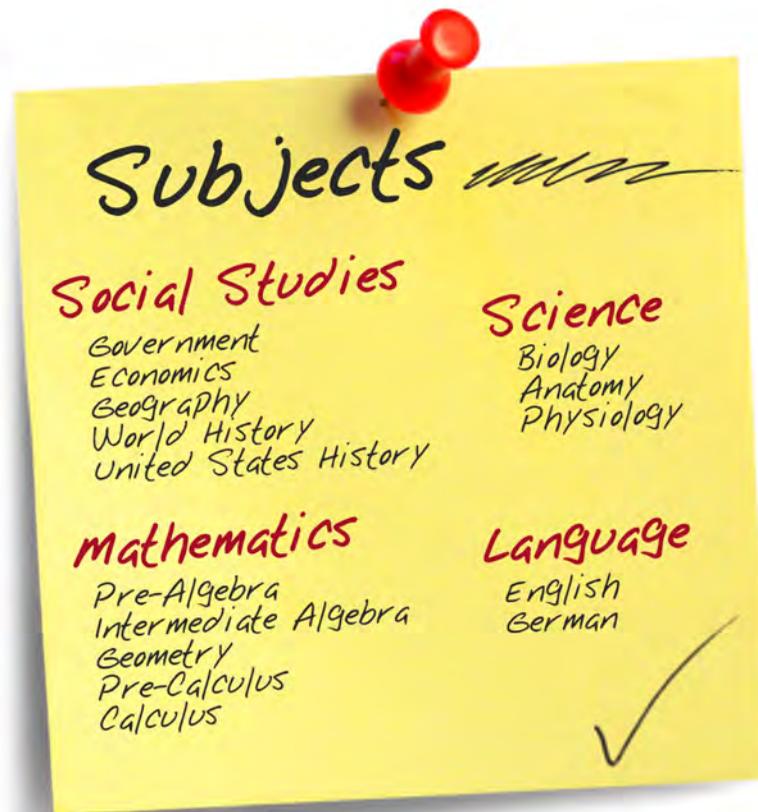
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