

FREE

School News



Education + Communication = A Better Nation

Covering the Norwalk-La Mirada Unified School District

VOLUME 3, ISSUE 12

www.schoolnewsrollcall.com

DECEMBER 2012 / JANUARY 2013

NLMUSD Shows Double-Digit Growth in API!!

By Dr. Lila Bronson, Assistant Superintendent of Educational Support Services.

NLMUSD is excited to announce the release of 2011-2012 API (Academic Performance Index) and AYP (Annual Yearly Progress) data.

The data show another year of double digit gains, with the overall district index growing another 10 points, reaching a new high of 774. This increase in achievement is attributed to the tremendous dedication and hard work of teachers, principals, and support staff, as well as to the strong parent and community support.

The API is the cornerstone of California's Public Schools Accountability Act. Its purpose is to measure the academic performance and growth of schools. The numeric index ranges from a minimum of 200 to a high of 1000. The statewide target for all schools is 800. The API score summarizes the results of various indicators including the California Standards Tests (CSTs) and the California High School Exit Exam (CAHSEE).

SEE DOUBLE-DIGIT GROWTH IN API • PAGE 12



Students are ecstatic over NLMUSD's great test scores!

Congratulations! YOU deserve an A!

As Superintendent, I have the privilege of visiting a few schools on a weekly basis. After completing my visits, as I walk to my car, my heart is full of excitement and pride after watching students engaged in learning, reading, presenting, singing, or playing an instrument. I constantly leave thinking, "I wish everyone could see what I just saw!" It is these experiences and observations in our schools and classrooms that keep me believing in public education, especially in Norwalk-La Mirada Unified. In spite of the challenges we face with diminishing funds and resources, at NLMUSD, we are offering our students MORE opportunities to demonstrate excellence, in mathematics, reading, acting, dancing, singing, playing sports, and playing instruments! As a result, our students continue to achieve. Please read this month's feature article on Norwalk-La Mirada's 2011-2012 Academic Performance Index – our students did GREAT!

We could not achieve these accomplishments without the wonderful support of our School Board of Education, hard working teachers, administrators and staff, our PTA, community partners and YOU, our parents and families. The wealth of a community is measured by the success of its schools. Together, we are a successful TEAM providing our students with opportunities to achieve and demonstrate excellence.

Thank you, NLMUSD parents and families. YOU deserve an A!



Dr. Ruth Pérez
Superintendent

¡Felicitaciones! ¡USTED se merece una A!

Como Superintendente, tengo el privilegio de visitar algunas escuelas semanalmente. Después de terminar mis visitas, camino a mi coche, mi corazón está lleno de emoción y orgullo después de ver a los estudiantes enfocados en el aprendizaje, leyendo, presentando, cantando o tocando un instrumento. Constantemente me voy pensando, ¡"Desearía que todo el mundo pudiese ver lo que yo acabo de ver"! Son estas experiencias y observaciones en nuestras escuelas y salones de clase que me mantienen creyente en la educación pública, especialmente del Distrito Escolar Unificado de Norwalk La Mirada. ¡A pesar de los desafíos que enfrentamos con la disminución de fondos y recursos, en NLMUSD, estamos ofreciendo a nuestros estudiantes MÁS oportunidades para demostrar la excelencia, en matemáticas, lectura, actuación, baile, canto, deportes y tocando instrumentos! Como resultado, nuestros estudiantes continúan con logros. Por favor lea el artículo de este mes en el Índice de Rendimiento Académico de Norwalk-La Mirada 2011-12 – ¡Nuestros estudiantes SOBRESALIERON!

No podríamos alcanzar estos logros sin el apoyo maravilloso de nuestro Junta de Educación Escolar, maestros trabajadores, administradores y personal, nuestra PTA, socios de la comunidad y USTED, nuestros padres y familias. La riqueza de una comunidad se mide por el éxito de sus escuelas. Juntos, somos un EQUIPO exitoso proporcionando a nuestros estudiantes oportunidades para lograr y demostrar excelencia.

Gracias, padres y familias del NLMUSD. ¡USTED se merece una A!



You have
a **SHARE**
in her future.

THE WORLD IS AT HER FEET. ANYTHING IS POSSIBLE.

Help keep it that way—by opening a ScholarShare 529 College Savings Plan account. With a wide variety of investment portfolios and low fees, ScholarShare is how Californians save for college: tax-free, qualified withdrawals for tuition, books and some room and board costs—for use at most colleges, universities, vocational and trade schools. With just a \$25 minimum contribution, you can start making her dreams, a reality.



SCHOLARSHARE

CALIFORNIA'S 529 COLLEGE SAVINGS PLAN

scholarshare.com



Consider the investment objectives, risks, charges and expenses before investing in the ScholarShare College Savings Plan. Visit ScholarShare.com for a Plan Disclosure Booklet containing this and other information. Read it carefully. Before investing in a 529 plan, consider whether the state where you or your Beneficiary resides has a 529 plan that offers favorable state tax benefits that are available if you invest in that state's 529 plan. Investments in the Plan are neither insured nor guaranteed, and there is a risk of investment loss. TIAA-CREF Tuition Financing, Inc., Program Manager. The ScholarShare 529 Twitter and Facebook pages are managed by the state of California.
C5317

School News

Education + Communication = A Better Nation
www.schoolnewsrollcall.com

Covering the
NORWALK—LA MIRADA UNIFIED SCHOOL DISTRICT

FOUNDER/PUBLISHER: Kay Coop
562/493-3193 • kay@schoolnewsrollcall.com

ADVERTISING SALES:
562/493-3193 • Fax: 562/430-8063

CONTENT COORDINATOR: Barbra Longiny

COPY EDITORS:
Lisa Brock, Kate Karp & Anna Zappia

CONTRIBUTING CARTOONIST: Neta Madison

GRAPHIC DESIGNER: Laura Brune



Kay Coop
Founder / Publisher



Congratulations students and teachers on your academic growth! Success is contagious and spreading throughout the district.

As we end this year, I'd like to thank you for continuing to include *School News* among your reading choices.

Happy Holidays/Merry Christmas from our staff to you and your families. Our thoughts and gratitude are with the men and women in our armed services.

Our next issue is February 20, 2013. Until then Happy New Year!

 @SchoolNewsRC

 SchoolNewsRollCall



You can now launch our Web APP to your SmartPhone from our web site.

SCHOOL NEWS ROLL CALL

P.O. Box 728, Seal Beach, CA 90740
562/493-3193

www.schoolnewsrollcall.com

Copyright © 2006, School News Roll Call LLC

Reproduction in whole or in part without written permission is strictly prohibited unless otherwise stated. Opinions expressed by contributing writers and guest columnists are their views and not necessarily those of *School News Roll Call*. This publication is privately owned and the right is reserved to select and edit content. The school district does not endorse the advertisers in this publication.



UCLA Extension

explore.
experience.
expand.

Early Childhood Education

The World's Most Important Job

Enhance your career with our Early Childhood Education Certificate.

- No application—enroll any quarter
- Competitive tuition
- Taught by working professionals
- Courses offered in Spanish
- Classroom or online courses

Visit uclaextension.edu/teachersSN or contact **Mary Abdulla** at **(310) 825-2960** for more info.



13790-12

SOUTHEAST
ROP
Proud Partners of
Norwalk-La Mirada
Unified School District

**Providing CTE Classes on
all NLMUSD High Schools**

12940 E. Foster Rd.
Norwalk, CA 90650
562.860.1927
www.southeastrop.org

**El Camino High • John Glenn High
La Mirada High • Norwalk High
Southeast Academy High**

Optometry

*Wishing you and yours
all the best this holiday
season as well as health and
happiness in the new year.*

John Larcabal, O.D.
Sandra Stevens, O.D.
Diane Almanza, O.D.



(562) 868-8233 • drjohnlarcabal.com

Make a turn for the better, with a lower payment.

**Great rates on auto loans for new
or used vehicles.**

If you live or work in Cerritos, Norwalk, La Mirada or a nearby community, you can become a credit union member and take advantage of Camino Federal Credit Union's fantastic auto loan rates*. With Camino's easy loan application process and in-house underwriting, you can get a fast answer for your auto loan needs.

The new Cerritos Branch is open Mon. – Fri. 9:00 a.m. – 6:00 p.m. and Sat. 10:00 a.m. – 2:00 p.m. Stop by and speak with a Member Advisor to find out what your auto loan payment could be or call **(562) 293-1500** for more information.

You can also apply for an auto loan online at www.caminofcu.org

After all, we're in this together.
The journey is ours.
That's the Camino Way.

**the road
together**

Camino
Federal Credit Union



Cerritos Branch
11417 South Street
Cerritos, CA 90703



*Offer excludes all loans already financed at Camino Federal Credit Union. Certain restrictions apply. See branch for details.
© 2012 Camino Federal Credit Union. All rights reserved.

Benton *MS Visual & Performing Arts Magnet*

15709 E. Olive Branch Dr., La Mirada, CA 90638 • 562/943-1553 • www.nlmusd.org



Michelle Green
Principal

Participants, Not Spectators

There is so much to celebrate at Benton Visual and Performing Arts Academy! Students are up to the challenge of rigorous coursework, adventurous travel plans, and popular extracurricular activities.

Plans are underway to contend in the Annual Mock Trial competition, hosted by the county of Los Angeles. Students serve as prosecuting and defense attorneys, witnesses, court reporters, artists, and more.

Student leaders presented assemblies at two area elementary schools. Our Fall Showcase took place in November. Tickets are now on sale for our Holiday Lights program, which is scheduled for December 11–14.



Benton students cheer for the highest API growth in our district!

The latest buzz on campus involves our brand-new Benton Color Guard. Over 40 students participated in try-outs, underscoring our philosophy that, no matter the activity, students excel as participants, not spectators. To this end, students are preparing for our first Friday Dance Showcase, leading to our Winter Dance Show, which premieres January 24–26.

Corvallis *MS Arts & Technology Magnet*

11032 Leffingwell Road, Norwalk, CA 90650 • 562/868-2678 • www.nlmusd.org



Bob Easton
Principal

Continuing to Grow

Why is the principal's hair pink? Did he lose a bet? No, Corvallis Middle School of Arts and Technology Magnet is celebrating continued academic growth on the Standardized Testing And Reporting (STAR) and California Standards Tests (CSTs).

Last year the students were challenged to beat state testing targets, with the incentive for the highest performing grade level to choose the color for the principal's hair. Although all grade levels did an excellent job, the eighth-graders performed the best and chose pink!

Not only did the students beat the state targets, they blew them away. Corvallis made 34 points growth on the Academic Performance Index (API)—



Eighth grade students color the principal's hair pink"

and the goal was five points! Over the past three years, Corvallis has achieved growth every year, for a total of 76 points. In addition, Corvallis met 19 of 19 federal targets to freeze in Program Improvement, something that only 49 of 525 schools were able to do! Our goal is to do the same this year: "810 Do It Again."

Chavez *Elementary School*

12110 E. Walnut St., Norwalk, CA 90650 • 562/868-3565 • www.nlmusd.org



Robert Rayburn
Principal

Leading To the Future With Technology

This year at Chavez, you may have noticed that our students are engaged in a new and exciting technology program called "i-Ready."

This is an online tutoring program which works much like the new STAR test that all of the students will be taking in 2014. The program automatically finds the level in which each student is performing in reading and math, and then engages them in various activities that will help them learn and grow academically.

The children can use this tutoring program as much as they like, and from any internet-connected computer at school or in the home. The teachers can also get instant reports and lesson suggestions that are based upon each student's individual requirements. The lesson groups for the class can even target the exact skills that the students need to succeed!



4th grade students at Chavez using i-Ready online learning software.

We are extremely excited about this new tool. Our Chavez students tested it out last year for the district, and it is now available to all NLMUSD students. The program will help our children learn to be very successful on the new common core standards and test!

Dolland *Elementary School*

15021 S. Bloomfield Ave., Norwalk, CA 90650 • 562/921-9934 • www.nlmusd.org



Lorena Sierra
Principal

Safety First, Second and In Every Way

Dolland is a wonderful community to grow, learn and celebrate! This October, we commemorated the importance of being drug free and safe. As part of our festivities, we collaborated with the city of Norwalk's public safety department. Safety officers DeLeon, Aguirre and Villa brought McGruff, our crime-fighting friend, to help educate our students about the history and significance of Red Ribbon Week.

Another important activity we did this October was to hold our annual Dolland Halloween parade. This year, students received a great presentation on bicycle safety sponsored by a Los Angeles children's hospital. Students who came to school on a bicycle received a free bicycle helmet,



Student receives a free helmet and fitting.

and every Dolland student received a safety booklet and kit to be visible and safe at night. We are sure that during the month of October, our students learned that to be successful in life, we must be safe and drug free.

Dulles *Elementary School*

12726 Meadowgreen Road, La Mirada, CA 90638 • 562/943-6734 • www.nlmusd.org



Dr. Jean Maddox
Principal

Parent Partners

If you want to see a group of parents in action who are supportive and willing to give of their time to see their school succeed, visit Dulles Elementary School. It is exciting to see the parents coming forward to help.

We are a small school with a lot of spirit. We have two after-school clubs on campus, with the support of our parent volunteers. One group is called the Good News Club, and the other one is the Kiwanis Kids Club, a service club teaching the students leadership skills and service to their community. If there is something a teacher needs done in the classroom, a parent volunteer will accomplish it. What a great team! The teachers can spend more time teaching our students, while the parents help create and make the items needed to enhance the learning experiences in the classrooms. Having an extra pair of hands is such a delight to keep things running smoothly and increasing student achievement.

Our Dulles PTA is supporting our music program. We know how important music is to enriching our curriculum, but with budget cuts, it is difficult to support. With the commitment from our PTA, our music program can continue to survive and touch the lives of our students. Incorporating music into our curriculum is nourishing our students' brains. There is strong evidence that supports the value of music in education. Thank you, Dulles PTA!

Edmondson *Elementary School*

15121 S. Grayland Ave., Norwalk, CA 90650 • 562/864-9501 • www.nlmusd.org



Jacob Muñiz
Principal

Leaders in Action

Expect excellence, because good leaders are built here! The staff at Edmondson prides itself on building successful leaders for the future. So we are proud to say that Mrs. Mayorga, our third- and fourth-grade combo teacher extraordinaire, has just helped to install our school's 2012 student council.

Now what is this, you ask? Well, our student council will be meeting regularly with Mrs. Mayorga throughout the school year to help plan fund-raisers, special assemblies, possible improvements to the school, and even a trip to the state capital in Sacramento!

The student council also co-leads the weekly Eagle Pride assemblies every Friday, where we celebrate our "Eagles of the Week." They also conduct the flag salute in English and Spanish, make important announcements, and always celebrate good character by using the six pillars of Character Counts: trustworthiness, respect, responsibility, fairness, caring and citizenship.

If you would like to see great leaders in action then please pay us a visit! You will not be disappointed.



2012-2013 Edmondson Elementary Student Council

Eastwood *Elementary School*

15730 Pescados Dr., La Mirada, CA 90638 • 714/521-6480 • www.nlmusd.org



Yvette Cantu
Principal

Eastwood Eagle Honors

Eastwood has been designated as a 2012 California Distinguished Elementary School. The California School Recognition Program identifies and honors the State's most exemplary and inspiring public schools with the California Distinguished School Award. The award is highly sought after by schools in all areas of the State. We are very proud of this award, which recognizes our efforts to close the academic achievement gap. Eastwood has also been named as one of California's Honor Roll Schools. Receiving this distinction from the California business community has demonstrated consistent high levels of student academic achievement, improvement in achievement levels over time and reduction in achievement gaps among student populations. We are extremely proud of our instructional program, the efforts our students, and for the support of our parents.



El Camino *High School*

14625 Keese Dr., Whittier, CA 90604 • 562/944-0033 • www.nlmusd.org



Darryl Brown
Principal

Students in Action

The Automotive Collision Institute (ACI) and cosmetology program offerings provided by Southeast ROP continue to be very popular with El Camino students.

So Southeast is proud to announce that students Polo Marquez and Karen Guerrero were awarded first and second place respectively in a cosmetology competition with instructor Esther Wilson.

The ACI program has also chosen students Christian Escamilla and Anthony Rodriguez to participate in the written test portion of the AS Automotive Service Phase I. If selected, they will then continue on to the national competition. Congratulations goes to our cosmetology and ACI students!

El Camino would also like to recognize our Positive Alternative Outreach students for coordinating the Red Cross Blood Drive at the end of October. Led by Mr. Oscar Diaz, these students worked side by side with the Red Cross workers to help coordinate this lifesaving effort.

Each year, nearly 4 million people donate blood through the Red Cross. This effort helps provide more than 40 percent of America's blood supply.



Students helped to organize a successful blood drive.

Escalona *Elementary School*

15135 Escalona Road, La Mirada, CA 90638 • 714/521-0970 • www.nlmusd.org



Bonita Lytle
Principal

Soaring Higher!

Congratulations to Escalona's students, staff and community for their ever-increasing and amazing achievement as measured by California Standards Test Scores (CST). 79.4 percent of Escalona's students in grades 2–5 scored Proficient or Advanced in English language arts, and 84 percent of the students scored Proficient or Advanced in math! 71 percent of our fifth-graders scored Proficient or Advanced in science! Fifteen Escalona students scored a perfect score of 600 in English language arts or mathematics, with one student scoring a perfect score on both sections of the test.

Having set a schoolwide goal to reach a 900 API, I'm proud to report that we met—even exceeded—that goal with an API of 907! Escalona's amazing staff continues to work tirelessly to create an outstanding academic program for all our students. New programs to address the needs of those students who have not reached proficiency in English language arts or math have been implemented and include the use of computer-assisted instruction with the iReady and iPass programs. Escalona Eagles are indeed soaring higher on the wings of success!

Gardenhill *Elementary School*

14607 E. Gardenhill Dr., La Mirada, CA 90638 • 562/944-6128 • www.nlmusd.org



Eileen Burkholder
Principal

Rocketing to the Top!

Gardenhill is so proud of the work staff, students and parents did to achieve an API of 911! We moved 63 students up at least one level in language arts, and we moved 43 students up at least one level in mathematics.

Another awesome statistic is that 21 of our students grew more than 100 points overall. Because of "No Child Left Behind," we were also responsible for making sure all students, including our three significant subgroups—low socioeconomic students, Hispanic students and white students—were at least 78.4 percent proficient in language arts and 79 percent proficient in math.

We have our work cut out for next year, with the goal targets moving up to 89.2 percent and 89.5 percent in 2013. We are up for the challenge! We have already been studying our data, getting to know students, and making plans to help us achieve these federal goals.



Foster Road *Elementary School*

13930 E. Foster Road, La Mirada, CA 90638 • 562/921-9908 • www.nlmusd.org



Dr. Jean Maddox
Principal

Born to Learn

We are born to learn, and that is what is happening here at Foster Road School. The students have set their gears and goals to learning on the fast track. They come every morning with happy smiling faces as they enter Foster Road's Learning Zone, and their brains switch to creativity.

Our teachers know that some students work quickly and want more challenges, while other students work slowly and deeply and want more time for reflection. Mastering the learning needs of all students is the great artwork our teachers must achieve to make sure all students are meeting their grade-level standards. Engaging students in the lessons and asking them how they feel about the topics they are discussing begins the teaching and learning. The students are eager to learn and have rich insights as they go deeper into the reading. We want our students to be interactive, independent thinkers and discover more on their own. Our students are natural learners, and it is up to us to energize their learning, so they can build those connections and relationships and increase their understanding of the world around them. The teachers start where the students are and begin the process of developing successful learners. We want students learning from their own mistakes, being active, being creative, and developing the way the brain naturally learns.

We enjoyed our Thanksgiving Feast on November 15 for our school families. It is always exciting to see our community clubs help continue this tradition and build a better place for learning.

Glazier *Elementary School*

10932 E. Excelsior Dr., Norwalk, CA 90650 • 562/863-8796 • www.nlmusd.org



Kristine Cvar
Principal

Infinite Opportunities through Music!

Another school year at Glazier Elementary School means another opportunity to learn new things—after school. I know what you're thinking: *After school? At an elementary school? But that's when the best cartoons come on!* As true as that may be, the Glazier Performing Arts program found itself at maximum capacity with students who wanted to learn new things just days after fliers went home. The Glazier Performing Arts program offers students the opportunity to grow, learn and express themselves in a positive environment.

This year brings back the beloved Strings program for returning music students and gives incoming third-graders the chance to explore something new. Join us Thursday, Dec. 6, at 4:30 p.m. in the MPR for our Winter Recital. We look forward to serenading you!



A visiting Glazier alumnus gives a new Beginning Strings student a few pointers as he learns to play the cello.

Glenn High School

13520 Shoemaker Ave., Norwalk, CA 90650 • 562/868-0431 • www.nlmusd.org



Greg Puccia
Principal

Events for 2013

John Glenn HS has gotten off to a positive start for the 2012–13 school year. Teachers, students, parents and staff have a renewed focus on creating a safe campus, rigorous instruction and improved school spirit. The entire school is constantly looking at ways to improve student achievement and ensure positive outcomes.

The Homecoming Pep Rally was a great success. Over 40 Glenn alumni from the '60s to the '00s attended the pep rally and game in October. Bob Newton, class of '67, is a retired NFL star who spoke with the Glenn student body about “getting connected” and how playing football at Glenn HS changed his life. Glenn’s award-winning marching and jazz bands, along with the cheer and pep squads, performed.

We are looking forward to a number of exciting winter events, including the following.

The Glenn HS Drama program will put on their next show in December: *The Insanity of Mary Girard*. The production will run Dec. 7–8 and Dec. 12–14 at 7 p.m. in the MPR.

The Glenn HS Marching Band will compete in a number of events this winter and spring. They include March 2 at Rancho Cucamonga HS; March 16 at Monrovia HS; April 6 at Great Oaks HS, with Prelims in Temecula; and April 13 at CSU San Bernardino.

Winter Athletics will start league competition the first week in January. Boys’ and girls’ teams will compete in basketball and soccer along with our coed wrestling program.

Please visit our website for specific times, dates and locations for our events.

Johnston Elementary School

13421 S. Fairford Ave., Norwalk, CA 90650 • 562/864-2508 • www.nlmusd.org



Veronica Lizardi
Principal

ExCEL Program

At Johnston Elementary, we have a vision that every student matters! Our ExCEL Program stands for Excellence: A Commitment to Every Learner. We provide students an additional block of reading and math four times a week for a child to be provided additional support in these areas. Students who need extra help are provided intervention, and students who are at or above their level are given enrichment.

Students enjoy this time because they are working in small groups or on the computers. Teachers also provide students many

avenues of support throughout the day. A unique feature here at Johnston is that every child receives a progress report every three weeks in between report card periods. Teachers are regularly informing students on their progress in the core content areas. We are committed to every student every day!



Mrs. Johnson's class works on a computer Reading program while she sends messages to them their progress. Students get very excited when they receive a message from their teacher!

Hutchinson

13900 Estero Road, La Mirada, CA 90638 • 562/944-3268 • www.nlmusd.org

*MS Math, Science,
Technology Magnet*



Sara Siemens
Principal

Hutchinson Has Something For Everyone!

The excitement is still high at Hutchinson Middle School, as we move into our second trimester of the 2012–2013 school year!

We are now celebrating our API score of 836, and its double-digit increase over the previous year. Our band students are also preparing for their winter concert, where the beginning as well as experienced musicians will be entertaining their family and friends.

The eighth-grade math and science technology magnet students are finishing up their robotics unit as well. They have recently built and tested Vex robots. The seventh-grade magnet students are now testing their catapults for effectiveness and accuracy, and the sixth-grade magnet students are also exploring the field of solar energy by building solar houses and solar cars.

Additionally, our AVID students have recently visited USC. They are also looking forward to other university visits as they continue to explore the pathway to college. With so much to offer, Hutchinson is definitely the place to be!



Eighth grade Magnet students prepare for their robotics competition.

La Mirada High School

13520 Adelfa Dr., La Mirada, CA 90638 • 562/868-0431 • www.nlmusd.org



Bill Seals
Principal

Helping Our Students to Succeed

We are enjoying a great school year at La Mirada High School (LMHS). Students finished up their first quarter work and are working towards a successful second half of the semester. Before we know it, students will be taking final exams and looking ahead to next semester classes and beyond. In fact, our seniors are now completing college applications!

To better prepare for upward matriculation to LMHS, we are focused on working with middle school principals to build and enhance outreach programs to middle school parents and their students. Counselors from LMHS visited our feeder schools, Los Coyotes, Hutchinson, and Benton Elementary Schools, in late November and conducted open forums for parents, called Coffee with the Counselors. These mornings were dedicated to discussions with parents on topics such as preparing middle school students for the rigor and requirements of high school level courses at our campus, course offerings and academies, the registration process, life on a high school campus, and more. It was a great time for parents to ask questions and begin that ever-so-important relationship with their counselors.

In addition, middle schools have scheduled evening times in December and subsequent months when LMHS administration and counselors will be available to parents who are interested in information on these topics. We look forward to meeting all incoming students and their families, and we are excited about informing the community about all the new courses, academies, and programs at La Mirada High School.

La Pluma *Elementary School*

14420 La Pluma Dr., La Mirada, CA 90638 • 562/943-7104 • www.nlmusd.org



Terry Pace
Principal

Teaming Up to Reach New Heights!

At La Pluma, we are teaming up to offer our students a well-rounded and balanced education! Our mission remains focused on student achievement and reaching our students in a variety of ways. This past year, our API grew 31 points to 861! La Pluma is on the run as we strive to reach new heights!

Our schoolwide music program is alive and well! In partnership with our PTA and support from our visual and performing arts TOSA, Karen Calhoun, our students are experiencing the wonderful world of music through rhythm, movement, music theory,

song, recorder band and world percussion. Their weekly music lessons will help them stay focused on academics and will also give them an opportunity to pursue their musical gifts beyond their elementary years. Ms. Cho and Ms. Smith, our teachers, are working hard to put the arts in the hearts of our students!



Fifth graders experiencing the rhythm and beat of world percussion!

Lampton *Elementary School*

14716 Elmcroff Ave., Norwalk, CA 90650 • 562/462-9273 • www.nlmusd.org



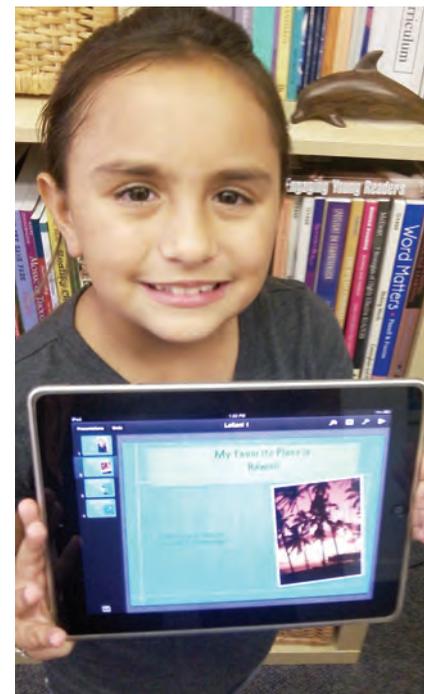
Cindy Rayburn
Principal

E-Publishing Made E-easy!

It's been a great start to the school year, and Lampton students are getting "tech-y" with iPad technology. In our primary Model Integration of Technology (MIT) classrooms, our students are learning to use many different applications to access digital media and create projects.

Recently, first-graders began using Doodle Buddy to make digital illustrations for compositions they had written. In second grade, students are writing about their favorite person, place or activity. They use the Safari Web browser to select pictures and then compose their text in the Keynote application. They also inserted a short digital video introduction to themselves and their project. In third grade, students are doing Keynote reports on regional tribes of Native Americans and celestial bodies from our solar system. They have also begun composing their own books and publishing them with an application called Book Press.

Our MIT teachers will be posting student projects on their websites as they are developed. We can hardly wait to see what they will do next!



Leilani with her MIT classroom project.

Los Alisos

14800 S.Jersey Ave., Norwalk, CA 90650 • 562/868-0865 • www.nlmusd.org

*MS Math, Science,
Technology Magnet*



Dr. Gloria Jimenez
Principal

Celebrating API Score

At Los Alisos we are celebrating a 16-point growth in our API score, which brings us to 801. Hard work, combined with strong marks in all other areas, has helped our success over the past few years. Our staff works diligently to provide a supportive learning environment while continuing to challenge students.

The school's growth can be accredited to the ongoing professional development and new programs introduced in the last couple of year; such as AVID, Project Based Learning and our STEM Magnet.

Students are enjoying the opportunity of hands-on activities in the new science lab. This has been an untapped potential and Los Alisos teaches are capitalizing on it!



Eighth grade students were examining various substances to determine if chemical or physical changes had taken place.

Los Coyotes

14640 Mercado Ave., La Mirada, CA 90638 • 714/739-2368 • www.nlmusd.org

*MS Centurian
Honors Magnet*



Dr. Christina Stanley
Principal

WEB Leaders

Los Coyotes Middle School is building connections! The WEB leaders, ASB, PTSA, and LCMS administrative team came together and hosted a 6th grade movie night in the Multi-Purpose Room. Sixth grade students enjoyed refreshments, a fun movie, and activities with their WEB leaders designed to build school spirit and generate excitement about being in middle school! During the movie, the PTSA hosted the parents of 6th grade students and offered a small group session to answer transition questions, help with Power School's online parent and student portals, teacher



LCMS builds connections through WEB.

questions, and introduce the LCMS administrative team. Throughout this year, we are committed to hosting a special night for parents and students at each grade level to build connections with other students, the PTSA, and staff at Los Coyotes Middle School.

Moffitt *Elementary School*

13323 S. Goller Ave., Norwalk, CA 90650 • 562/864-3071 • www.nlmusd.org



Maureen Bixby
Principal

Celebrations

The Moffitt Elementary School family has so much to celebrate! Our students and staff have worked hard to achieve more than 15 points of growth in our Academic Performance (API). We honored four students who received perfect 600 scores in math on their California Standards Tests (CSTs) and one student who received a perfect 600 on both the math and language arts CSTs at a school-wide spirit rally. What an accomplishment! During the first trimester, our students have committed to work toward achieving our goal of becoming an over 800 school.

We are also proud to celebrate the giving spirit that is alive and well on the Moffitt campus. Our students, PTA, and the After-School Education and Safety (ASES) program teamed up to collect food for our families in need. This collaborative effort created a sense of pride and accomplishment among our community. We are so appreciative for the support our families provide for others who are currently in less fortunate situations.



Moffitt's 600 Club

Morrison *Elementary School*

13510 S. Maidstone Ave., Norwalk, CA 90650 • 562/868-9878 • www.nlmusd.org

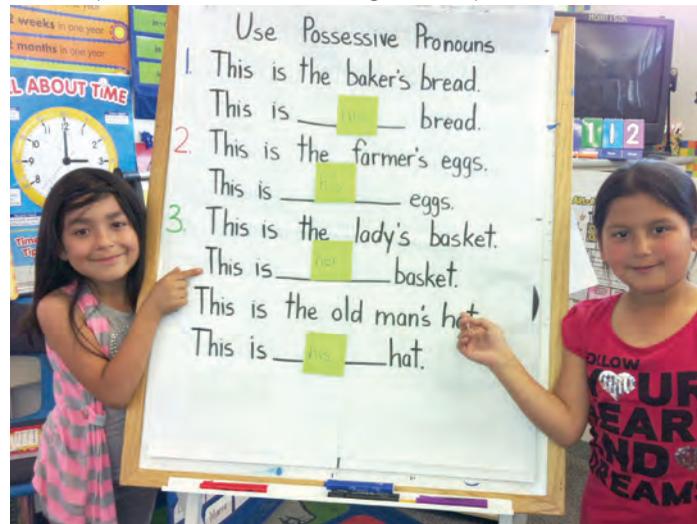


Rudy Gonzalez
Principal

Golden Bell Award

Morrison Elementary School is proud to have been awarded the CSBA Golden Bell Award for Closing the Achievement Gap with ELLs using ELD/ALD. The award promotes excellence in education by recognizing outstanding programs in California school districts.

We began professional development to assist English Language Learners over three years ago, just after the gap between ELLs and native English speakers was identified. Most of our students were making good progress on the California Standards Test (CST), but the gap still existed. Morrison has taken a unique approach to English language development (ELD) in order to close this gap. As a result, our ELLs have made huge strides, and their Academic Performance Index



Morrison Elementary students closing the achievement gap!

(API) score has risen 91 points in the last four years to close the achievement gap between themselves and native English speakers. We're proud of this achievement, and we'll continue to vigilantly work hard to meet the needs of *all* of our students.

New River *Elementary School*

13432 S Halcourt Ave., Norwalk, CA 90650 • 562/868-9848 • www.nlmusd.org



Michelle Centeno
Principal

The Start of Something Big

New River Elementary held its first Fall Festival in October. Teachers, parents and students all came together with the community to celebrate an afternoon full of fall fun!

There were many exciting game booths for children of all ages, as well as good food and a costume contest for everyone to enjoy. The costume contest judges were Vice Mayor Luigi Vernola and Councilmen Mike Mendez and Leonard Shryock. We thank these city representatives for taking time out of their busy schedules to join us.

In addition to all of the other activities at the festival, our PTA also held a silent auction. The parents donated all of the items for the auction baskets, too.



New River's Fall Festival was a huge success!

Our community members had the chance to do some early holiday shopping!

On behalf of the New River staff, I would like to thank all of our parents and volunteers for helping out with the festival. We have certainly started a great new tradition.

Norwalk *High School*

11356 E. Leffingwell Road, Norwalk, CA 90650 • 562/868-0431 • www.nlmusd.org



Rick Ronquillo
Principal

Students Become Decision Makers

Twenty-five Norwalk High School (NHS) students, picked at random, formed a Multi-Purpose Room (MPR) Remodeling Committee in September. The task of this committee was to work jointly with Universal Seating Company in redesigning NHS's MPR to be more student friendly and fashionable. The student committee was responsible to take the role of decision makers on this large project, and the committee arrived at the conclusion that they wanted the MPR to resemble a food court.

The redesign will take place during winter break. When the student committee was asked to describe their experience, they shared words such as impacting, important, creative, ecstatic, and included.

The entire student body is looking forward to the new MPR, but more importantly, the 25 students who helped with the decision-making process have taken ownership of their learning environment and school.



NHS MPR remodeling committee and Principal Ronquillo.

Nuffer *Elementary School*

14821 S. Jersey Ave., Norwalk, CA 90650 • 562/868-3788 • www.nlmusd.org



LaTasha Buck
Principal

Purpose and Priority

Nuffer has been busy with a purpose! While our API may have taken a little dip from 753 to 748 and we didn't make Safe Harbor to exit Program Improvement, I can't help but think that if our vision is that "we are a school with an unrelenting focus on learning—all students are expected to succeed; no one is allowed to give up," then our purpose is much bigger than an API score. When we don't ensure learning, our students are at risk of growing up and living in poverty, having poor health and even possibly being incarcerated—those stakes are much bigger than an API score! When we do ensure learning, we give our students unlimited possibilities in life—that's our purpose!

At Nuffer, we recognize that we could make some small changes to get better results, and we are making those small improvements: a more structured school-wide What I Need (WIN) intervention time for students for 40 minutes four times a week; strategic team-planning time built in to every Wednesday for teachers; formulated daily objectives with content and behavior; teaching our students Character Counts; and teaching our parents through the Parent Institute of Quality Education—and these are small improvements just up to this point!

So yes; we're all busy, but we're ready to turn over a new leaf and make small improvements that will lead to staggering long-term results, not just for a better API score but, more importantly, also to make our students' lives better!

Sanchez *Elementary School*

11960 E. 162nd St., Norwalk, CA 90650 • 562/926-2365 • www.nlmusd.org



Maribel Galan
Principal

Celebrating Student Achievement

Sanchez Elementary School is committed to academic success! Our students made wonderful academic growth, with an increase of 44 points in our Academic Performance Index (API). This growth is the result of the focused work our team has done to prepare our students for the California Standards Test (CST). To celebrate their success and growth, students had an opportunity to "dunk the principal." Thanks to parents and our PTA who have volunteered their time.

Our goal this year is to increase our API another 27 points, for a score of 777! We will achieve this by living our four goals: enhance a data-driven system of instruction and interventions to address the needs of all students; allocate time to support effective teacher collaboration; implement accountability and effective communication in support of student achievement through shared leadership; and promote a positive school environment for student achievement.

Thanks to our teachers, families, students, and PTA for working together in support of student achievement.



Southeast *Academy*

12940 E. Foster Rd., Norwalk, CA 90650 • 562/809-6237 • www.nlmusd.org



Sgt. Marty Schafer
Director

Enjoyable School Experiences

As we come to the end of our first quarter, I am happy to say we are continuing to move forward. Visiting classrooms is a highlight—the more I see, the more I am impressed with our teachers and cadets. We have come a long way in a short period of time, with a concentrated effort focused on academic achievement. I have seen caring teachers who are prepared with creative lessons and cadets who are fully engaged and focused on learning.

While academics and living the cadet life have been at the forefront, I can assure you our cadets understand how to have fun. In September, cadets had the opportunity to experience the Miramar Air Show in San Diego. Cadets had the chance to meet and greet military and civilian aviators, with a hands-on approach to equipment and technology.

In 10 weeks, cadets participated in 10 different community events, from cleaning up the shores of Long Beach and distributing food to presenting colors and helping our local elementary schools during a science fair. For many of our cadets, being involved in our community is extremely rewarding and contributes to an enjoyable school experience.

On October 29, Congresswomen Grace Napolitano hosted her Academy Day at our school site, inviting all four service academies and the Merchant Marine Academy. Each academy presented information on how to begin the process of being awarded a nomination. Representatives discussed the application process and answered questions from students and parents.

Waite *MS Careers Magnet*

14320 S. Norwalk Blvd., Norwalk, CA 90650 • 562/921-7981 • www.nlmusd.org



Willie Norman
Principal

Digital Natives

We're excited about the authentic use of technology in driving instructional approaches across campus! Student-generated projects through computer-based research and publishing are transforming approaches to science, language arts and social studies. They're also ensuring that students will be prepared for the transition to the common-core standards, which require students to engage in deeper-level exploration and synthesis of information.

SDC classroom, graphic design, AP literature classes—all types of instructional needs are developed through computer-based programs and apps that reinforce skills and are supported through iPads, which also motivate students in their development. Teachers are finding that all technology—SmartBoards, iPads, laptops and software—supports and deepens differentiated instruction.

We invite you to see our campuswide instructional practices, which ensure that our students are immersed in a 21st-century learning environment. Waite is a great place for all students to create, discover and succeed!



Digital natives working in a 21st Century learning environment!

Head Start *Pre-School*



Laurel Parker
Director

In Our New Home

We had a great turnout for our Fall Family Science Night in October, with over 200 people in attendance. We are so pleased to be in a new classroom at Morrison Elementary, serving 18 children in each morning and an afternoon class. We are grateful to Rudy Gonzalez, Morrison principal, for welcoming us to his site.

In other good news, the First 5 program extended the funding for the Home Base program for an additional year, through May 2013. This program serves children from newborns to 5-year-olds in their homes once weekly, with group socials twice a month at Huerta.

We just hosted "Daddy, Read Me a Story" Night in November and are looking forward to Pajama Day on Dec. 12.



Albert at the "Exploring Pumpkins" station at Fall Family Science Night.

Adult School



Sharon Renfro Todd
Director

Preparing to Work in Health Care and Medical Billing

Looking for a career change, or a job in health care? Monster.com, a leading global online employment recruitment organization, now sees an 18% growth rate over the next four years in the medical record and health information technician field.

At Norwalk-La Mirada Adult School we offer Medical Billing I and II. Both classes provide the necessary foundation for these demanding jobs. Motivated individuals can either sharpen their medical office skills or prepare for an entry-level office position as an insurance clerk, patient representative, billing clerk or other front office duty.



Adult students learn about medical billing.

Both classes are taught by a highly experienced nursing professional with a solid background in medical front office and insurance billing.

Students are also provided with a variety of classroom interactions and hands-on activities to help engage the learning process.

For more information, or to enroll in our next session, please check out our brochure on nlmas.org, or call (562) 868-9858.

Leadership Word Search Contest

Rules!!! One word in the list is NOT in the word search.

When you have completed the word search, one word will be left and that is the word you email to: Kay@schoolnewsrollcall.com (Please put NLMUSD in the subject line)

Entries must be received by January 15, 2013

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

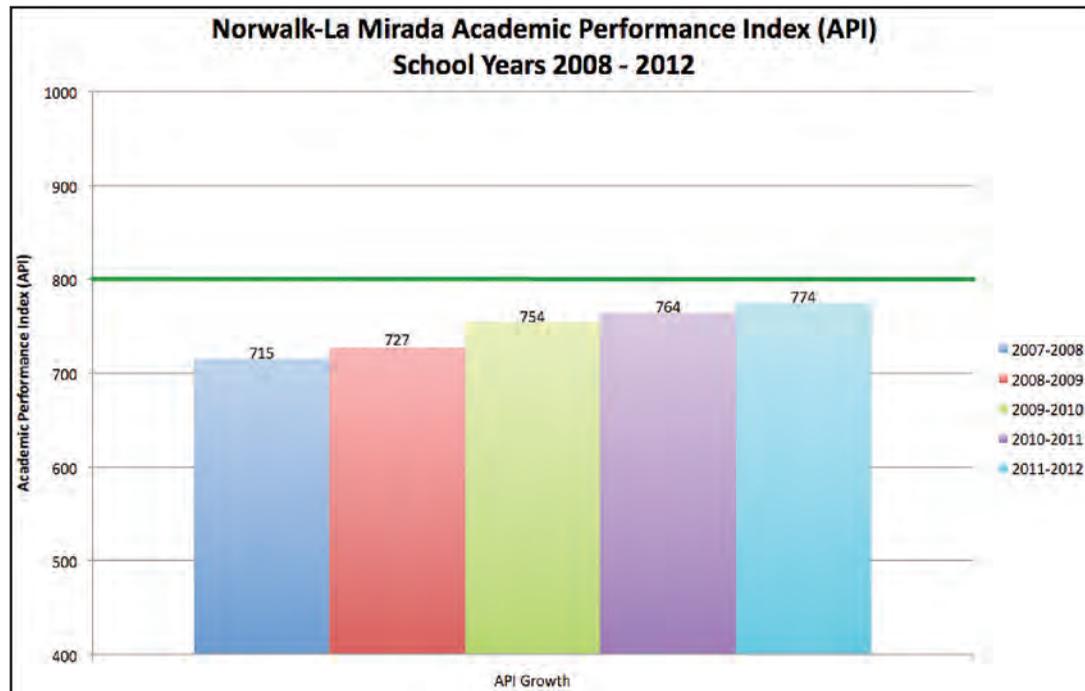
Accomplished
Caring
Confident
Determination
Drive
Enthusiastic
Focused
Independent
Initiative
Intelligent

Organized
Powerful
Responsibility
Role Model
Strong Willed
Suitable
Teamwork
Trustworthy
Understanding

We had so many entries in October that we drew two winners. Congratulations to:
Luis Montes and Devin Macias

Word Search by Gunnar Coop





DOUBLE-DIGIT GROWTH IN API • PAGE 1

Eighteen of the twenty-seven school sites with APIs in NLMUSD demonstrated growth in 2012, with thirteen sites making double-digit gains from 2011.

Most notably:

- Sanchez Elementary – up 44 points
- La Pluma Elementary – up 31 points
- New River Elementary – up 29 points
- Benton Middle School – up 46 points
- Corvallis Middle School – up 37 points
- El Camino High School – up 46 points

Ten of the district's seventeen elementary schools have now surpassed the state's target of 800, with two NLMUSD schools – Gardenhill Elementary and Escalona Elementary – scoring above an amazing 900. Four of six middle schools are now above 800, with Los Alisos Middle School and Benton Middle School surpassing the 800 mark for the first time. Further, the vast majority of schools have demonstrated long-term growth over the past four years.

In addition to the continued growth in API, the Norwalk-La Mirada Unified School District has shown growth in its AYP (Annual Yearly Progress) targets for the federal accountability system of No Child Left Behind (NCLB). The federal requirements measure the academic success of a school or district according to how well it meets common performance targets. This measure of success is reported in terms of AYP criteria. The criteria must be met, not only for the school as a whole, but also for numerically significant groups of students, including ethnic groups, economically disadvantaged students, English learners, and students with disabilities. Results from a sampling of the district's significant subgroups are shown below.

The NLMUSD Educational Services department will continue to use the newly released API and AYP information along with local assessment data throughout the fall as we plan for staff development, curriculum alignment, and additional support to school sites in order to continue and accelerate this trajectory of improved achievement.

**District AYP – ELA
% Proficient or Advanced**

Student Group	2008 - 2009	2009 -2010	2010 -2011	2011 -2012	% Change
District Wide	49.4%	53.8%	56.5%	57.9%	+8.5%
English Learners	32.8%	39.8%	43.3%	46.4%	+13.6%
Special Ed.	25.6%	32.4%	34.1%	39.0%	+13.4%
Hispanic	44.8%	49.6%	52.3%	54.1%	+9.3%
Socioeconomically Disadvantaged	42.4%	47.3%	50.0%	52.4%	+10.0%

**District AYP – Math
% Proficient or Advanced**

Student Group	2008-2009	2009-2010	2010-2011	2011-2012	% Change
District Wide	46.5%	51.6%	55.6%	57.3%	+10.8%
English Learners	38.2%	44.7%	49.8%	52.5%	+14.3%
Special Ed.	28.5%	35.2%	38.3%	44.0%	+15.5%
Hispanic	42.9%	48.5%	52.2%	54.5%	+11.6%
Socioeconomically Disadvantaged	41.3%	46.7%	51.2%	53.4%	+12.1%

In addition to growth in student achievement, the district's graduation rate has risen sharply over the past three years.

Graduation Rates		
2009-2010	2010-2011	2011-2012
76.51	87.20	90

BOARD OF EDUCATION

On behalf of all of us in public education, thank you for your support of Proposition 30. The monies generated from this tax will allow all districts to do more in these difficult economic times. Your support of public education is greatly appreciated and your children will reap the benefits of continued resources.

When you arrive on a school campus, think about the first things you notice— you might see a nice lawn, clean hallways or yard, and friendly faces in the front office. If seeing nice facilities has been your experience in the Norwalk-La Mirada School District, it is not by accident. Throughout the year, our staff works tirelessly to provide the optimal learning environment for your children. From site staff to district personnel, these employees continue to work hard in providing an environment that will help your child flourish.

What I'd like to talk about for a moment are the things that you don't see when you first walk in. Many of these activities are not as visible but equally essential to the success of any organization, and Norwalk-La Mirada is not the exception in this. There are teachers and paraprofessionals who work after hours on grading, planning and preparing activities for the students. They seek parental input, community groups and supervise events that provide a lifetime of memories for a child.

The effects of this are currently paying dividends throughout the District. We have experienced tremendous growth in our API results and equally importantly, more systemic growth as we prepare for the Common Core curriculum that will be in place in two years. Two of our programs, the ASES After School Program and Morrison Elementary have recently been recognized with the Golden Bell Award sponsored by the California School Boards Association, students at La Mirada High have been recognized for outstanding work in their ROP competitions, Benton Middle School continues to thrive as a performing arts magnet. We are on the verge of building an even better program for your children. Thank you for allowing us to be a part of your children's experience.



Darryl Adams
President

En nombre de todos nosotros en la educación pública, gracias por su apoyo a la Proposición 30. Los fondos generados por este impuesto permitirán a todos los distritos hacer más en estos tiempos económicos difíciles. Es muy apreciado su apoyo a la educación pública y sus hijos cosecharán los beneficios de la continuación de recursos.

Cuando llegue a un sitio escolar, piense en las primeras cosas que captan su atención, es posible que vea un bonito jardín, los pasillos o el patio limpios, y caras amigables en la oficina principal. Si ver buenas instalaciones ha sido su experiencia en el Distrito Escolar Unificado de Norwalk-La Mirada, no es por casualidad. A través del año, nuestro personal trabaja sin descanso para proporcionar el ambiente óptimo de aprendizaje para sus hijos. Desde el personal del sitio hasta el personal del distrito, estos empleados siguen trabajando arduamente para proporcionar un entorno que ayude a su hijo florecer.

Me gustaría hablar un momento sobre las cosas que no ve cuando entra por primera vez. Muchas de estas actividades no son tan visibles, pero igualmente esenciales para el éxito de cualquier organización, y el Distrito Escolar Unificado de Norwalk-La Mirada no es la excepción. Hay maestros y para-profesionales que trabajan fuera del horario en calificar y en la planificación y preparación de actividades para los estudiantes. Buscan opinión de los padres, grupos comunitarios y supervisan eventos que proporcionan una vida entera de recuerdos para un niño.

Los efectos de esto están dando sus frutos en todo el Distrito. Hemos experimentado un gran crecimiento en nuestros resultados de API y no menos importante, más crecimiento sistemático, en lo que nos preparamos para el Plan de Estudio de Estándares Comunes que se establecerán en dos años. Dos de nuestros programas, ASES el Programa de Después de Clases y la escuela primaria Morrison han sido recientemente reconocidos con el Premio de la Campana Dorada "Golden Bell Award" patrocinado por la Asociación de Juntas Escolares de California, los estudiantes de la Secundaria La Mirada han sido reconocidos por su destacada labor en las competencias de ROP, la Escuela Intermedia Benton continúa prosperando como una escuela Magnet de las artes escénicas. Estamos a punto de construir un programa aún mejor para sus hijos. Gracias por permitirnos ser parte de la experiencia de sus hijos.



Board of Education

**Jesse Urquidi, Ana Valencia, Karen Morrison, Vice President Ed Hengler,
Board President Darryl Adams, Margarita Rios, and Chris Pflanzler.**

Don't Forget to Enjoy the Holidays



How can it be the holiday season again? I made a mindful effort to not overbook fall activities for our two boys, a first-grader and fourth-grader. I have good news to report that our fall has been a good one! We had lots of park visits, scooter time, and friends over—and even some down time. Sports were still on the agenda, but we cut back a bit, and it made such a difference! My new “moderate” mode became easier and easier as the weeks progressed, especially as I heard more laughter, talked more at the dinner table, and saw more creative play, from painting and taking scooters apart (yes, I allowed this) to movie night.

The holidays ahead are to be celebrated with friends and family, and we are looking forward to a great season! I know the demands triple at this time, but I feel much more confident that we will enjoy this holiday season without the level of stress we have had in the past. Work will be busy with art classes, gingerbread workshops, parties, and special events, along with the boys' schedules and our family schedule.

Enjoy the holidays and celebrate the time you have together! Wishing you happiness, joy, and lots of creative fun for the New Year!

Enjoy each and every day!

Lauren Perelmuter, President/Founder of Art To Grow On Children's Art Center, Inc.
www.art2growon.com (310) 625-6028

Holiday Gift Giving



Sandy Spurgeon McDaniel

I have a lot of memories around the holiday season: When I was at the University of Redlands, I spent one Christmas in Salzburg, Austria. I loved that religious traditions overpowered any source of commercialism. There was the Christmas that our black cat, was teasing our golden retriever and the two of them ended up bringing down our holiday tree! I remember handmade gifts over store-bought ones, going caroling, the boat parade, going skiing, and what I miss the least is the hassle of buying the right gift for the right person, spending more money than is sensible and the exhaustion of trying to please.

Our family adopted a plan of giving gifts to the children, only, and donating money that would otherwise be spent to help a needy family or cause. We limited our gifts within our immediate family to three. We took a dinner to a family who could use some help. There are literally thousands of deployed families who would gratefully embrace your love and help during the holidays—Call a local military base and ask three officers to spend Christmas eve with your family. Regardless of how you feel about war, these families have given and are giving more than we have a right to ask. Adopt a military family this season!

One of the most difficult things for each of us to do is to receive. A gift comes to you with a great deal of thought wrapped around it, a lot of love within it and a desire for that love to be appreciated. Think of the love in a gift that is handmade. Think of the time in a gift that is a created or purchased gift. A wonderful gift is one of time. At 70 I realize that time can be spent but not re-spent. Give the gift of time with you. A phone call where you make time to listen or a walk in the park.

Happy Holidays and love to every single one of you.

Sandy Spurgeon McDaniel has written four books. She has taught school, raised two children, worked as a consultant to schools and has taught parenting for the past 35 years. Sandy now lives in Meridian, Idaho. www.ParentingSOS.com and Kindle

Note-ables

Merry Kidsmas



Kate Karp

Merry Kidsmas was produced by a group of Nashville song-writers and artists who wanted to put together a holiday collection that would, as they said, use a child's perspective of the season and “be sung by real everyday kids.”

Indeed, this CD is not dripping with sugarplums. The opening cut, “Box of Rocks,” is “I'm Gettin' Nuttin' for Christmas” stood on its ear. The singer, a girl of about 9 or 10, writes Santa about all the rotten things her brother has done—pulled her hair, stuck out his tongue at her, exploded her doll on his toy rocket—and asks him to bring her bratty sibling what he deserves—which happens in the closing song, “What's in the Box?” Dad gets a lot of good-natured love in “Even My Daddy Sings”—Daddy's voice curdles the soap in the shower, but he's a standup act with Christmas carols. “A Picture of Santa Claus” is about two mercenary little paparazzi trying to cadge a photo of the Man in the Red Suit. The songs aren't all on Santa's Naughty List—anyone whose child has struggled with the question of “Is Santa Claus real?” will welcome “I Still Believe in You.” There are one or two standards that are cute, but they pale next to the cleverness of the compositions written by various members of the Song Trust, including Nashville artist Rory Feek.

I've saved the centerpiece for last. “Bring Him Home, Santa” was first released in 2007 and reached #29 on the Billboard Country Chart. Sung clearly and beautifully by an anonymous 6-year old girl, it's a heartrending plea for her father's return from Iraq. It will catch you on its first minor note: “Dear Santa, I need to change my Christmas list....You see, my daddy's working far away from here”...if you use this song in a pageant or program, rehearse it a few weeks early to get all the tears out of the way. Of course, they'll be running copiously during the actual performance.

It is the hope of the CD's producers that a song will be the star that leads the way. May you and your families have your deepest wishes granted this holiday.

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

School News



Education+Communication=A Better Nation

Join Our Sales Team!

Work from Your Home
19 Publications to Sell

Choose the area you know best!

Perfect for:
Stay-at-Home Moms/Dads
Retirees... You

- Name your own hours
- 25% Commission
- Sales experience helpful

Ask for Kay
562-493-3193
kay@schoolnewsrollcall.com
www.schoolnewsrollcall.com



Caution: Holiday Eating Ahead



Carol Berg Sloan, RD

The holidays are a time for fun, celebrations, parties and numerous opportunities to gain a few extra pounds if not careful. Alice Henneman, a registered dietitian and extension educator at the University of Nebraska in Lincoln has put together a useful “taste” tip sheet that reminds us of all those hidden calories that we popped into our mouths during the course of the day. How many sound familiar?

Taste 1: OOPS! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work. Approximate Calories: 30 calories

Taste 2: Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle. Approximate Calories: 80 calories

Taste 3: It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples — I'll just eat a little cracker with spread to tide me over until I get to lunch. Approximate Calories: 40 calories

Taste 4: The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! Approximate Calories: 20 calories

Taste 5: Still a couple of hours to go at work before I head to that holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up ... Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one. Approximately Calories: 60 calories

Taste 6: It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximate Calories: 75 calories

Taste 7: Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximate Calories: 200 calories

Taste 8: There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them — it might as well be me! Approximate Calories: 60 calories

Taste 9: The nice thing about helping dish up dessert is you can take a little “preview” taste — using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximate Calories: 70 calories

TOTAL TASTING CALORIES FOR THE DAY: 635!

If comparable types of “tiny tastes” are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If going to a party or hosting one, always take a dish you know is healthier than usual holiday fare. Try

Edamame Walnut Dip

Ingredients

- 1 cup fresh or frozen shelled edamame (soybeans)
- 3/4 cup California walnuts
- 1/2 cup lightly packed parsley
- 1/4 cup plain nonfat yogurt
- 1 small clove garlic, pressed
- 1/4 teaspoon salt

Directions

If using frozen edamame, rinse under warm water until thawed. Place edamame, walnuts, parsley, yogurt, garlic and salt in food processor. Whirl until smooth. You can store this dip refrigerated in covered container up to 3 days. Serve with carrot sticks or pita chips.

Carol Berg Sloan, RD is a nutrition therapist in Long Beach. She can be reached at cbstrd@verizon.net.

Are We there Yet?



Rozanne Lanczak Williams

Tips for Traveling with Tots

While I acknowledge that all the fun electronic stuff can be life-savers at times, please remember that there are many great ways to engage young children during those special times you share en route that will also boost their learning and thinking skills as well as nurture closer bonds.

Planes, Trains, . . .

Air travel can be challenging for anyone these days and more so with the little ones along. Cramped spaces, long delays, and lack of access to food and drink can present all kinds of problems.

Be prepared! Pack a bag for your child with lots of goodies. Include snacks—healthy treats as well as a few of your child's very favorite ones to pull out when needed as a diversion. Bring sippy cups instead of drinks and continually fill them with water or juice. Bring books—and lots of them. Bring books that your child can read on his/her own as well as some new surefire read-alouds. Bring a few activity books with crosswords and other puzzles geared to your child's age, as well as self-contained craft kits, cards games, and paper and crayons. Bringing a travel journal is also a lovely idea. Along with a few toys your child can't live without, including a favorite “huggable,” bring several small new toys. My friend Beth, who has traveled numerous times to England with her three boys, at times all under 5, says to wrap every item you bring like a little present. What child doesn't like opening gifts? And the act of opening will take time and keep your child engaged. Beth also says to bring along a box of band-aids. 3 and 4 year olds love them, and will enjoy opening them (this takes forever!) and placing them on real and perceived boo-boos. Also, what better way to enhance your child's fine motor skills? Once again, my best advice: please do not get on an airplane with your young child with only an electronic game to amuse him/her.

. . . and Automobiles

Car trips can be a little easier on little ones, since you can stop frequently and let them run around a bit. Along with the items listed above, books on tape are a wonderful activity for kids in the car. Plug them into the car system so that you can comment or discuss the story or encourage your child to make predictions on what will happen next. When a child listens to the story, they have to create a picture in their mind of what is going on and this is a powerful way to build comprehension skills. That's why you should intersperse movie watching with books on tape when you're on the road. I also highly recommend music videos and CD's. Music accesses and stimulates different parts of the brain.

For lots and lots of more great ideas, car tips, and travel games, go to www.MomsMinivan.com.

Rozanne Lanczak Williams, a former teacher, is the author of more than 200 books for beginning readers, parents and teachers. Visit her Web site: www.magicbookgarden.com

School News

Education+Communication=A Better Nation



We know you are busy and appreciate you including *School News Roll Call* among your reading choices.

Follow Us  @SchoolNewsRC

“Like” Us  SchoolNewsRollCall

Kay Coop, Founder/Publisher
562-493-3193
www.SchoolNewsRollCall.com



Scan this QR Code with your SmartPhone to launch *School News Roll Call* APP.

Tutoring Club®

A Class Above. Guaranteed.™

www.TutoringClub.com



Changing lives.

- MATH
- READING
- WRITING
- STUDY SKILLS
- ACT/SAT PREP
- HOMEWORK ASSISTANCE
- AT ALL LEVELS

We have
Free Tutoring
with the SES Program
Sign up through your
school district

Are your kids asking for extra academic help this year?

A Trip to the Tutoring Club

\$665 for 18 hours

includes testing and registration

Get them the help they need at the Tutoring Club.

\$150 Off
ACT/SAT Prep

new software that tracks progress,
identifies weak areas and sets up a timeline

Expires January 31, 2013

Dates of Testing

SAT Dec. 1, Jan. 26, March 9,
May 4, June 1

ACT Dec. 8, Feb. 9, April 13,
June 8

"I want to express my sincere gratitude for the academic support you and your staff have provided to my son during the past year. I can attest to the significant impact the Tutoring Club experience has made in his life. As a result, he has earned A's and B's and is less frustrated when given difficult homework assignments. Beyond this, he has developed the academic self-confidence needed to be successful. I attribute a great deal of my son's academic success to the team at the Tutoring Club. Thank you for making a difference!!"

Paul R. de Dios
Dean of Cypress College

"I am the mother of 3 children and my oldest son was having reading problems. The Tutoring Club helped my son and myself to learn new reading strategies. With Tutoring Club's help my 6 year old son was able to sound out words and read. He is very proud of himself and I am so happy and proud of him as well. He couldn't have made the growth without the Tutoring Club. Thank you Tutoring Club for giving my son the help he needed."

Mother of 1st grader – SES Student
Norwalk-La Mirada School District

"My son always fought me to do homework, and this would be an all night thing. I tried everything, and then found the Tutoring Club. Putting him in the Tutoring Club's the best thing I could have done for him. His 2011 California Standards Test was proficient in everything!!!"

Mother of student at
Landell Elementary, Cypress

Let Us Help With Homework This Year

(714) 995-READ (7323)

Cypress/Garden Grove • Campus View Center (Valley View at Lincoln) 9111 Valley View St. Suite 115, Cypress, CA 90630